



**YMCA of Newfoundland and Labrador**

35 Ridge Road, P.O. Box 21291  
St. John's, NL A1A 5G6  
Tel: 709-726-9622 Fax: 709-576-0410  
www.ymcanl.com  
CRA# 108225533RR0001

**Conditioning Centre Guide  
Ches Penney Family YMCA, Marystown YMCA**

**Application form available on [www.ymcanl.com](http://www.ymcanl.com)**

The YMCA of Northeast Avalon offers programs at 25 locations in the capital city and surrounding 12 municipalities on the Northeast Avalon Peninsula. The Association has an additional 54 points of program delivery on the island of Newfoundland and in Labrador. There are 175 employees and nearly 140 volunteers. In 2011, more than 18,000 people were engaged in health, employment, child care and camp programs.

We are seeking volunteers with the following skills and qualifications:

- Minimum age of 16 years
- Degree or diploma in related field, an asset (physical education, kinesiology, recreation or human kinetics)
- Excellent customer service, relationship building, communication, organizational and time management skills
- Knowledge of conditioning centre equipment, training methods, sports and special needs
- Ability to maintain professional working relations with members, volunteers and staff
- Experience with leading fitness activities, clinics and individual conditioning sessions
- Standard First Aid and CPR (C)
- Current YMCA Canada Individual Conditioning (Level 1, 2, or 3) or equivalent considered an asset
- Acceptable Certificate of Conduct

What we offer:

- A volunteer work environment which encompasses our core values of caring, honesty, respect, responsibility, inclusiveness and health
- Free training and re-certification opportunities
- Free uniform
- Opportunities to gain valuable work experience
- Attendance at social events, such as Volunteer Appreciation and Peace Week

Please send application, resume and two letters of reference to:

YMCA of Newfoundland and Labrador  
Ches Penney Family YMCA  
P.O. Box 21291, St. John's, NL A1A 5G6  
Tel: (709) 726-YMCA (9622) Fax: (709) 576-0410

Our volunteer agreement requires at least 2 hours per week and commitment to attend meetings.

All volunteer applicants will be contacted within 72 hours upon receipt of application.

*Building healthy  
communities*