

South Davis Recreation Center
550 North 200 West Bountiful, UT 84010
801-298-6220



POSITION: Water Exercise Instructor
WAGE RANGE: \$ 12.00 - 16.00
CLOSING DATE: Until filled

EFFECTIVE DATE: 8/15
STATUS: Part-time

POSITION REPORTS TO: Aquatics & Fitness Director, Aquatics Program Manager and Water Exercise Program Coordinator

GENERAL PURPOSE:

Under the direction of the Aquatic & Fitness Director, Aquatics Program Manager and the Water Exercise Program Coordinator you are responsible for the instruction and safety of the patrons enrolled in the water exercise class.

EXAMPLE of DUTIES:

1. Responsible for performing instructor duties in an effective manner
 - a. Supervise the conduct of patrons to prevent unsafe conditions and behavior in order to deter accidents or injuries
 - b. Plan, develops, and instructs safe, effective and fun water exercise classes
 - c. Monitor intensity through the duration of each class and offer modifications of exercises for individuals or groups
 - d. Be prepared and ready to start classes on time
 - e. Report unsafe conditions to the appropriate personnel in a timely manner
 - f. Show a willingness to promote the water fitness program
 - g. Record attendance on appropriate forms

2. Responsible for establishing and maintaining effective working relations with personnel and management
 - a. Attend all staff meetings and in-service training sessions
 - b. Further professional development by reading educational materials, watching educational videos and attending seminars, workshops, and conferences when appropriate
 - c. Maintain active involvement in related professional organizations
 - d. Provide input for Aquatic area planning
 - e. Discuss problems and concerns with appropriate personnel

3. Ensure the professional atmosphere of the Recreation Center
 - a. Conduct oneself in a professional manner and dress in proper uniform
 - b. Handle patron complaints and/or comments as they arise
 - c. Maintain positive public relations for the Facility
 - d. Help keep the Recreation Center clean and uncluttered
 - e. Set a positive example for the water fitness employees to follow

5. Other duties as assigned

MINIMUM QUALIFICATIONS:

LEVEL 1:

1. At least 18 years of age
2. High school graduate or equivalent
3. One years paid fitness instructor experience
4. Must hold, or be able to obtain within 60 days of hire, American Red Cross certifications in Community First Aid & Safety, CPR/AED for the Professional Rescuer
5. Ability to communicate effectively with patrons, supervisors, and other employees
6. Basic knowledge of fitness, nutrition, anatomy, weight control and exercise principals
7. Alert, attentive, self-motivated, enthusiastic, and responsible
8. Good physical condition
9. Ability to work with a team
10. Working knowledge of pool equipment, supplies, and related rules and regulations

LEVEL 2:

1. Aquatic Exercise Association Certification

DESIRED QUALIFICATIONS:

1. Previous or additional experience as a water OR land fitness instructor
2. Bachelor's degree in exercise science, nutrition, or related field(s).

WORKING CONDITIONS:

1. Willing and available to work early mornings, mid-day, evenings, weekends, and holidays
2. Moderate physical activity including pushing, pulling, and lifting medium weights
3. Uncomfortable working positions such as stooping, crouching, and bending
4. May have a few disagreeable elements such as noise, poor ventilation, or extreme or uneven temperatures
5. Work inside and outside
6. Exposure to stressful situations as a result of human behavior

POSITION OPEN UNTIL FILLED
SUBMIT RESUME'S TO LIZIE ALLEN, AQUATIC PROGRAM MANAGER
lizie@southdavisrecreation.com
801-298-6231