

## Volunteer Opportunity Together in Movement and Exercise (TIME) Volunteer

Are you passionate about health and fitness? Do you love supporting the well-being of fellow community members? If so, we are looking for your support in leading TIME sessions at Community Care.

**TIME (Together in Movement and Exercise)**, developed by the University Health Network, is an exercise program designed for people living with mobility issues, neurological conditions, and/or recovering from a hospital stay. Classes focus on functional movements (e.g. walking, stepping, weight shifts, etc.) and providing a safe and supportive environment for participants to practice their movements.

**Location:** Various Community Care spaces

**Schedule:** Mondays and Wednesday afternoons for 1.5 hours per day

**Focus Areas:** Class instruction, room set-up, attendance taking, and participant safety

### What You'll Do:

- Lead portions of the TIME exercise class (i.e. walking station)
- Maintain participant sign-in sheets
- Room set-up/clean-up
- Monitoring participant safety, this class requires a ratio of 1 instructor per 4 participants

### What We're Looking For:

- Passion for fitness, well-being, and helping others
- Prior experience in fitness and/or healthcare
- Positive attitude and strong communication skills

### Why Volunteer With Us?

- To provide meaningful support within your community
- To gain experience in the fitness and wellness field
- On-site training available (i.e. TIME instructor training and First Aid/CPR training)
- To meet like-minded individuals and network with community partners

We'd love to hear from you! – Click the [“Volunteer With Us”](#) button to apply today

[www.ccckl.ca/volunteer](http://www.ccckl.ca/volunteer)