



**SYLVAN ADAMS
YM-YWHA**
CCJ BEN WEIDER JCC
HARRY BRONFMAN YCC

Gym and Swim Companion

The Sylvan Adams YM-YWHA (the Y) is a member-driven organization with a 110 year history of pursuing its vision of sustaining Jewish continuity in Montreal. It provides a warm, welcoming and inclusive environment, rooted in Jewish values and open to those of all backgrounds, where its members can gather to participate in a wide range of social, physical and experiential learning activities that enhance their health and well-being, deepen their Jewish identity and appreciation of Jewish culture, and foster a connection to one another. The Y employs approximately 30 full time staff and hundreds of part-time staff across its various departments – from full-time accountants to part-time swim instructors and day camp counsellors.

Job Summary:

Reporting to the Coordinator of Inclusion Services, the Gym and Swim Companions will support our participants with disabilities of all ages at our recreation facility, to encourage their safe use of our exercise equipment and pool. Companions will encourage the safe use of exercise equipment and will ensure participants' active engagement and overall safety.

Job Description:

- Accompany participants throughout our facility, including the gym and pool.
- Model the Sylvan Adams Y's vision, mission and core values.
- Support clients with their physical needs, where necessary.
- Create a warm and welcoming environment where the participants feel encouraged to participate at their own ability.
- Provide guidance to participants in order to support their physical activity goals.

Skills and Qualifications

- Knowledge of intervention models, approaches and tools (ABA, TEACH, PECS) is an asset.
- Ability to work independently and in a team environment.
- Ability to demonstrate analytical thinking and problem solving.
- Strong behavioral management skills.
- Exceptional communication skills.
- Previous experience working with the neurodiverse community.
- Previous experience teaching swimming is an asset..
- Verbal fluency in English and French. Written fluency in English (French an asset).
- Graduate or current student of Social Services, Education, Child Studies, Special Care Counselling or related field of study is an asset.

