

Société Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

Job Posting

Title: **Exercise Facilitator – Dundas and Ancaster**

Part time, Permanent

Hours: 7/week

Rate of pay: \$25.00/hour + 6% vacation pay

Location: Ancaster and Dundas **Start Date:** ASAP

About us: The Alzheimer Society of Brant, Haldimand Norfolk, Hamilton Halton (ASBHNHH) is the local community agency dedicated to supporting families living with dementia. Visit us at <https://alzda.ca>.

The ASBHNHH values work-life balance. We are an equal opportunity employer and are dedicated to building a workforce that reflects the diversity of our communities in which we live and serve. We respect, honour, and celebrate the diversity in our community.

Position Summary: Under the direction of the Team Lead, Exercise Programs, this enthusiastic and self-motivated individual will provide exercise classes in the community that are adaptable to the varying degrees of the participant abilities that enables them to maintain an independent lifestyle.

The classes take place during the daytime, and the schedule is as follows:

Mondays – Dundas (St. Paul's United Church) – 11am

Tuesdays – Dundas (Dundas Library) – 11:30am and Dundas (Georgian) 1:30pm

Wednesdays – Ancaster (Ancaster Library) – 1pm

Fridays – Ancaster (Ancaster Library) – 11am, Dundas (Dundas Library) 12:30pm and Dundas (Georgian) 1:30pm

Responsibilities:

- Sets up the room for programs and cleans up after each class
- Facilitates the exercise program and motivates participants throughout
- Ensures the completion of sign-in sheets at each class and forwards the information to the Team Lead
- Maintains a current knowledge of dementia, chronic diseases and exercise/fitness as it pertains to the health and well-being of individuals

Requirements:

- College degree/diploma in recreation or a health-related field is required
- Minimum two (2) to three (3) years experience in fitness instruction with persons living with dementia and older adults
- Must have valid standard CPR and first aid certification
- Gentle Persuasive Approach (GPA) training is an asset
- Vulnerable sector police check issued within 3 months of the hiring date.
- Valid driver's license and regular access to a reliable vehicle
- Ability to speak a second language is an asset.

How to apply: Interested candidates are asked to submit a cover letter and resume to HR@alzda.ca by 11:59pm on October 31, 2025

We are committed to inclusive, barrier-free recruitment and selection processes in accordance with the Human Rights Code and AODA and encourage applications from people with disabilities. Accommodations are available on request for candidates taking part in all aspects of the selection process.

We thank all applicants for their interest however, only those selected for an interview will be contacted.