



Variety – the Children’s Charity Ontario & Variety Village Job Posting

Job Title:	Personal Trainer
Report to:	Coordinator, Personal Training & Fitness Classes
Job Type:	Part-time, Contract
Hours:	Evenings and Weekends
Location:	Variety Village- Scarborough, ON
Rate of Pay:	\$22.00 – \$25.00 per hour, based on experience and qualifications

Who we are:

Located in southwestern Scarborough, Ontario, Variety Village is an inclusive, adaptive, and family friendly facility serving more than 30,000 individuals each year. Variety Village has had, and continues to have, a profound impact on the lives of people with disabilities and their families. Through adaptive sport and recreation programming, outreach and education, Variety promotes inclusion and healthy living through adapted physical activity.

Summary:

The incumbent in this position will provide Variety Village fitness club members with one-to-one personal fitness training, designed to attain the client’s fitness goals. The successful candidate will contribute to our knowledgeable and caring team by providing quality personal training services. The scope of client goals may range from developing leg muscles to walk unaided to earning a place on a Provincial sports team. Personal Trainers are compensated on a per session basis.

Major responsibilities include but are not limited to:

- Assessing clients’ fitness level and developing an appropriate fitness program to help clients attain their goals, while ensuring their wellbeing.
- Instructing clients on the proper and safe use of fitness equipment.
- Ensuring the client is executing exercises and related fitness activities in a manner that avoids injury.
- Monitoring clients’ progress and providing meaningful and encouraging feedback.
- Keeping clients challenged, engaged, and motivated.
- Keeping abreast of fitness trends and relevant information.
- Treating client information with the strictest confidentiality as per PIPEDA legislation and Variety policies.
- Participating in Variety Village in-house training sessions including, but not limited to: Plan to Protect, AODA and Health and Safety.
- Maintaining professional certifications.
- Participating in activities that lead to growth of clientele base.
- Adhering to all established Variety Village policies and procedures.

**Skills and Key Competencies:**

- Degree or diploma in physical and health education, kinesiology or fitness and health promotions.
- A current recognized certification in fitness training i.e. CSEP, CANFIT PRO, etc.
- An understanding of the value of excellent customer service.
- Strong communication skills.
- Excellent interpersonal skills.
- Respect for the safety and wellbeing of clients.
- Caring, supportive approach to training.
- Experience in working with people with disabilities an asset.
- Professional demeanor.
- Strong organizational skills.
- A passion for fitness.
- Current First Aid and CPR certificates.
- Flexibility to work mornings, afternoons, and evenings.

Interested individuals should submit a cover letter along with their resume to the contact information below. Applicants should be prepared to participate in a multi-step interview process and the successful applicant will be requested to complete a Criminal Record Check.

humanresources@varietyontario.ca

Variety is committed to building an inclusive workplace that embraces diversity, values differences, and supports the full participation of all employees. We welcome applications from those who are passionate about contributing to a workplace culture where everyone feels valued and included. We welcome applications from racialized persons/persons of colour, Indigenous persons, persons with disabilities, 2S & LGBTQIA+ persons, and anyone who can add to the diversity of our team. We offer accommodations to applicants with disabilities throughout our hiring process, upon request.

We thank all applicants in advance and advise that only those selected for an interview will be contacted.

For more information visit www.varietyvillage.ca