



Weight Room Volunteers required for Parkgate

The Weight Room Volunteer provides a welcoming, safe Weight Room environment for users—ensures clients 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 attendance to attend any member who may need help. Volunteers act as an information resource for programs and services at Parkgate.

Volunteers are needed for shifts on Monday, Wednesday and every other Tuesday from 8pm to 10pm.

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 (who meet twice per annum)

Benefits:

- In exchange for volunteer work hours, volunteers 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 **Tanya Rankin, Community Services Programmer** at 604-983-6370 or **Joanna Weiler, Weight Room Supervisor** at 604-983-6355