

GEORGETOWN – SCOTT COUNTY PARKS AND RECREATION

POSITION TITLE: Aquatic Fitness Instructor (Part-Time / Seasonal)

POSITION CLASSIFICATION: Non-Exempt

GRADE: N/A

HOURLY RATE: \$12.00 - \$25.00

DEPARTMENT: Aquatics

IMMEDIATE SUPERVISOR: Assistant Aquatic Manager and Aquatic Manager

SUPERVISES: N/A

CHARACTERISTICS OF POSITION: Under general direction of aquatic managers, plans, prepares for, and conducts aquatic-based fitness instruction classes. Interacts with customers and participants on a regular basis. Explains safety precautions and inherent risks to participants before engaging in potentially dangerous physical activity. Ensures a clean and orderly exercise environment where possible. Communicates with aquatic staff when anticipating need for assistance. Must be 18 years of age or older with a high school diploma or GED certificate. Must be certified in First Aid and CPR.

GENERAL DUTIES AND RESPONSIBILITIES:

Essential: Plans, leads and conducts group fitness class in the pool area. Monitors participants for weakness/fatigue and observes physical limits of participants. Set up and clean up within 15 minutes before class starts and after it is over. Teach fitness classes for 45 minutes to an hour at a time. Motivates and encourages participants while leading program. Report any issues to Aquatic Managers or pool manager on duty. Wears appropriate attire for fitness instruction. Educates participants in aquatic fitness and/or aquatic therapy benefits. Asks all participants to sign in at front desk and assists with situations where participant has not paid for class. Educates patrons of package, senior, or other options for aquatic fitness class registration. Maintains knowledge of state and federal labor laws. Informs participants on safety and health hazards for purposes of the course before the course begins. All employees of the Parks and Recreation Department shall be and remain drug and alcohol free at all times when working for the Parks and Recreation Department or engages in activities related to that work.

Nonessential: May assist Assistant Aquatic Manager, Aquatic Manager, Assistant Director, or Director in other areas as requested.

QUALIFICATIONS/REQUIREMENTS:

Education, Training, Experience: ASFA, AEA, Aqua Zumba, Aquatic Yoga, or other applicable certifications. Must have previous experience in working with the public. Must have received formal training in personal training or fitness instruction. Must obtain group fitness certifications. Certifies in First Aid and CPR.

SPECIAL KNOWLEDGE, SKILLS AND ABILITIES:

Knowledge: Must have a detailed knowledge of principles and practices of facility rules, policies, and procedures. Must have a detailed knowledge of body mechanics and musculoskeletal body systems.

Skills: Multitasking and maintaining a schedule.

Abilities: Maintaining attention in busy, distracting environments and correcting improper form with positive attitude and constructive feedback.

ADDITIONAL REQUIREMENTS:

Instructions: Instructors will demonstrate and explain physical exercises and stretches for participants. Instructors will coach proper form and motivate participants. Instructors will call for a lifeguard or other required assistance when they observe a participant needs medical assistance and may assist if trained to do so.

Processes: Instructors plan classes and individual exercises, prepare necessary materials, greet participants, conduct warm-up exercises, conduct core class exercises, conduct cool-down exercises and stretches, conclude course, and store course materials and tidy work area.

Analytical Requirements: Ensures all participants have paid for classes before start of class.

Work Environment: Moderate to high stress level with multiple programs, courses, events, and free-swim operating simultaneously.

Availability: Routine availability consists of weekday mornings or evenings. May be asked to instruct a class on short notice or fill in for another instructor as a substitute.

Physical Demands: Cardiovascular and resistance training for approximately one hour per class.

Lifting: May be required to lift up to 50 pounds.

Use of Equipment: Pool Noodles, aquatic dumbbells, and aquatic resistance ankle buoys. Optional Additional Equipment: water shoes, buoyancy belt, or hand paddles.

Vehicle Operation: N/A