

DEPARTMENT:	Parks and Recreation	STATUS:	Auxiliary
NO. OF POSITIONS:	Several	UNION:	CUPE, Local 387
HOURS OF WORK:	Vary, see below*	SALARY:	\$31.95 - \$34.62 per hour plus 12% in lieu of benefits (2024 rates)

Located on the land of the Halq'eméylem-speaking peoples, New Westminster continues to be a growing and innovative city within Metro Vancouver. Awarded a gold award in excellence for policy planning with its' Seven Bold Steps to address climate change, our new təməsewtx[™] Aquatic and Community Centre will embody this vision and has gained recognition as the first aquatic centre in Canada to achieve the Canadian Green Building Council Zero Carbon Building standard! For 40 years, New Westminster aquatics has been a leader and innovator in helping our community member's reach their fitness goals through the development of customized personal training and conditioning programs to be implemented in our amazing recreation facilities.

As a Personal Trainer, you will develop and modify individual weight training and fitness plans; orient clients to the weight/fitness areas; provide specialized instruction and guidance; promote interest and participation in fitness activities; listen to and follow up on client concerns regarding weight area issues; and ensure maintenance and safe and proper use of weight room equipment. Working within established program guidelines, this is a great opportunity to use your creativity and innovation to develop inclusive, exciting, and unique offerings for the community.

If you have the following characteristics and qualifications, we want to hear from you!

- Completion of Grade 12 supplemented by BC Association of Kinesiologists (BCAK) certified or current nationally recognized personal trainer certification and some related community recreation experience; or completion of a two year Community Recreation program from a recognized Community College, plus some related experience; or an equivalent combination of training and experience.
- Considerable knowledge of a specialized area within the industry such as injury rehabilitation, power lifting, improving performance for specific sports or working with elite athletes, is preferred
- Sound knowledge of the principles, practices, and objectives of individual weight training and fitness programs; including the various types of weight training equipment.
- Sound knowledge of applicable policies, regulations, and rules governing the work performed.
- Working knowledge of the principals of anatomy and physiology as it applies to the work performed.
- Ability to oversee weight room and recreational gym operations both when leading an individual or group training session, and when not leading training sessions.
- Ability to evaluate individual's fitness levels, develop individual weight training and fitness programs, and provide advice and guidance relative to health and fitness matters.
- Ability to develop and maintain effective working relationships with internal and external contacts and deal tactfully and diplomatically with a variety of customers.
- Ability to prepare and maintain correspondence, records and reports.
- Skilled in the operation of a variety of equipment used in programs for health, wellness, and fitness facilities.
- The ability to successfully pass and maintain a clear Police Information Check – Vulnerable Sector.

Licenses and Certificates:

- BC Recreation and Parks Association – Basic Fitness Leaders Weight Training (or equivalent)
- BC Recreation and Parks Association – Personal Trainer Certification (or equivalent)
- Standard First Aid Certificate & CPR / AED Certification
- CSEP, NSCA, and/or CFES would be considered an asset

*** The successful candidate will work non-standard work hours/shifts.**

Apply online with your resume, cover letter, and availability in one document at www.newwestcity.ca/employment by January 31, 2025.

To support a workforce that reflects the diversity of our community; women, Indigenous Peoples, racialized individuals, persons of diverse sexual orientation, gender identity or expression (LGBTQ2S+), persons with disabilities, and others who may contribute to diversity of our workforce, are encouraged to express their interest.

New Westminster is on the unceded and unsundered land of the Halq'eméylem-speaking peoples. It is acknowledged by the City that colonialism has made invisible their histories and connections to the land. We are learning and building relationships with the people whose lands we are on.

We thank all applicants for their interest and advise that only those selected for an interview will be contacted. This position is only open to those legally entitled to work in Canada.