

Aquatics Group Fitness Instructor

Campus Recreation's mission is to create an inclusive environment that inspires movement and community. In addition to offering an award-winning fitness facility, we strive to be a place where members can connect with one another in a safe and positive environment.

Campus Recreation includes three fitness spaces: Campus Recreation Center, the Fitness Center at CARE/Crawley, and the Siddall Fitness Center. Our three facilities offer many ways for members to get active – from cardio and weight equipment, to group fitness, swimming pools, a climbing wall and more. We look for teammates who uphold the same values as we do: teamwork, educating, problem-solving, curiosity, and fun.

Connect. Energize. Thrive. Explore Campus Recreation.

Job Title and Overview

The Aquatics Group Fitness Instructor leads group water workouts with participants from the pool. Some of the Aquatic Fitness Classes we offer include deep and shallow water aerobics, hydro-fit, and stroke and turn clinics as other creative water workouts. Water Fitness Instructors should be able to lead several group workouts of varying skill levels and intensities.

Essential Job Functions

- Arrive *at least 10 minutes prior* to the session to prepare music (if necessary), set up equipment, and greet participants as they arrive.
- Interact with participants ensuring that they have a positive, safe experience.
- Develop and provide fun and varying class plans throughout semester, so returning participants do not repeat a class plan weekly.
- Promote knowledge of proper fitness components, i.e.: warmup, aerobic exercise, strength exercise, flexibility, cool down, etc.
- Develop safe workouts for participants, considering different fitness levels and proper form.
- Provide modifications and progressions throughout classes to ensure all fitness levels receive a full and appropriate workout.
- Provide pre-set playlists of appropriate music, that is not overly suggestive or contains foul/discriminatory language
- Start and end classes on time.
- Ensure all equipment is put away, rooms are clean, and participants' questions are answered after the class.
- Communicate any equipment or sound system issues to Coordinator of Aquatics and Safety as soon as possible.
- Take initiative and work independently to complete responsibilities as it relates to the position.
- Attend mandatory staff meetings and training courses.

Minimum Qualifications

- At least 16 years of age
- Appropriate certification for class being offered (AEA, WSI, YMCA, Arthritis Foundation)
- Enrolled at a post-secondary institution or a secondary school at least part-time (one (1) or more credit hours if at a post-secondary institution), except for summer term, or will be a registered student during the next academic term.

Additional Information

- Campus Recreation provides additional development opportunities for staff beyond job duties including the possibility to attend varying conferences at state, regional, and national levels as well as inner-departmental committee opportunities through our student-led organization, Recreational Development & Leadership (RDL).
- This position may require early mornings, late nights, and holidays.
- Hour requirement: one class a week
- Skills acquired include:
 - Teaching to a diverse group
 - Risk Management
 - Critical Thinking
 - Communication
 - Time Management
 - Problem Solving
 - Conflict Resolution

Physical Requirements/Work Environment

- Standing – often
- Talking – often
- Walking – often
- Bending – often
- Pulling, pushing – often

Compensation and Benefits

- \$12.15-\$25 per hour based on experience and certifications
- 20% discount of programs and services (excluding Pro Shop)