

University Settlement

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Charitable #: 119279412RR0001



Over 100 Years of Service in the Community

Job Posting: Fall Prevention Program Instructor

Location: University Settlement – 23 Grange Road

Program Start: Fall 2025 (Exact date TBD)

Schedule: 1-2 sessions/week (daytime, weekday only – tentatively Monday 2PM-3PM and Thursday 2PM – 3PM), 1hour per session.

Contract Length: 8–10 weeks

Compensation: \$45/hour

About Us:

University Settlement is a multi-service community organization in downtown Toronto offering inclusive and accessible programs. Our Seniors Active Living Centre provides a wide range of free programs that promote healthy aging, connection, and lifelong learning for older adults 55+.

About the Role:

We are seeking a friendly, patient, and engaging **Fall Prevention Program Instructor** to lead a weekly Fall Prevention Program for older adults. The program focuses on reducing the risk of falls and related injuries through hands-on strengthen training, balance exercises, and practical fall recovery techniques. The ideal candidate is **fluent in Mandarin**, understand the physical needs of older adults, and can create a safe, supportive, and encouraging learning environment.

Responsibilities:

- Develop and deliver weekly fall prevention classes tailored to older adults
- Teach strength, balance, and mobility exercises designed to reduce fall risk
- Provide instruction on safe and proper exercise techniques
- Educate participants on how strength training supports fall prevention
- Demonstrate and guide participants through safe ways to get up from a fall
- Monitor participants' form and safety during exercises, adapting as needed
- Answer questions and provide individual guidance when appropriate
- Track attendance and communicate regularly with program staff

Qualifications:

- Certification or relevant training in fitness instruction, kinesiology, physiotherapy, occupational therapy, or related field
- Experience leading group exercise programs for older adults
- Knowledge of fall prevention techniques and senior-friendly strengthen training exercises
- Strong communication and interpersonal skills
- Fluency in Mandarin and/or Cantonese is required



- CPR/First Aid certification (or willingness to obtain before program start)
- Reliable, punctual, and able to work independently

To Apply:

Please email your resume and a short cover letter to **esther.zheng@universitysettlement.ca** with the **subject line: Fall Prevention Program Instructor – Fall 2025**. Applications will be reviewed on a rolling basis until the position is filled.