

Water Aerobics Instructor

Description

Under the direction of the Outreach and Wellness Coordinator, Outreach and Wellness Manager, or other assigned staff, the Water Aerobics Instructor provides class participants with a well-designed, physically safe water aerobics program to serve the needs of the citizens of Urbana.

As a Water Aerobics Instructor, you will provide cutting-edge fitness instruction through a variety of entertaining and educational methods to promote fitness and positive self-esteem in a safe environment.

Responsibilities/Essential Functions

- Working at the skill and learning level of a particular class, demonstrates skills and explains them clearly to class participants, remembering safety at all times (including equipment usage, exercise modifications, or contraindicated movements)
- Provide water aerobics instruction that appeals to members of all ages and activity levels, working with individual participants to enable them to correct faults, improve self image, provide all necessary modifications, and progress their skills or abilities
- Achieve daily class attendance goals by developing strong relationships with current class participants and striving to attract new participants.
- Offer challenging and educational water aerobics routines to help members reach their health and fitness goals
- Prepares teaching area with necessary equipment and returns all teaching equipment to proper storage at the conclusion of each class
- Performs basic class administration; including keeping accurate attendance, incident reports (as needed), time management and utilization of the NOVAtime time-keeping software, and equipment requests

Working Conditions

- Classes will take place both at Crystal Lake Family Aquatic Center (an outdoor aquatic facility) and the Urbana Indoor Aquatic Center. Outdoor instructors may have to teach in rain or high temperatures.

Qualifications/Required Skills

- At least one-year experience as an aquatic aerobics instructor (Preferred)
- CPR/AED certification
- High school diploma or GED
- Possess good speaking ability, and display an outgoing personality, enabling him/her to relate well to class participants
- Ability to individually lead a class, respond to safety and emergency situations, motivate and educate class attendees, and set up, move and store class equipment

Physical Effort and Work Environment

- Ability to move quickly
- Carry objects up to 30 pounds
- Stand/Walk for long periods of time
- Ability to work outside in rain or heat
- Exerting sustained physical effort including- bending, reaching, crouching/kneeling, pushing/pulling/lifting/carrying objects

Date Written: 2012

Date Revised: August 2013, January 2014, January 2015, December 2016, January 2019, January 2020, January 2021, December 2021, January 2023

Schedule

Dependent upon which classes you are selected for, and your own availability. Classes run Monday through Friday, with morning, afternoon and evening sessions. Opportunities also available to substitute for classes throughout the week, should you wish.

Pay Range

\$17.00+/hour (dependent upon qualifications and/or experience)

Primary Location: IL-Urbana

Applicants must pass a background check prior to employment.

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