

Exercise Volunteer - Strength

A volunteering opportunity exists in our exercise programs for older people - helping them to improve their wellbeing and lifestyle

Our Volunteers help with:

- Set up and Pack up
- Assisting on the bus
- Interacting with participants throughout the class, helping them enjoy their program

Skills Required:

- A supporting and non-patronising manner
- Sensitivity to the needs of the elderly
- Good level of personal fitness

Training:

- Orientation to Sandybeach Centre
- On-the-job training by relevant staff

Closing date: 30 June 2023

Location: 2 Sims Street, Sandringham Victoria 3191 Australia

Background checks: Police Check (organised through the centre), Working with Children Check

Weekly time commitment: Thursdays 10am-1.30pm

Group name: Sandybeach Centre

Contact phone: 9598 2155

Contact email: volunteers@sandybeach.org.au