

PART-TIME YOGA and 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:

Yoga and Fitness Instructor
Holland Landing, ON
24 hours/week
Start date: December 5, 2017

Job Summary:

We are seeking a Fitness and Yoga Instructor to lead group sessions, or “fitness breaks”, aquafit sessions in a nearby pool, Breathing exercises, and Saturday morning Yoga classes. 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
- Yoga Instruction
- Aquafit Instruction

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

Application deadline October 15, 2017