



Role: Spark Seniors Fitness Coach –
Temporary Part-time (Fixed Term Contract)
Created: July 2025
Wage: Fixed Rate as per Grant

Reports to: Head Coach, The Gym
Weekly Hours: 22.5 hours per week

Interested Applicants please submit your resume and cover letter to HR@shalomvillage.ca by Tuesday, August 12, 2025

ABOUT SHALOM VILLAGE:

Shalom Village is a non-profit campus of care that specializes in the health and wellbeing of Hamilton area seniors. We provide an unwavering commitment to making every day the best day possible for the seniors who depend on Shalom Village services and programs.

Through their dedication, training and commitment to seniors, our team members transform the lives of older adults through a variety of programs and services, including long-term care, senior living apartments, fitness, community wellness and social programs.

Our long-term care services provide a homey environment and programs for frail seniors, while our assisted living apartments are perfect for more active seniors. Our fitness and community programs support local seniors living at home, while also providing them with the opportunity to socialize with their peers, learn new skills, and stay healthy and fit. ***Shalom Village is here to help create moments that matter for every senior!***

****Founded by the Jewish Community, for the benefit of all seniors throughout the Hamilton Region, our Jewish values and traditions ensure that all residents & participants, benefit from the respect, compassion, and dignity inherent in the Jewish faith. We welcome and celebrate individuals from all backgrounds, faiths and cultures.**

MISSION, VISION & VALUES

Our Vision: Honouring our Fathers and our Mothers

Our Mission: To provide opportunities for the continuity of life interests, values, and relationships for those who need supportive housing, long term care, convalescent care, adult day services and specialized fitness facilities within the context of Jewish Values and Kashruth. We want all those who need our services to feel AT HOME.

Our Values: At Shalom Village we use the acronym AT HOME to provide a clear link between our vision, mission, values, and most importantly how these guiding principles are brought to life for all our stakeholders.

- **Acknowledge:** We will listen to each other and commit to being approachable, trustworthy, and helpful while valuing each person's contributions, perspectives and differences.
- **Together:** We will support each other and believe that together we can achieve anything.
- **Home:** We will create a feeling of comfort, trust, familiarity, and safety that honours Jewish Values and brings about each individual person's feeling of being at home.
- **Organization:** We will strive for learning, innovation, accountability, transparency, and excellence.
- **Memories:** We will share memories and create new ones through relationships, sharing, and celebrations.
- **Enablement:** We will empower, encourage, and focus on each other's strengths to make possibilities possible and accomplish our goals.

As a charity that depends on donor support, Shalom Village Staff play a vital role in our ability to deliver the lifesaving programs that benefit Shalom Village residents and participants. It is crucial that staff members believe-in the power of philanthropy to bring people together to support the hundreds of seniors, and family

Acknowledged · Together · Home · Organization · Memories · Enablement

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members whose lives we impact every day. Our staff members are important ambassadors, donors, and members of the Shalom Village Family. We encourage all staff to join us as we harness the power of philanthropy to help us build a thriving community for our seniors, our families, and our staff.

Seniors Fitness Coach

The Seniors Fitness Coach is a part-time role from the Senior Community Grant that supports designing and leading physical fitness classes, educational health information and social gatherings. The physical fitness classes will be designed to promote mobility and health for seniors and senior caregivers. Classes will include Caring for Caregivers fitness (biweekly); a low-impact workout to support both seniors and their caregivers in maintaining physical strength and stress reduction; Stretch'n Strengthen (biweekly); targeted exercises to improve flexibility, balance, and muscle tone, essential for reducing the risk of injury; Chair Yoga (biweekly): Adapted yoga sessions that enhance relaxation, breathing techniques, and joint mobility, particularly for those with limited mobility; Falls Prevention classes (seasonal): two 12-week sessions annually that focus on building strength, balance and confidence to prevent falls and ensure safe mobility.

Key responsibilities include, but are not limited to:

- Lead group exercises
- Set up the equipment needed for exercise programs prior to beginning
- Lead exercise participants through various group exercise programs
- Put away equipment from exercise program once finished
- Measure the participant experience – being available for participants, responding to inquiries
- Performing assessments & re-assessments on new and existing participants
- Choosing safe and appropriate exercises for the various fitness classes
- Design, develop, and market (with the support of the grant team) the fitness classes and tools/resources as outlined in the grant
- Recruit, assess, program planning, evaluating participants
- Assist with communications and materials to prospective new participants
- Choose safe and appropriate exercises for the various fitness classes
- Choose appropriate health information to share with participants
- Manage admissions and discharges
- Support grant performance measures
- Fill out membership assessment forms with new participants
- Assess baseline measures of fitness using assessment tools
- Reassess participants as per grant
- Scheduling assessments and re-assessments

The successful applicant will possess the following qualifications:

- Fitness Instructor certificate from Canfitpro or Canadian Centre for Activity and Aging, with older adult specialization, or other related fitness certification (i.e. Yoga, Tai Chi, etc.), required.
- Minimum 2 years experience teaching exercise classes for older adults and/or with individuals with cognitive impairment.
- Ability to facilitate seniors exercise classes independently.
- Ability to work independently and as part of a team.
- Previous experience working with seniors in the community is an asset.
- Demonstrated excellent interpersonal and customer service skills.
- Good organizational skills with an ability to set priorities in a fast-paced environment.
- Holds an active First Aid and CPR certificate.
- Proficiency in MS Office and Zoom platform.

*****Although we value candidates who possess the full range of qualifications listed, we encourage individuals who believe they meet most of the criteria to apply. We recognize that diverse experiences and perspectives enrich our team and contribute to our collective success.*****

Shalom Village is committed to diversity and inclusivity. We are excited to hire people whose skills, attitude, and abilities contribute to the success of the organization and who reflect the values of our community.

***Shalom Village recognizes that the right fit for a position is more than just a list of criteria. If you believe you may be a good candidate, but you don't meet all the criteria, please apply, and tell us why you're a great fit in your cover letter. You may be just the person we are looking for.*