



Job Posting –Internal/External

Position: Certified Seniors Fitness Instructor

Status: Casual Status

Reporting to: Manager, Client Services

Position Summary: Responsible for independently carrying out group exercise programs under the direction and supervision of the Client Services Manager, in various senior communities in the Etobicoke area. Support a culture of client safety based on ESS key strategic goals and priorities.

Duties and Responsibilities:

1. Develop and conduct group exercise classes designed for seniors that focus on improving or maintain functional mobility, strength and improving balance.
2. Assist and monitor clients while utilizing exercise equipment; promote and demonstrate safe use of all equipment as well as proper infection control practices for equipment.
3. Monitor and report changes in client's functional ability to the supervisor in a timely manner.
4. Perform and document client's fitness and functional assessments, record attendance and ensure all required forms are completed.
5. Performs other duties as required

Knowledge, Education and Skill Requirements:

1. Current Fitness Instructor certificate from Canfitpro or Canadian Centre for Activity and Aging, with older adult specialization preferred.
2. Current First Aid and CPR certificate.
3. Experience working with older adults and with individuals with cognitive impairment.
4. Demonstrates effective interpersonal, organizational and communication skills.
5. Valid Ontario driver's license; Valid Personal Auto Insurance; availability of a motor vehicle.
6. Ability to work independently and in a team setting.
7. Current Police Vulnerable Sector Check.
8. Ability to work in a physically demanding, fast paced, challenging environment.
9. Ability to apply therapeutic modalities and adapt exercises as necessary.

Please respond with resume & cover letter by Feb 24, 2020:

ESS Support Services

Hiring Committee

2245 Lawrence Ave. W. Etobicoke, ON M9P 3W3

Fax: 416-243-7987

Email: amorellato@esssupportservices.ca

We thank all applicants, but advise that only candidates selected for an interview will be contacted.

In accordance with the Accessibility for Ontarians with Disabilities Act (AODA) ESS Support Services will provide accommodation, accessible formats, and communication supports for the interview upon request.

ESS Support Services is a not-for-profit agency committed to supporting seniors in their desire to remain in their own homes and their community.