



Menlo Swim and Sport Aqua Fitness Instructor

The Aqua Fitness Instructor is responsible for providing class participants with a well-designed, physically safe program to serve the needs of the class participants. The Water Fitness Instructor must be an energetic, dedicated and motivated individual who enjoys teaching fitness to groups of adults. The Aqua Fitness Instructor must be able to effectively teach the class from the pool deck.

Responsibilities Include:

- Conducts safe classes at all times by adhering to standards established for physical fitness classes in terms of exertion and avoidance of contraindicated exercises
- Maintains a dynamic and personable attitude while instructing participants
- Develops classes and routines according to current exercise physiology standards
- Provides exemplary service through providing information, being courteous to all members and participants, and serving as a resource for members
- Attends all mandatory staff meetings, workshops, or trainings
- Prepares all teaching materials, class layout and equipment prior to start of class as well as returns all equipment back at the conclusion of class
- Instructor must have knowledge of anatomy and exercise physiology
- Must start and end all classes on time

Minimum Qualifications:

- Attains and maintains one or more of the following professional certifications: AEA, SCW, AFAA, ACE, YMCA Instructor, Aqua Zumba or WATERinMOTION
- Minimum of 1 year teaching experience
- Professional and continuing education by attending master classes, workshops to stay current with certifications and industry standards
- Maintains current CPR/AED certification
- Must be able to teach from the deck to an average class size of 20 participants
- Presents a neat professional appearance and wears appropriate exercise attire
- Must be able to create class curriculum using teaching methods and strategies that incorporate cueing, verbal and visual as well as choreographed to music appropriate to the class format.