

March 6, 2025

Internal/External Job Posting:

Seniors' Group Fitness Instructor

Permanent P/T: 17.5 hrs per week.

Posting Number: 2025-05

Davenport-Perth

Neighbourhood and Community Health Centre



Davenport-Perth Neighbourhood and Community Health Centre (DPNCHC) is a multi-service community agency committed to furthering community development/capacity building and health promotion activities for all ages. A United Way Agency, the Centre specializes in programs ranging from early years to youth, isolated adults, health, and seniors. The Seniors' Group Fitness Instructor will plan, develop, implement, and assess group exercise classes at seniors' residences and community agencies in Toronto. They will work with the seniors to address senior's fitness issues in order to improve the independence, safety awareness, health, and well-being of seniors, through fun, and physical activity within the context of DPNCHC's philosophy, mission statement, and approach to service delivery.

Responsibilities:

- Teach group fitness classes to seniors 55+;
- Plan, develop, and implement progressive and safe fitness classes;
- Collect attendance, participant information (forms) and maintain statistics, assessment data, and incident reports;
- Plan, develop, and implement one-hour progressive and safe fitness group classes for seniors 55+;
- Plan and carry out activities for the Afro-Caribbean Seniors group using a community development approach;
- Prepare all necessary data and documentation such as attendance, monitor petty cash, registration, flyers, and referrals made to other services;
- Support volunteer and student placements;
- Participate in a constructive, collaborative, and cooperative manner within the seniors' staff team in the planning and implementation of the seniors' program activities.

Qualifications:

- Seniors Group Fitness Instructor training with the Canadian Centre for Activity & Aging (CCAA) or other qualified institution is a requirement;
- 1-year minimum experience providing group fitness classes to seniors 55+;
- Current CPR and First Aid certificates;
- Demonstrated group facilitation skills;
- Excellent fluency in English – verbal and written language;
- Basic computer literacy (WORD, Excel, and email).

Hourly range: \$23.927 per hour plus Extended Health Benefits and the Healthcare of Ontario Pension Plan (HOOPP). **This position is part of the bargaining unit.**

Submit resume and cover letter to: **Posting No. 2025-05** to hire@dpnchc.ca or mail to 1900 Davenport Rd, Toronto, ON M6N 1B7.

Due Dates: Internal Applicants: March 14, 2025.

External Applicants: March 19, 2025.

Davenport-Perth Neighbourhood and Community Health Centre encourages applications from Black candidates, as well as individuals from diverse backgrounds including culture, race, language, religion, class and gender/sexual orientation. Reasonable accommodation or any other special needs will be provided in all parts of the hiring process. If you require any accommodation, please advise Human Resources. As a condition of employment all new hires must show proof of COVID-19 vaccination (2 doses) with vaccines approved by Health Canada, unless they have an exemption from vaccination under the Human Rights Code. Also required to undertake a Vulnerable Sector Screening with Police Services. Only applicants selected for interviews will be contacted. No phone calls please. DPNCHC is a perfume free environment.



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