



Making life better in King

THE CORPORATION OF THE TOWNSHIP OF KING JOB DESCRIPTION

JOB TITLE: AquaFit Instructor

CLASSIFICATION: Part Time/Contract

DEPARTMENT: Community Services

SALARY LEVEL: \$20.00 - \$40.00/hour (2024 Rate)

LOCATION: Township of King Recreation Centres

JOB PROFILE:

Function:

Under the supervision of the Lead Hand – Aquatics and Inclusion Services, the Aquafit Instructor will be responsible for planning, organizing, instructing, and leading Aquafit classes for various ages and abilities. They will also help motivate participants to achieve their fitness goals, while ensuring a positive and safe environment.

Reports to:

- Lead Hand – Aquatics and Inclusion Services

Supervision Responsibilities:

- None.

Duties and Responsibilities:

- To be a role model and a positive motivating instructor to participants.
- Facilitates, leads and supervises cutting edge group Aqua fitness exercise classes and programming that meets the individual needs of participants.
- Utilizes innovative teaching strategies that will maximize participant success.
- Assist in maintaining high safety supervision at all times.
- Observes participant capabilities and teaches program approach as outlined in program description. May adjust Aqua fitness program content specific to the abilities of each group.
- Be a supportive team member by covering classes in case of an absence.
- Organize equipment and materials before and after each class.
- Ensure music and equipment provided at facilities are prepared before class and used in the program.
- Teach scheduled classes beginning and ending on time, providing adequate warmup, exercising, stretching and cool down.
- Instructs participants on effective workout methods; explains proper techniques, demonstrates exercises, identifies different muscle groups, and teaches appropriate methods to strengthen specific muscles.

- Participates in all mandatory staff training and meetings and familiar with the facility's emergency procedures.
- Completes all related administrative duties assigned.
- Ensures all program participants are aware of upcoming events, program changes or cancellations. Advises participants on program/class procedures and policies, as appropriate.
- Advises Lead Hand – Aquatics and Inclusion Services of any customer service issues, complaints or inquiries.
- Complete accident and incident reports immediately following an accident or incident.
- Be self-motivated and a dependable team player.
- Represent the Township of King with a high level of professionalism.
- Understand and follow all applicable facilities, aquatic, Township policy and procedures, including Health and Safety, to ensure the aquatic facility remains safe, clean and healthy.
- Ensures the site, equipment and supplies are appropriate to the activity and environment to reduce and minimize risk to other staff and participants.
- Models and practices HIGH FIVE®- Principles of Healthy Childhood Development (Participation, Play, Mastery, Friends, and Caring Adult).
- Performs other duties as assigned.

Education/Experience:

- Current Water Art, YMCA, or Cala Aquafit Certificate or other related courses.
- Good customer service and communication (written and verbal) skills to coach and mentor a diverse range of patrons in the program.
- The ability to work effectively with a wide range of fitness levels in a diverse community.
- Valid Standard First Aid & CPR-C Certification.
- HIGH FIVE® Principles of Healthy Child Development (PHCD) certification; Quest 2 certification an asset.

Conditions of Employment:

- Required to deal courteously and effectively with the general public, staff and other departments.
- Required to work in an Aquatics Hall setting.
- Upon hire, completion of HIGH FIVE® Principles of Healthy Child Development, Standard First Aid and CPR-C and submission of a Vulnerable Sector Screening are required.
- Required to work various shifts weekdays mornings, daytime, afternoons, evening and weekend shifts.

Department Head: _____

Date Approved: _____

Supervisor (if applicable): _____

Date Approved: _____

Incumbent: _____

Date Signed: _____