



Wheel of Fitness Volunteer Instructor Description

Flamborough Connects is currently recruiting five older adult volunteers to become certified Wheel of Fitness instructors. Volunteers will commit to either leading or supporting a lead instructor in weekly classes in rural Flamborough. Volunteers may choose location preferences: Waterdown, Carlisle, Freelon, West Flamboro, Sheffield, Beverly, Troy.

Volunteers will become certified through the Wheel of Fitness's interactive STEPS (Specialized Training Exercise and Participation Services) for Exercise Program Leaders.

Responsibilities:

- Complete a volunteer application and attend an interview
- Attend a full day certification training session, and attend onsite classes as required
- Commit to attend, lead or support a minimum of one regular class per week
- Follow Flamborough Connects' confidentiality and volunteer policies
- Complete AODA (Accessible Ontarians with Disabilities Act) online customer service training

Qualifications and Skills:

- No formal fitness background required, but must have the physical ability to perform exercises and demonstrate to others
- No formal leadership skills required, but must be enthusiastic and willing to motivate others
- Ability to work as part of a small team and take initiative
- Familiarity with the Flamborough/Hamilton area
- Empathetic to the needs of others and comfortable working with vulnerable populations
- Availability during regularly scheduled classes
- Provide a vulnerable populations police record check if requested
- Seek support and guidance when needed

Benefits of Participating:

- Meet personal goals and support healthy and positive outcomes for others
- Receive professional training and certification in fitness training
- Ongoing support and resources
- Invitations to all Flamborough Connects events, including the annual volunteer appreciation
- Letter of reference upon completion of 1 year commitment

To apply, download and complete the Wheel of Fitness Volunteer application:

Visit www.flamboroughconnects.ca. Email to admin@flamboroughconnects.ca. Or pick up and drop off at 163 Dundas St. East at the Flamborough Connects office. All applicants will be contacted.