

DEPARTMENT OF LEISURE, FAMILY AND RECREATION RECREATION DIVISION POSITION GUIDE

POSITION TITLE: WATER AEROBICS INSTRUCTOR

STARTING PAY: \$35.00 - \$50.00/hour

Please note that starting pay will depend on experience, training and certifications.

JOB SUMMARY

Under direct supervision of the Recreation Supervisor provides water aerobics instruction, monitors, educates patrons on fitness and safety, and maintains a safe and enjoyable atmosphere for class participants.

ESSENTIAL JOB FUNCTIONS

- Teaches scheduled classes, beginning and ending on time; provides adequate warm-up, exercise, stretching, and cool down.
- Instructs patrons on effective workout methods; explains proper techniques, demonstrates exercises; identifies different muscle groups, and teaches appropriate methods to strengthen specific muscles.
- Prepares appropriate equipment, music, and handouts for each class.
- Assists patrons, answers questions, and maintains a positive exercise experience for class participants.
- Keeps management informed of pool activities, facility needs, and significant problems.
- Ensures that safety standards are met, and that department and facility policies are adhered to.

JOB QUALIFICATIONS

- Must be at least 18 years of age.
- 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.
- Choreography and music skills.
- Ability to be professional and motivate class participants.
- Ability to cooperate and work well with other staff members.

THE FOLLOWING QUALIFICATIONS ARE MANDATORY:

- **Must possess current Red Cross CPR certification.**
- **Must possess current Red Cross Standard First Aid certification.**
- **Certified Instructor (AEA, ACE, AFAA, NETA), water specialty/certification preferred.**

PHYSICAL DEMANDS

The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

- While performing the duties of this job, the employee is frequently required to walk, stand, sit and talk or hear.
- The employee is occasionally required to use hands to finger, handle, feel or operate objects, tools, or controls; and reach with hands and arms.
- The employee is occasionally required to climb or balance; stoop, kneel, crouch, or crawl.
- The employee must frequently lift and/or move up to 25 pounds. Specific vision abilities required by this job include close vision, color vision, and the ability to adjust focus.
- The employee must have a high degree 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.

WORK ENVIRONMENT

The work environment characteristics described here are representative of those an employee encounters while performing the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

- While performing the duties of this job, the employee occasionally works near moving mechanical parts, pool mechanical systems.
- The employee occasionally is exposed to wet and dry weather conditions.

The above description is illustrative. It is not intended as a guide for personnel actions and must not be taken as a complete itemizing of all facets of any job.