



### **Volunteer Job Description**

**Program Mission Statement:** Next Step to Active Living, a therapeutic recreation program, offers a supportive environment for adults aged 21 and over with acquired physical disabilities. Community integration to promote a positive independent lifestyle is facilitated through individualized recreation choices in a community setting.

**Program Vision Statement:** The vision of the Next Step to Active Living program is to be the model of choice for empowering participants to optimize their quality of life.

**Volunteer Roles:** Volunteers in the Next Step to Active Living program play an important role in our recreation activities. Volunteers help by adding an extra set of hands, increasing participant interaction and overall enhancing the participant's experience.

**Volunteer Job Description:** There are a variety of roles that can be filled by volunteers. Each day may require working in different aspects of the program. This could include: program set-up/tear down, fitness class set up, providing participant assistance in fitness classes, facilitating participation in cards and games, interacting with participants during social times, monitoring in the fitness centre, administrative work and assisting in the pool. If the volunteer doesn't possess skills in these areas, their learning can be facilitated by staff and other volunteers as necessary.

**Skills:** Specific skills are not required; however, volunteers are required to be sensitive to the Next Step population and need to be open to coaching in order to help in some of the components of the program. A fitness or recreation background is an asset.

Locations:

South Common Community Centre - 2233 South Millway Dr.  
Huron Park Recreation Centre – 830 Paisley Dr.

Days: Mon – Thursday

Hours: Anywhere from 9am-3pm depending on the day and availability

Please email your resume to:

Dawn Wilson

Program Coordinator

Next Step to Active Living Program

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