



7500 South 2700 East Salt Lake City, Utah 84121
801 943-3190 Fax 801 943-3595

**POSITION OPENING
WATER AEROBICS INSTRUCTOR**

(Posted 04/23/2018)

SPECIAL WORKING CONDITIONS:

Non-seasonal, part-time, no benefits. Available to work weekdays, and Saturdays.

SALARY RANGE: \$18 - \$20 per class

QUALIFICATIONS:

1. Current American Red Cross Adult CPR
2. Current American Red Cross First Aid Certification as of hire date.
3. Approved Criminal Background Investigation check if over 18 years of age.
4. Familiarity with water aerobic teaching strategies and the incorporation of music.
5. Must be at least 18 years of age.
6. Previous experience with water aerobics.
7. Knowledge of human anatomy and kinesiology.
8. Must obtain AEA Certification within one year of hire date.

POSITION PURPOSE:

Responsible for planning and teaching a water aerobics program which is safe and effective. Educates participants about muscle anatomy, appropriate heart rates, safety procedures, and overall fitness. Maintains positive relations with class members and patrons and provides instruction in accordance with the Center's standards and policies. Monitors the safety and health of class members. Instruction includes water aerobics, water walking, and deep water aerobics.

BASIC DUTIES:

1. Teaches scheduled classes as assigned with two or more students in attendance.
2. Demonstrates good body positioning to achieve a safe and effective workout.
3. Educates patrons on heart rate zones and formats workouts to increase heart rate to the target rate zone.
4. Educates patrons on modifications in exercise programs according to special medical/physical requirements.
5. Checks and records attendance.
6. Ensures that classes are conducted accordance with established safety standards.
7. Attends all staff meetings and training sessions.

RETURN APPLICATIONS MARCIE BURRILL
POSITION OPEN UNTIL FILLED

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