

November 25, 2021

Internal/External Job Posting:

Seniors' Group Fitness Instructor; Permanent P/T: 3 hrs per week.

Posting Number: 2021-33

Davenport-Perth

Neighbourhood and Community Health Centre



Davenport-Perth Neighbourhood and Community Health Centre (DPNCHC) is a multi-service community agency committed to furthering community development/capacity building and health promotion activities for all ages. A United Way Agency, the Centre specializes in programs ranging from early years to youth, isolated adults, health and seniors. The Seniors' Group Fitness Instructor will plan, develop, implement, and assess group exercise classes at seniors' residences and community agencies in Toronto. They will work with the seniors' residence staff to address seniors' fitness issues in order to improve the independence, safety awareness, health and well-being of seniors, through fun, physical activity-within the context of DPNCHC's philosophy, mission statement and approach to service delivery. This program is funded by the Ontario Ministry of Health through the Toronto Central Local Health Integration Network Falls Prevention Initiative.

Responsibilities:

- Teach group fitness classes to seniors 65+, **in seniors' residences and community agencies in Toronto**;
- Work cooperatively with residences and community agencies' staff related to our seniors' fitness classes;
- Plan, develop, and implement progressive and safe fitness classes;
- Individual fitness assessments of participants at start-up and once yearly;
- Collect attendance, participant information (forms) and maintain statistics, assessment data and incident reports;
- Assist the Seniors' Fitness Supervisor with outreach, when needed;
- Ensure timely preparation of information, statistics and timesheets for the Seniors' Fitness Supervisor;
- Provide information and referrals regarding senior's fitness, when appropriate.

Qualifications:

- Seniors Group Fitness Instructor training with the Canadian Centre for Activity & Aging (CCAA) or other qualified institution is a requirement;
- 1.5 years minimum experience providing group fitness classes to culturally diverse seniors who are marginalized/isolated and require fitness support is required;
- Current CPR and First Aid certificates;
- Demonstrated group facilitation skills;
- Excellent fluency in English – verbal and written language;
- A valid driver's license and use of a vehicle is required for this position;
- Basic computer literacy (WORD, Excel, and email);
- A second language is a strong asset;
- A background in dance or Zumba Gold is an asset;
- Knowledge of services and community organizations for seniors is an asset.

Hourly range: \$21.134 - \$22.995 per hour plus statutory benefits, and RRSP or HOOPP pension plan. **This position is part of the bargaining unit.**

Resume & cover letter to: Posting No. 2021-33 at hire@dpnchc.ca or mail to 1900 Davenport Rd, Toronto, ON M6N 1B7.

Due Dates: Internal: 5:00 pm, December 3, 2021. **External:** 5:00 pm, December 8, 2021.

Davenport-Perth Neighbourhood and Community Health Centre encourages applications from candidates, whose background is diverse in terms of culture, race, language, religion, class and gender /sexual orientation. Reasonable accommodation or any other special needs will be provided in all parts of the hiring process. If you require any accommodation, please advise Human Resources. As a condition of employment all new hires must show proof of vaccination (2 doses) with vaccines approved by Health Canada, unless they have an exemption from vaccination under the Human Rights Code. Also required to undertake a Vulnerable Sector Screening with Police Services. Only applicants selected for interviews will be contacted. No phone calls please. DPNCHC is a perfume free environment.