

# Y Volunteer

OPPORTUNITIES



Be part of the  
Y's volunteer family

Make a difference  
in your community

Get involved today!

[ymca-ywca.com](http://ymca-ywca.com)

**Position Title:** Volunteer Wellness Leader  
**Location:** H2O Adventure + Fitness Centre  
**Working with:** Adults  
**Schedule:** Variety of shifts weekdays, evenings and weekends

Without volunteers, the Y could not subsidize memberships or expand on the health and wellness programs that prove to change lives today. And without our volunteers gift of time, we *definitely* could not grow to help those that need us tomorrow.

#### Major Responsibilities and Abilities:

- Greet regular members and introduce yourself to new patrons; work to build relationships with our patrons by getting to know them on a first name basis.
- Be familiar with all the programs our Y offers as this will help you to promote membership to our patrons.
- Maintain base certifications.
- Provide a motivating and effective wellness program for all levels of participants
- Encourage interested members to become volunteers.
- Provide leadership and guidance

#### Requirements:

- A Satisfactory Criminal Record Check
- Successful Completion of Reference Checks
- In an attempt to maintain our quality service to our members and community we request a minimum commitment of one shift per week whenever possible for at least 3-6 months continued service. This allows us to build schedules and offer additional programming to our community.
- Provide information and exercise programs including technique tips and cues based on your level of knowledge and within the established protocol of the wellness program.
- Submit a copy of your yearly renewal and/or 8 hour workshop attendance
- Completion of YMCA Individual Conditioning Level 1or BCRPA Fitness Theory.
- Current CPR C and Standard First Aid

#### Application Process:

Please fill out and submit your application form.

For further inquiries please contact:

H2O Adventure + Fitness Centre, Jennifer Bulcock – Wellness/Fitness Supervisor  
4075 Gordon Drive, Kelowna BC, V1W 5J2

E-mail: [jbulcock@ymca-ywca.com](mailto:jbulcock@ymca-ywca.com)



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We build strong kids, strong families, strong communities