



Volunteer Position: **Program Assistant – TIME (Together in Movement and Exercise)**
Department: Health & Wellness Transition Programs
Assignment: Tuesdays & Thursdays: 11:45am- 1:15pm
Start Dates: September 30th, 2014 End Date: December 4th, 2014
Positions Available: 2

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 charitable organization that delivers enriching sports, arts, music, and life skills opportunities for all ages and abilities within a 125,000 square foot, state-of-the-art facility (ideally located in the centre of Durham region, close to Highway 401 and the Whitby GO Transit train station).

Since opening its doors in June 2012, Abilities Centre has fused barrier-free navigation and access with inclusive and innovative programs. As an International Centre of Excellence, Abilities Centre serves local, national, and international communities by providing resources and research tools that promote inclusivity and accessibility.

Reporting to the Lead, Health & Wellness Transition Programs, the program assistant is responsible to supervise participants in all components of the TIME (Together in Movement and Exercise) program. Also required to help instructors with leading exercises at stations as well as take the lead occasionally.

Main duties:

- Assist participants in exercises when necessary, assist participants with cardio equipment, help with set up and take down of equipment.
- Encourage participants throughout the class.
- Cultivate a member-centred environment through exceptional customer service
- Establish rapport and maintain effective relationships with members, staff, volunteers and community partners

Qualifications:

- Background in Kinesiology, Physiotherapy, Occupational Therapy or Fitness & Health Promotion
- Experience working with seniors and those with chronic health conditions is an asset
- Effective team player with positive attitude, interacting well with clients and employees

Deadline to Apply: September 9, 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!