



**BE A YMCA
FITNESS VOLUNTEER**

YMCA Calgary is committed to the health of our members and program participants. As a non-profit charitable organization, many of our fitness programs rely on volunteer instructors.

Our instructors learn through on-going participation, training and evaluation to ensure the highest caliber of leaders possible. Our volunteer instructors obtain the practical, technical and leadership skills they require to successfully lead fitness classes at either a YMCA facility or within the community.

Come join our YMCA team and help us build strong kids, strong families and strong communities!

VOLUNTEER BENEFITS

- training opportunities and fitness workshops
- complimentary services: membership privileges, babysitting while teaching, towels, class observation for recertification, and access to a music library
- discounted fees for CPR and recertification
- annual Volunteer Week celebration
- recognition events

LOCATIONS

Crowfoot YMCA • 547-6576

8100 John Laurie Blvd NW

Eau Claire YMCA • 269-6701

101- 3 St SW

Shawnessy YMCA • 256-5533

333 Shawville Blvd SE

South YMCA • 255-8131

11 Haddon Rd SW

Improve your

HEALTH
while giving back to the
COMMUNITY

BUILDING HEALTH FOR LIFE



STAGES TO BECOMING AN INSTRUCTOR

1) Basic Theory

In a minimum of 24 hours, learn anatomy and physiology, healthy lifestyle choices, leadership, movement mechanics, training principles, exercise design, nutrition, exercise considerations for older adults, safety and emergency procedures, and legal issues. Also learn about the YMCA and what makes us unique.

2) Applied Theory

Specialize in either Group Fitness, Aquatic Fitness or Individual Conditioning. Each course is a minimum 16 hours.

3) Apprenticeship (peer teaching)

Learn to teach all components of your specialty area.

4) Practicum (on-the-floor teaching)

Get hands-on experience during an eight-hour practicum.

5) Practical Observation and Evaluation

A YMCA trainer will observe and evaluate your instructional methods.

- * Upon completion of all steps, including securing a Heartsaver CPR course, you will receive a two-year YMCA fitness leadership certification.

CERTIFICATION REQUIREMENTS

- 16-years-of-age or older
- current YMCA or AFLCA Instructor Certification in Group Fitness, Aquatic Fitness or Individual Conditioning [AFLCA instructors must obtain the YMCA certification]
- current Heartsaver CPR to achieve YMCA Canada certification
- within each two-year certification period: attend a minimum of 16 hours of YMCA Canada training, be observed and evaluated annually by a YMCA fitness trainer and provide proof of 50 hours of classes or instruction
- * emergency first aid recommended

VOLUNTEER COMMITMENT

YMCA Calgary's volunteer fitness instructors must commit to teaching the same class once a week to develop good rapport with participants. If you are unable to teach your class, you are required to find a substitute from our pre-approved fitness instructor list.

CONTACT INFORMATION

If you would like to become a fitness volunteer leader or would like more information, please contact the fitness supervisor or fitness director at your nearest branch.

MISSION STATEMENT

YMCA Calgary is a charitable organization driven by its mission to facilitate and promote the spiritual, mental, physical and social development of individuals and to foster a sense of responsibility within the community.

VALUES STATEMENT

YMCA Calgary is committed to practicing and demonstrating the core values of respect, honesty, responsibility and caring in all aspects of the organization.

YHEALTH & FITNESS
We build strong kids, strong families, strong communities.