



**Y Kids Academy**  
National Capital Region YMCA-YWCA  
Corporate Offices  
180 Argyle Avenue  
Ottawa, ON K2P 1B7  
**phone:** 613.237.1320, ext 5178 | **fax:** 613.788.5022

[www.ymca-ywca.ca](http://www.ymca-ywca.ca)



YMCA-YWCA

# Volunteer Opportunities

## Program Overview

The Y Kids Academy is a 12 hour program that combines properly designed strength training sessions for 10-12 year olds with classroom instruction on healthy living. It brings an accessible and proactive approach to the complex issues of physical inactivity, obesity and related health concerns. Intended to help kids have fun, develop confidence and competence, and make the connection between physical activity, healthy choices and a healthy life.

The Y is inviting ALL local grade six students in the National Capital Region – a priority group of children who generally experience decreasing activity levels – to participate for free in the Y Kids Academy. Once successfully completed, the grade six students will also receive a one year, no strings attached membership.

## Position Descriptions

### Y Kids Academy Leader

- Attend training session that includes elements of physiology, strength training and youth strength training principles, healthy child development and curriculum review
- Lead or co-lead one Y Kids Academy course on an ongoing basis. This includes a minimum of one (1.5 hour) class per week. (Timetable can be arranged to accommodate work schedule)
- Classes will be run during after school/early evening hours at the following Y locations: Carlingwood Y, Kanata Y, Nepean Y, Ruddy Family Y, Clarence-Rockland Y and the Taggart Family Y.

### Y Kids Academy Ambassador

- Attend training session that includes elements of physiology, strength training and youth strength training principles, healthy child development and curriculum review
- Provide direct supervision and support on the conditioning room floor and in Y program spaces to assist young people/ graduates of the Y Kids Academy to remain engaged and continue being active.
- To help cultivate a culture of respect and appreciation between the existing adult members and the anticipated influx of new younger members.

## Qualifications

- Interest and desire to positively impact children's health through physical activity
- Good communication skills and leadership skills
- Good role model – physically active on a regular basis
- Time to participate in the initial training requirements and volunteer for minimum 1 year
- Current satisfactory Police Records Check – vulnerable sector

## Benefits

- Feel good knowing that you are making a positive difference for kids and their health
- Gain valuable experience and knowledge
- Complimentary volunteer pass to access Y Health, Fitness and Recreation facility and use amenities

## Application Process

Y Volunteer application forms can be emailed directly to: [volunteer.coordinator@nationalcapitalregionymca-ywca.ca](mailto:volunteer.coordinator@nationalcapitalregionymca-ywca.ca). On subject line please indicate: Y Kids Academy. **For more information please contact Kelly Shaw-Swettenham at 613.237.1320 ext. 5178**

**Carlingwood Y**  
200 Lockhart Ave  
613.729.7131

**Clarence-Rockland Y**  
1-1525 Du Parc Ave  
613.446.7679

**Kanata Y**  
1000 Palladium Dr  
613.599.0280

**Nepean Y**  
1642 Merivale Rd  
613.727.7070

**Ruddy Family Y**  
265 Centrum Blvd  
613.830.4199

**Taggart Family Y**  
180 Argyle Ave  
613.788.5000