



Variety Village Position Posting

Job Title: Personal Trainer
Report to: Director, Variety Village Fitness Centre
Status: Non-Management, Part-time (up to 10-30 hours per week)
Location: Variety Village

Located in southwestern Scarborough, Variety Village is an inclusive, adaptive and family friendly facility serving more than 30,000 individuals each year. With approximately one half of its members with a disability, Variety Village has had, and continues to have, a profound impact on the lives of people with disabilities and their families. Through adaptive sport and recreation programming, outreach and education, Variety promotes inclusion and healthy living through adapted physical activity

Summary:

The incumbent in this position will provide Variety Village members with one-on-one personal fitness training, designed to attain the client's fitness goals.

Major responsibilities, include, but are not limited to;

- Develop fitness training programs and specific routines for able bodied clients and clients with disabilities;
- Provide one-on-one training sessions;
- Instruct the client in the safe and proper use of training equipment and execution of fitness activities;
- Provide instruction on the appropriate stretching exercises;
- Monitor the client's progress;
- Develop and implement strategies to motivate and encourage clients;
- Develop and provide personal training within the pool (optional)
- Work as a team to promote the personal training department;
- Participate in Variety Village training sessions including, but not limited to AODA, Health & Safety, Plan to Protect and regular In-Service sessions.
- Available to work week day, evenings and Saturdays.

Qualifications:

- Related post-secondary education in health or physical education or fitness and health promotions
- A current recognized certification in fitness training i.e. CANFIT PRO, CSEP
- Excellent knowledge of the components of personal fitness training delivery to both special needs and general population;
- Ability to communicate effectively with clients;
- An understanding of the value of excellent customer service;
- Strong listening and interpersonal skills;
- Passionate about fitness;

- Current First Aid and CPR certificates;
- Successful track record in the development and delivery of personal fitness programs and routines;

Interested individuals should submit a cover letter along with their resume to the contact information below by **April 13th, 2018**. Applicants should be prepared to participate in a two-step interview process and the successful applicants will be requested to complete a Criminal Record Check.

Human Resources Department
Variety Village
3701 Danforth Ave.
Scarborough, ON M1N 2G2
humanresources@varietyvillage.on.ca
Fax: 416-699-4845

Please note that requests for accommodation can be made at any stage of the recruitment process providing the applicant has met the requirements outlined in the job posting. Applicants should to make their requirements known when contacted.