



FITNESS FLOOR VOLUNTEERS NEEDED!



Our volunteers are an integral part of the YWCA Health + Fitness Centre.

If you are passionate about fitness you can make a difference in your community by volunteering with us.

Available shifts (6 month commitment):

- Tuesdays 9-11AM
- Fridays 5-7PM
- Sundays 9-11AM

Who you are:

- Dependable and reliable
- Outgoing and friendly
- Align with YWCA Mission and Vision

What you'll be doing:

- Assisting instructors with class set up
- Cleaning, maintaining and organizing small equipment
- Creating a safe and enjoyable environment for all

What you'll need:

- Current CPR-A/AED
- Valid Criminal Record Check
- Ability to move and/or lift 30 Pounds
- Ability to bend, squat, reach

For more information, contact Johanna Ward (jward@ywcavan.org)