

**WELLNESS/FITNESS  
INSTRUCTOR****YOU ARE...**

- ◆ sensitive to the needs of seniors and adults with physical challenges
- ◆ punctual and reliable
- ◆ a leader
- ◆ organized
- ◆ patient
- ◆ respectful of confidentiality
- ◆ cooperative
- ◆ compassionate

**ROLE**

To facilitate activities that promote physical, emotional and intellectual well being

**BENEFITS**

- ◆ positively impact the lives of group participants
- ◆ valued member of our team
- ◆ training and educational opportunities
- ◆ continue to practice and apply your acquired skills
- ◆ exercise/enhance your leadership skills
- ◆ opportunity for social engagement

**TIME COMMITMENT**

- ◆ 1 ½ - 3 hours per week or 1 – 2 classes per week

**RESPONSIBILITIES**

- ◆ provide Health & Wellness Medical Advice Form to all new participants
- ◆ deliver program to all levels of fitness
- ◆ encourage participants to participate at their own level
- ◆ monitor participants during program
- ◆ encourage social interactions among participants
- ◆ track attendance and forward to office
- ◆ communicate with Convenor and/or Coordinator
- ◆ follow Routine Practices for infection control
- ◆ work within the parameters of your defined role
- ◆ represent Community Care in a friendly, professional manner
- ◆ report any problems or concerns to a staff member
- ◆ attend meetings and training opportunities
- ◆ report your volunteer hours as requested
- ◆ be familiar with all Community Care services

**REQUIREMENTS & QUALIFICATIONS**

- ◆ able to work independently as part of our team
- ◆ strong interpersonal skills and proven leadership skills
- ◆ effective communication skills and good organizational skills
- ◆ proof of expertise in wellness/fitness and current CPR/ First Aid

**REPORTS TO:** Convenor and/or Coordinator



**WELLNESS/FITNESS  
INSTRUCTOR****SCREENING REQUIREMENTS**

To join our team, you have successfully completed:

- personal interview
- application form(s)
- criminal reference check
- personal reference checks
- general orientation
- program specific orientation and training
- proof of expertise in wellness/fitness
- proof of current CPR and First Aid

**OFFICES OF COMMUNITY CARE PETERBOROUGH****Apsley ♦ 705-656-4589**

Box 303, 126 Burleigh Street, Apsley, ON K0L 1A0

**Buckhorn ♦ 705-657-2171**

Box 12, 1937 Lakehurst Rd, Buckhorn, ON K0L 1J0

**Chemung ♦ 705-292-8708**

549 Ennis Road, Ennismore, ON K0L 1T0

**Havelock ♦ 705-778-7831**

107 Concession St N, Havelock, ON K0L 1Z0

**Lakefield ♦ 705-652-8655**

Box 001, 40 Rabbit Street, Lakefield, ON K0L 2H0

**Millbrook ♦ 705-932-2011**

Box 257, 22 King Street E., Millbrook, ON L0A 1G0

**Norwood ♦ 705-639-5631**

Box 436, 2281 County Road 45, Norwood, ON K0L 2V0

**Peterborough ♦ 705-742-7067**

185 Hunter St E, Peterborough, ON K9H 0H1

**OTHER OPPORTUNITIES  
IN:**

- ♦ Attendant
- ♦ Blood Pressure Clinic
- ♦ Board of Directors
- ♦ Diners' Club
- ♦ Foot Clinic
- ♦ Friendly Visiting
- ♦ Fundraising
- ♦ Meals on Wheels
- ♦ Medical Equipment Program
- ♦ New to You
- ♦ Office
- ♦ Personal Distress Alarms
- ♦ Shopping Buddy
- ♦ Speakers Bureau
- ♦ Telephone Reassurance
- ♦ Transportation
- ♦ Wellness/Fitness

