



PART-TIME FITNESS INSTRUCTOR

The Southdown Institute is an accredited 22-bed residential treatment centre. Southdown offers assessments, a 14-week Residential Program, a Continuing Care Program for those who have been in residency, outpatient psychological services, consultation, education and outreach. The resident population typically consists of persons experiencing such issues as mood disorders, interpersonal conflicts, as well as a range of addictions (chemical and process).

We currently have an opportunity for a:

Fitness Instructor
Holland Landing, ON
20 hours/week Tuesday, Thursday and Fridays

Job Summary:

We are seeking a Fitness Instructor to lead group sessions, or “fitness breaks”, aquafit sessions in a nearby pool, and Breathing exercises. The Fitness instructor will also provide one-on-one physical assessments of residents to determine their capabilities for the physical aspects of our program and train residents on the proper use of the fitness equipment and weights in the fitness room, and other recreational equipment that is available to residents. The holistic treatment model at Southdown requires close interaction with the other members of the clinical team who provide psychological counselling, addiction services, spiritual direction, nursing, psychiatry, and dietary instruction.

Qualifications:

The successful candidate must have the following recognized and current certifications:

- CPR and first aid
- Group and Individual fitness Instruction
- Aquafit Instruction (or be willing to become certified and get in the water with clients)

Previous experience in a health care facility and experience working with older clients is an asset.

Interested applicants should email or forward their resume and any supporting materials to:

Christine Dodgson
Human Resources
The Southdown Institute
18798 Old Yonge Street
Holland Landing, ON
L9N 0L1

cdodgson@southdown.on.ca www.southdown.on.ca