

Exercise and Falls Prevention Instructor – North Kawartha (2 Classes/Week – Contract)

Community Care Peterborough provides services that support independence and promote peace of mind for seniors, their families and for adults with physical challenges who live in the City and County of Peterborough.

Position Summary:

Providing exercise and falls prevention instruction to groups of seniors with varying degrees of physical ability. Classes include strength, mobility, stability and balance components with the goal of maintaining or improving physical fitness and reducing the risk of falls. Classes will take place at the North Kawartha Community Centre on Monday and Wednesday mornings throughout the year. Instructor will plan and lead the exercise and falls prevention class, ensure new clients have completed registration forms, track and submit class attendance to program supervisor.

Qualifications & Experience

- Physiotherapist, Physiotherapist Assistant, Kinesiologist, Occupational Therapist, Fitness Instructor or related background or equivalent work experience
- Strong organizational skills, accuracy with attention to detail, ability to multi-task
- Good interpersonal skills and written communication
- Strong working knowledge and proficiency in: Excel
- Computer and email efficiency
- Valid driver's license and reliable transportation

Looking for an instructor to start as soon as possible.

Please submit a resume and cover letter to:

Community Care Peterborough - Apsley

126 Burleigh St. PO Box #303

Apsley, ON K0L 1A0

HR@commcareptbo.org or Fax 705-745-6011

Please indicate “North Kawartha Instructor” in subject line of email.

*We thank all applicants for their interest, however only candidates selected for further consideration will be contacted. Community Care Peterborough is an **equal opportunity employer** committed to providing an inclusive and barrier-free selection process and workplace that embraces diversity, values differences, and supports the full participation of all employees. We recognize the importance of ensuring that all applicants are treated with equal respect and dignity, and are protected from discrimination and harassment. If you require accommodation measures during the recruitment or selection process, please advise in confidence at the time of application.*

