



FITNESS INSTRUCTOR - Aquatics

Job Description

Effective Date: 10/29/24

Revision: B

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Reports to: Operations Manager - Fitness

Compensation: Paid per class based on certifications and experience.

Primary Responsibilities :

- **Class Instruction:** Lead and instruct water-based fitness classes, including water aerobics, aqua yoga, and other aquatic exercises.
- **Program Development:** Design and implement fitness programs tailored to the needs and goals of participants, ensuring a variety of exercises that improve cardiovascular health, strength, and flexibility.
- **Participant Assessment:** Evaluate the fitness levels and health conditions of participants to provide appropriate modifications and ensure safe exercise practices.
- **Safety Management:** Maintain a safe pool environment by enforcing safety rules, monitoring participants for signs of distress, and providing immediate assistance in emergencies.
- **Motivation and Engagement:** Foster a positive and energetic class atmosphere, encouraging participants to achieve their fitness goals and providing feedback and support.
- **Equipment Maintenance:** Ensure all aquatic fitness equipment is in good condition and properly stored.
- **Professional Development:** Stay updated with the latest trends and advancements in aquatic fitness to continuously improve class offerings.

Essential Qualifications:

- Minimum age of 18 years old.
- One or more years' experience working with clients in one on one training or small group training at private or public health and fitness facility.
- Possess an ability to work well with children and/or adults.
- Extensive knowledge of fitness, cardiovascular training, nutrition, and fitness design.
- Knowledge of safe techniques and exercises and injury prevention.
- Ability to build relationships with members, clients, and staff.
- Demonstrate a willingness to take direction or input from others.
- Certified Aquatic Fitness Instructor from a recognized institution (e.g., American Sports and Fitness Association, Aquatic Exercise Association).

Preferred Qualifications:

- Lifeguard Certification
- CPR/ First Aid / AED certified within 60 days of hire.
- Previous experience in leading aquatic fitness classes

Physical Demands:

- The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

Work Environment:

- The work environment characteristics described here are representative of those an employee encounters while performing the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.
- Location: Indoor swimming facilities.
- Schedule: Flexible hours, including evenings and weekends as needed.

Skills:

- Strong swimming skills and comfort working in water.
- Excellent communication and people skills.
- Ability to adapt exercises for different fitness levels and physical limitations.
- Certification in CPR and First Aid within the first 60 days of employment.
- Physical Requirements: Physically fit and able to demonstrate aquatic exercises.

Benefit:

- Free access to gym and fitness classes, discounted rates for premium classes.

Application Instructions:

Please submit your resume and a cover letter outlining your qualifications and experience to:
[Careers - Holland Aquatic Center](#)