



Making a difference...together



Volunteer Opportunity

Panorama Recreation promotes individual and community wellness by providing active living opportunities, in an effective and efficient manner reflecting the expressed needs of our communities.

VOLUNTEER PHILOSOPHY: To engage citizens of the Saanich Peninsula in meaningful volunteer placements that provide the opportunity to gain work experience, develop new skills, meet new people, enrich lives and give back to the community.

LOCATION: **Panorama Recreation Centre**
1885 Forest Park Dr.
North Saanich, BC, V8L 4A3

VOLUNTEER ROLE: **Take Heart & Breathe Well**

TIME COMMITMENT: Mondays & Wednesdays 9:30-10:30am (2 hours/week)

MINIMUM DURATION: 3 months

DESCRIPTION:

Panorama Recreation is looking for a support person for our Monday/Wednesday Take Heart & Breathe Well cardiac and pulmonary rehabilitation exercise program. The ideal volunteer enjoys working with older adults, is passionate about health and wellness and is looking to gain experience in the field of fitness, weights and rehabilitation.

Volunteer tasks include assisting the instructor with tasks relating to the class, including greeting participants, assisting with exercise demonstration and participant support. You will help create a welcoming and inclusive environment for exercise. You will assist with cardio machine sign up and strength machine set up.

AREAS OF INTEREST:

Health & Wellness, Older Adults, Physical Activity, Rehabilitation

SKILLS:

Communication, Positive Attitude, Enjoys Physical Activity

TO APPLY:

Please complete our volunteer application package available by emailing malsdorf@panoramarec.bc.ca and submit to Panorama Recreation, 1885 Forest Park Drive, North Saanich, BC, V8L 4A3 Tel: (250) 656-7271 Fax: (250) 656-3360, kenderud@panoramarec.bc.ca.