



## Personal Training Job Opportunity

The False Creek Community Centre is seeking for certified Personal Trainers with a flexible schedule, good experience working with clients of all ages, highly organized with strong leadership skills.

### Requirements

#### **Education and Experience:**

- Preferably completion of Human Kinetics or Kinesiology diploma or degree.
- Considerable knowledge and experience in the use of fitness equipment.
- Current First Aid Certificate.
- Current Cardio-Pulmonary Resuscitation (CPR) Certificate.
- Current Certificate of Insurance for Personal Training.
- B.C. Recreation & Parks Association Registered Fitness Leader – Weight Training and Personal Trainer or equivalent.

#### **Knowledge, Skills and Abilities:**

- Knowledge of the methods used in proper exercise programs and the use of exercise equipment.
- Knowledge of the theory of movement, body mechanics and the prevention and management of injuries.
- Demonstrated ability to instruct individuals and small groups.
- Demonstrated ability to instruct a complete exercise package and to develop tailored weight training and fitness programs.
- Demonstrated ability to provide excellent customer service and strong leadership skills.
- Ability to meet and deal tactfully with the public and maintain control and exercise discipline with tact and consistency.
- Ability to answer general and specific questions related to physical fitness and exercise.
- Ability to orient clients in the use of fitness centre equipment at the False Creek Community Centre.

All applicants must also attach their First Aid/CPR and any other relevant certifications to their application.

#### **Employment Type:**

Contractor

#### **Number of Positions:**

2

#### **Affiliation:**

False Creek Community Centre Association

#### **Position Start Date:**

September 2018

#### **Pay Rate:**

\$32.50 per session / 1 Client (Private – 1 Hour)

\$45.00 per session / 2 Clients (Semi-Private – 1.25 Hours)

#### **Please send application/resume to:**

Kin Dang – Recreation Programmer

Email: [kin.dang@vancouver.ca](mailto:kin.dang@vancouver.ca)