



YMCA

We build strong kids,  
strong families, strong communities

YMCA Lunenburg County

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## Individual Conditioning Volunteer

**Hours/Days Wanted:** Variable

### **Nature & Scope:**

Under the supervision of the Program Director, Group Fitness volunteers have the following responsibilities:

- Deliver fitness programs to members in the fitness center.
- Perform light maintenance duties that include inspect and lubricate machines, report problems with machines; light housekeeping, which includes keeping fitness center clean.
- Communicate with staff/co-instructors/members in a professional manner
- To portray a professional image at all times including wearing a YMCA nametag.
- To be responsive and friendly to all staff members and other volunteers.
- Demonstrates behaviors with an understanding and appreciation for the core values: caring, respect, honesty and responsibility.

### **Qualifications/Requirements:**

- YMCA Fitness Leader Certification or equivalent.
- Maintain re-certification requirements.
- A cleared police security clearance.
- CPR Certificate.
- Child-Abuse Registry Check.
- Attend all fitness volunteer meetings

### **Contact Person:**

Alicia Strong  
Program Director/Volunteer Coordinator

If you are interested in this position, please submit your letter of application and resume by Friday, December 31, 2010