

## **FITNESS TRAINER**

Villa Maria is a private, co-educational French and English secondary school with around 1840 students. In an ever-changing world, our school advocates personalized support combined with a stimulating environment. Students of both languages enjoy a harmonious bilingual cohabitation. By choosing to integrate technology into our teaching, we develop an innovative, effective and humane approach to learning for our students.

### **Our mission**

We support our students in developing and realizing their full potential, so that they become responsible citizens of the world able to meet the challenges of tomorrow's job market.

### **The opportunity**

Be part of a team that evolves and collaborates in a bilingual and innovative environment where the human being remains at the center of our concerns and where everyone's efforts are pooled to create a quality learning environment for our community of students. A career at Villa Maria means working in a renowned school that values diversity, inclusion and self-actualization.

### **BRIEF JOB DESCRIPTION**

Reporting to the Assistant Director of Student Life, the incumbent is responsible for Villa Maria's fitness room and all its activities. He/she will develop, plan and supervise training sessions for Villa Maria's excellence teams and all users of the fitness room.

- Develop, organize and coordinate annual physical preparation training plans for athletes in each discipline, in close collaboration with discipline managers and coaches.
- Develop training programs for individual athletes or groups of athletes, taking into account sporting requirements, level of development, competition periods or tournaments, and long-term objectives.
- Work in synergy with physical education teachers to:
  - o Establish coherent, efficient management of the weight room.
  - o Define a structured five-year progression in the development of students' physical capacities (strength, endurance, power, mobility).
  - o Coach and support students and teachers during their sessions in the weight room.
- Promote the adoption of safe training techniques, providing active supervision and intervening to correct inappropriate postures, movements and loads.
- Offer and supervise supervised training sessions, both in the gym and in the weight room, according to the targeted physical preparation periods.
- Regularly follow up with discipline managers on:
  - o Athlete attendance, participation and commitment.
  - o The evolution of their physical capacities and the necessary adjustments to training programs.
- Contribute to the coaching, training and supervision of trainees or new staff members in relation to training and safe use of facilities.
- Collaborate actively with the athletic therapy department or health care providers to ensure a gradual and optimal return to physical activity for injured students.
- Participate in the evolution of the weight room by :
  - o Take inventory of equipment.
  - o Suggesting equipment purchases adapted to the needs of users and the sports orientations of the establishment.

- Act as a resource person in the promotion of healthy lifestyle habits, injury prevention and overall development of young athletes.
- Carry out any other related tasks requested by his/her immediate superior.

#### **QUALIFICATIONS AND SKILLS REQUIRED**

- Diploma of College Studies (DEC): Recreation Leadership Techniques (Sport and Health option), **Physical Rehabilitation Techniques**, or a diploma recognized as equivalent by the appropriate authority
- If your studies were completed outside Quebec, attach your comparative evaluation of studies completed outside Quebec issued by the Ministère de l'Immigration, de la francisation et de l'intégration
- Minimum of three (3) years' experience in a similar position
- Canadian Coaching Alliance (NCCP) certification or CanFitPro or YMCA certification, an asset
- Excellent command of French and English, both spoken and written
- Demonstrated communication skills and an excellent sense of customer service and teamwork
- Excellent organizational and time management skills
- Strong listening skills and problem-solving abilities
- Diplomacy, discretion, attention to detail, and high level of professionalism

#### **BENEFITS**

- Hourly salary according to the French public sector salary scale for recreation technicians (4214): \$26.63/hr to \$34.45/hr, depending on experience.
- Group insurance plan adapted to our employees' needs
- Retirement plan
- An employee Assistance Program
- Job placement program
- A warm and human working environment
- The possibility of cooperating with our multidisciplinary team on several committees
- A historic and enchanting outdoor environment
- Close to a Metro station
- Free parking

**Work schedule: Flexible schedule according to department needs, 35 hours per week, Monday to Friday, 7:00 a.m. to 7:00 p.m.**

**Start date: August 2025**

Please send your CV and cover letter by e-mail to : [carrieres-careers@villamaria.qc.ca](mailto:carrieres-careers@villamaria.qc.ca)

The use of the masculine form in this text is for readability purposes only. Villa Maria is committed to an employment equity program and encourages applications from women, Indigenous peoples, visible minorities, ethnic minorities, and individuals with disabilities.