
Personal Trainer

DEPARTMENT:	Parks and Recreation	STATUS:	Auxiliary
NO. OF POSITIONS:	3	UNION:	CUPE, Local 387
HOURS OF WORK:	Varies	SALARY:	\$34.23 to \$37.08 per hour
+ 12% in lieu of all benefits and vacation			

As a central hub in the Metro Vancouver area, the City of New Westminster delivers a broad spectrum of urban services to over 92,000 residents. New Westminster is rich in history with a viable and thriving economy and has a population representative of the diversity of the region. The City is staffed by talented and dedicated employees who work together to achieve its strategic vision. We have earned a proud reputation for civic leadership, service delivery, and outstanding employee relations.

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 a current nationally recognized personal trainer certification and some related community recreation experience; or an equivalent combination of training and experience.
- 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 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.
- Ability to work non-standard work hours/shifts based on operational requirements.
- 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
- Experience working with active aging, older adults, and youth considered an asset.
- 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

Qualified candidates will be assessed based on their knowledge, skills and abilities, and may be selected for an interview should they meet the qualifications and requirements of the position.

Please include your availability when submitting your cover letter and resume.

**Apply online with your resume and cover letter in one document
at www.newwestcity.ca/employment by November 30, 2026.**

We offer our employees great work-life balance, including competitive salaries, comprehensive health and wellness benefits and retirement plans (a percentage in lieu of benefits for auxiliary positions). We also offer a hybrid remote work schedule in accordance with our Remote Work Policy, opportunities for education and training, and engaging, rewarding work.

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.