



WATER FITNESS INSTRUCTOR JOB DESCRIPTION

TITLE: Water Fitness Instructor

SUPERVISOR: Asst. Aquatics Director; Aquatics Director;

DEPARTMENT: Aquatics

CLASSIFICATION: Part-Time; 2-10 hours

PURPOSE:

The primary purpose of employees in this class is to provide water aerobics instruction, monitor and educate members on fitness and safety, and maintain a safe and enjoyable atmosphere for class participants.

MINIMUM QUALIFICATIONS:

- Current American Red Cross CPR/AED certification, or willingness to obtain.
- 18 year of age.
- Certified group fitness instructor, water specialty/certification preferred.

PHYSICAL DEMANDS:

- Ability to maintain alertness while sitting, standing, or walking for various lengths of time.
- Must have the ability to lift 25 pounds.
- A high level of energy, be physically fit, and have the endurance to complete the workout. Must also be able to project voice over the noise of the pool so that the class participants are able to hear the instructions.

DUTIES AND RESPONSIBILITIES:

- Working knowledge of human anatomy, kinesiology, and training principles.
- Knowledge of water aerobics teaching strategies and the incorporation of music, tempo, cueing technique, and rhythm.
- Ability to pre-plan a class and execute it to members of various skill levels.
- Ability to be professional and motivate class participants.
- Ability to cooperate and work well with other staff members.

CRITERIA FOR SUCCESS

- Communicates with leadership effectively and in a timely manner.
- Uses excellent customer service skills in order to build a rapport with members, guests, and staff.
- Facilitates a positive growth image of the Gordon JCC in the Community.