

## Volunteer Opportunity

### Weight Room

The Weight Room Volunteer provides a welcoming, safe weight room environment for users. Ensures users follow weight room etiquette, show membership or pay drop-in fees and answers questions and provides instructions according to directions provided by the Weight Room Supervisor. Volunteers act as the on-duty First Aid/CPR attendant to attend any member who may need help. Volunteers act as an information resource for programs and services at Parkgate

Volunteers are needed for a variety of shifts; early morning, evening and on weekends.

#### **Requirements:**

- Must be 18 years or older.
- Be familiar with Weight Room activities and equipment.
- Must have up to date first aid and CPR certificates.
- Criminal record check must be received by Parkgate prior to commencement of first shift.
- Volunteers will automatically become members of Parkgate Community Services Society and members of the Fitness Advisory Committee. The Fitness Advisory Committee meets twice per annum.

#### **Benefits:**

- In exchange for volunteer work hours, volunteer will receive a 3-month full access fitness membership pass to Parkgate Community Centre. The pass will expire when volunteer term is completed.

**To apply:** Contact Bronwyn James, Volunteer Coordinator at 604-983-6385.