

University Settlement

23 Grange Road, Toronto ON M5T 1C3

Telephone: 416-598-3444 Fax: 416-598-4401

Website: www.universitysettlement.ca

Charitable #: 119279412RR0001



Over 100 Years of Service in the Community

Posted: November 1, 2021
Job Title: Yoga Instructor (Fitness Instructor)
Reports to: Recreation Supervisor

Overview:

University Settlement is a multi-service agency that was founded in 1910 and has the distinction of being one of the first community-based social service centres in the City of Toronto. The organization's three offices are part of culturally rich and vibrant neighborhoods in downtown Toronto and North York.

With a full-time and part-time staff of approximately 150, University Settlement delivers programs to address the needs of more than 10,000 unique users annually in a number of diverse areas including settlement services, English language classes, children's programs, employment training, senior services, music and arts education, daycare and recreation programs.

The Recreation Department offers a wide variety of programming for children, youth and adults including basketball and badminton, yoga classes, camp and after school programs for children, aquatics and our full-service Fitness Centre. Our recreation programs serve a wide cross-section of our community. Aquatics programming includes group and private swim lessons for all ages, a swim team, Aqua Fit, pre-school classes, length swim, and family swim opportunities

Job Function:

This position carries the responsibility for the safety, welfare, education and leadership of clients participating in Yoga/Fitness Classes at University Settlement

Qualifications:

- Yoga certification with Yoga Alliance
- CPR/First Aid certification
- Education or experience in health and fitness is preferable
- The art of teaching the Vinyasa Flow
- Knowledge of the Chakra System, Pranayama, mantra, and mindful meditation

Assets include:

- 2nd language
- Non-profit experience
- Experience working/volunteering in a multi-cultural setting



Responsibilities

- Conduct and lead yoga classes
- Visually assess students to determine their level of practice
- Assist students to achieve precise alignment
- Demonstrate practice and techniques
- Possess the ability to move energy through the body
- Transform energy during the warm-up, build-up and cool-down stages
- Motivate students with words of encouragement
- Connect with students during the yoga classes through fun, intelligent sequencing
- Offer training recommendations to improve the practice of yoga
- Engage in administrative duties
- Respond or direct participant inquiries or concerns
- Perform additional duties as required by the Recreation Supervisor

Terms of Employment:

A valid Police Reference Check with vulnerable sector screening, satisfactory to University Settlement is a requirement of this position

All University Settlement employees are required to be fully vaccinated as a condition of hire in accordance with the University Settlement [Mandatory Vaccination Policy](#).

Schedule: days, evenings, weekends as needed
Starting Date: ASAP
Hourly Rate: \$35.03/hour
Details: Part-Time, Unionized Position

To apply:

Please send a cover letter and resume with by November 26, 2021 to Heather Lesniak, University Settlement Recreation Supervisor at heather.lesniak@universitysettlement.ca.

*University Settlement is an equal opportunity employer. We would like to thank everyone for submitting an application; only those chosen for an interview will be contacted

For further information about University Settlement, please visit www.universitysettlement.ca