



YMCA Volunteer FAQ

Q. What benefits do you get as a volunteer?

As a volunteer you get to engage with the members of the Y, be a part of a great YMCA community, and hopefully build a great following in your group fitness class. You are also provided with a volunteer access pass to use the facility to better your own health and fitness.

Q. If I am not a fitness instructor, can I volunteer somewhere else?

Yes, we have volunteers operating across all parts of our facility, from membership administration to class check-in to facility tours. There are always ways to help our community grow.

Q. How long does the process take before I can teach?

From when you enquire to when you would be able to begin teaching a class varies on your background. If you come with some group fitness experience, we just need to complete some administration work before you are ready to go. It would be between 1-3 months generally.

Q. What qualifications do I need?

To be a fitness instructor we require a recognized group fitness certification. Don't worry if you don't have one though. The Y offers group fitness courses throughout the year so just ask when our next one is coming up.

Q. What is expected of me?

As a YMCA volunteer you are expected to abide by our code of conduct and represent our values.

Q. What do I need to do to become a volunteer?

In order to begin volunteering at the YMCA there are some documents and training to be completed. These include a criminal record check, a check of personal references and basic child protection training. Information will be provided to you on each of these by the fitness supervisor in your branch.

Q. For how long would you like me to commit as a volunteer?

As long as you are available to give us your time. Ideally a minimum of six months, especially if you are going to teach a regular class, to ensure it is worth your while going through the onboarding process.

