

Job Title: Yoga Instructor or Low Impact Activity Supervisor

Location: Sandy Merriman House (809 Burdett Ave.)

Reports to: Christine O'Brien

Hours of Work: Two hours

Days of Work: Once a Week

Job Description: Teaching yoga classes or low-impact exercise.

Typical Duties and Responsibilities: Teaching yoga to clients who have a range of mobility, cognitive and mental health concerns. Or leading them through low-impact activities.

Skills/Abilities Required:

1. Yoga Instruction Certification/Experience leading exercise.

Skills/Abilities Optional:

1. Experience working with vulnerable adults.

Volunteer Requirements:

1. Interview with the Cool Aid Volunteer Administrator or Program Manager.
2. Completed Cool Aid Volunteer Application.
3. Completed Consent to a Criminal Record Check for Volunteers. Paid for and completed by Cool Aid.
4. Criminal Record Clearance to work with vulnerable adults.
5. Completed Cool Aid Orientation.
6. Completed Training shift.