



Carefirst Seniors & Community Services Association is a non-profit charitable community services agency established since 1976. Our spectrum of services has grown from the delivery of Chinese meals-on-wheels service to a full range of community support services, covering the whole Greater Toronto Area.

With a staff of 500 members (including full-time and part-time staff) and the help of a pool of 850 active volunteers, we serve over 15,000 clients a year, including seniors, adults, youth with physical, social, emotional and health challenges. 3,000 of whom are "home-bound" and frail.

We are currently seeking an **Exercise Instructor** to join our Exercise & Fall Prevention Program team.

Terms: Casual

Location: Richmond Hill & Markham

Responsibilities:

- Present gentle fitness, cardio exercise and fall prevention classes to clients in the community in a safe environment, which includes pre-class preparation, setup, post-class wrap-up, and clean-up
- Complete and maintain enrolment and attendance records.
- Facilitate information sessions as required
- Follow all safety guidelines for fall prevention, elopement prevention, infection controls, etc.
- Assisting with the ongoing development and evaluation of the Exercise & Falls Prevention Program
- Ensure accurate and timely completion of all essential documentation
- Connect the participants to the program coordinator to access the needed services within and beyond the agency
- Travel to and from various locations within the Scarborough, and Richmond Hill region
- Other duties as assigned

Qualifications:

- Graduate of Physiotherapy/Occupational Therapy Assistant Certificate program from a recognized Community College, and hold a PTA diploma or Kinesiology degree, Health Promotion Certificate, or Personal Trainer Certificate
- Certified Senior Exercise Instructor from an accredited institution preferred
- Minimum of 1 year of relevant experience required
- Previous experience working with older adult and seniors with mobility issues in a community setting is an asset
- Proficiency in Windows, Microsoft Office Suite, Zoom, etc.
- Flexible working hours
- Proficiency in English; a second language commonly used by our clients, such as Cantonese/Mandarin, is an asset
- Some lifting and transfer
- Some tasks may occasionally be physically demanding such as lifting, transferring, etc.
- Access to a vehicle and able to drive is an asset
- Valid certification in First Aid and CPR
- Current vulnerable sector check (completed within one year)

Benefits:

- Comprehensive Orientation Program

Carefirst is an equal opportunity employer. We are also committed to an environment that is barrier free. If you require accommodation during the hiring process, please inform us in advance to arrange a reasonable and appropriate accommodation.

While we thank all candidates for their interest, only those selected for an interview will be contacted.