



VOLUNTEER ROLE DESCRIPTION

POSITION:	Seniors Gym Facilitator
AVAILABLE POSITIONS:	2 Volunteers
EFFECTIVE DATE:	Sept 1, 2023
DEPARTMENT:	Recreation
REPORTS TO:	Seniors' Coordinator

OBJECTIVE

The Seniors' Gym Facilitator is a volunteer position that works with the Seniors' Coordinator to plan and manage a weekly Seniors' Gym time at Wesbrook Community Centre.

OVERALL GOALS FOR THE POSITION

1. Provide programming intended to encourage a variety of physical activities for older adults.
2. Create a welcoming and inclusive environment where seniors can come together to be active and learn new skills or try new sports and games.

ROLES AND RESPONSIBILITIES

1. Plan and implement a variety of sports, games, or physical activities.
2. Give instruction to participants with adaptations as needed.
3. Ensure that all participants have equal opportunities to engage and participate, helping to build a sense of community and friendship.

REQUIREMENTS

- Must be age 16+
- Knowledge of and enthusiasm for a variety of sports and games.
- A willingness to learn and try new activities.
- Ability to adapt to meet the needs of a diverse group of seniors.
- Knowledge of Mandarin is an asset.

ROLE PARTICULARS

- Be available for the most or all of the term (Sept 11 – Dec 11) on Mondays from 11:00am – 12:30pm (except for Oct 2, Oct 9, Nov 13)
- Must obtain a Criminal Record Check with Vulnerable Sectors Clearance prior to starting (online link or request letter will be provided)
- This is an excellent opportunity for two friends to volunteer together.

Please send a letter of interest to Linda Quamme at lquamme@myuna.ca

Application Deadline: Open until filled.