



CommunityCare
NORTHUMBERLAND

Fitness Instructor

Wellness Services Team

Contract Casual Part-time

Internal /External

CCN is a multi-service, volunteer based community support organization serving residents of Northumberland County. We are currently accepting applications for the position of Fitness Instructor, whose key accountability is to implement and support high quality programs for exercise and falls prevention to meet identified needs of senior adults in Northumberland County.

Reporting to the Manager, Wellness Services and working as a team member at Community Care Northumberland, the Fitness Instructor is responsible for training and leading senior adults through exercise and falls prevention classes while promoting the Wellness services of the agency.

Primary Duties and Responsibilities:

- Client Assessment and accountability;
- Assess client eligibility for programs. Maintaining safety as a top priority for each participant as an individual and collectively as a class.
- Class Instruction;
- Instruct in person courses, classes and wellness sessions.
- Instruction may occur in community spaces, retirement residences or outdoor spaces.
- Administration and Reporting;
- Complete all training modules provided by the Supervisor in the required time frame.
- Provide the Supervisor with copies of relevant course certificates and course completion documentation.

Qualifications:

- Specialized training and certification in various fitness and wellness programming and related functions including group exercise.
- Minimum 2 years working with Seniors.



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- Minimum 2 years leading exercise and fitness classes
- Experience in fitness testing, exercise prescription and group fitness program implementation.
- Experience working with individuals with physical limitations (including hearing, sight loss, arthritis and stroke) and (cognitive impairments not limited to Dementia, Alzheimer's and age related cognitive decline).
- Knowledge and understanding of human anatomy, physiology, biomechanics, and how common injuries/or surgeries may effect mobility is recommended.
- Ability to work well within an interdisciplinary team.
- Proficiency and accuracy in computer and administrative skills.

Professional Designations and or Licenses:

Valid CPR/First Aid Certification

Valid Ontario Class G Drivers License and access to transportation as travel is required.

Interested candidates should submit a resume and covering letter by **4:00 pm on March 13, 2022** to: careers@commcare.ca

Community Care Northumberland is a not-profit, multi-service, volunteer-based community support organization serving residents of Northumberland County.
www.commcare.ca

In accordance with the Accessibility for Ontarians with Disabilities Act (AODA), CCN will provide accommodation in all parts of the hiring process as required, upon request from applicants.



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