



Volunteer Position: **Fitness Program Assistant**
Department: Health & Fitness
Assignment: Monday – Friday (Fall Placement)
Start Date: Immediate
Time: 8:00am start
Positions Available: 4

Summary:

If you are ready to support an organization that contributes to the Durham community, then this is the volunteer opportunity for you.

Abilities Centre is a 125,000 square foot, state-of-the-art facility that delivers sports, fitness, arts, research, education and life skills opportunities for people of all ages and abilities. Located in Whitby, just east of Toronto off Hwy 401 and next to the Whitby GO Station, we are fully accessible and easy to reach by car or public transit.

Since opening its doors in June 2012, Abilities Centre has fused barrier-free navigation and access with inclusive and innovative programs to become an International Centre of Excellence serving local, national, and international communities.

Main duties:

- Assist with set-up and take down and maintenance of equipment for various fitness classes
- Learn about our HUR equipment
- Assist instructor in class as needed
- Engage with members

Qualifications:

- Suitable placement for students specializing in Health & Fitness and Co-Op students

Deadline: September 15th, 2014

For immediate and confidential consideration, please email your cover letter and resume to dfrendo-jones@abilitiescentre.org, citing volunteer position title in the subject line of your response.

Thanks for your interest in helping us build a place where people of all ages and abilities can get active, social and creative!