



AQUATICS FITNESS INSTRUCTOR POSITION POSTING

Division/Department: Fitness Connection	Job title: Aquatics Fitness Instructor
Type of position: <ul style="list-style-type: none"> <input type="checkbox"/> Full-time <input checked="" type="checkbox"/> Part-time <input type="checkbox"/> Temporary <input type="checkbox"/> Contractor <input type="checkbox"/> Intern 	Hours: Flexible Sun - Sat (20 Hour Maximum) <ul style="list-style-type: none"> <input type="checkbox"/> Executive / Administrative <input checked="" type="checkbox"/> Programmatic <input type="checkbox"/> Exempt <input checked="" type="checkbox"/> Nonexempt
Reports to: Fitness Director	Supervises: N/A
<p>General Description: Responsible for design and instruction of aquatics fitness classes and to deliver safe and effective opportunities for physical fitness development by teaching aquatics fitness classes to YWCA Fitness Connection members.</p>	
<p><u>Responsibilities:</u></p> <ul style="list-style-type: none"> • Teaches aquatics fitness classes; assists with monitoring registered participants; conducts safe and effective fitness; follows prescribed class format. • Relays health/program information to patrons; corrects unsafe techniques of patrons; enforces Fitness Program policies. • Performs other duties as assigned. <p><u>Qualifications:</u></p> <ul style="list-style-type: none"> • Group Exercise Certification and/or basic Aquatic Instructor Certification(s) for classes taught (Water Aerobics, SilverSneakers, Zumba, etc.) • CPR/First Aid/AED Certification • General fitness and physiology knowledge • Leadership skills • Exhibits a sincere desire to improve the health and fitness of YWCA fitness members through safe and effective exercise instruction • Safety skills and focus • Good customer service skills • Work well with co-workers and public • Dependable • Good judgment • Ability to constantly stand, reach at waist, reach overhead, reach at knee, reach at floor, perform fine motor movements, walk, bend, stoop, squat, crouch, kneel, twist at waist, climb stairs, lift 30 lbs. 	

Education and experience equivalent to:

Required:

- High school diploma with basic aquatics fitness instruction course or equivalent education; supplemented with three (3) months of successful teaching experience.

Preferred:

- Athletics and Fitness Association of America (AFAA) Certification
- American Council of Exercise (ACE) Certification
- IDEA Health and Fitness Association
- American College of Sports Medicine

To apply, submit application & 2 Letters of Reference from past supervisors to:

YWCA Administrative Office
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