

Aquafit Instructor

Looking for an exciting and rewarding job that lets you stay active, help others, and provides flexible work hours? The City of Kamloops is hiring aquatic group fitness instructors to join our vibrant crew of aquatics professionals!

This contract employment position plans and leads aquatic group fitness classes for community members and provides instruction for a variety of fitness classes to diverse clientele. You will be responsible for responding to client inquiries, promoting interest and participation in fitness activities, ensuring that class participants are abiding by the facility's conduct standards and responding to any incidents or first aid emergencies.

As an aquatics group fitness instructor, you'll be at the heart of our aquatic facilities, keeping class participants safe and promoting health and wellness for a variety of participants. You'll be making a real impact in our community.

We're all about building a positive, inclusive environment where both our staff and guests feel welcome. Our team is passionate about providing opportunities for our community members to enhance their health, wellness and fitness through our program offerings.

Why join our team?

- Stay active while doing meaningful work
- Enjoy flexible work hours that fit your school, hobbies, or lifestyle

Position Overview:

This position plans and leads aquatic group fitness classes for community members in accordance with their assigned class format(s). The incumbent provides instruction for a variety of fitness classes to diverse clientele, responds to incidents, first aid emergencies and patrons' inquiries, promotes interest and participation in fitness activities, and ensures that class participants are abiding by the facility's conduct and etiquette standards. While most duties are performed within established program guidelines, some independent action and initiative will be needed, provided said actions fall within the limits of applicable policies and procedures, referring any difficult or unusual problems to a Supervisor. This position is a contract employment opportunity.

Examples of key responsibilities include, but are not limited to:

- Designs, modifies and leads drop-in and registered aquatic group fitness exercise classes for individuals of varying levels of ability.
- Demonstrates proper form and techniques using clear instructions. Develops and offers adaptations to accommodate individuals with specific fitness levels.
- Ensures the proper set up and secure storage of equipment for aquatic group fitness classes.
- Enforces general rules of conduct, including facility guidelines, relevant city and departmental policies and procedures, etiquette, and proper attire. Maintains control and discipline of unruly patrons as required.

Knowledge, Skills & Abilities:

- Sound knowledge of the principles, practices, and objectives of aquatic group fitness instruction.
- Ability to provide, select, and incorporate music appropriately to enhance class.
- Sound knowledge of current anatomy, physiology, exercise science, and methods of practice.
- Sound knowledge of applicable policies, safety regulations and rules governing the work performed.
- Sound knowledge of current industry standards and methods of practice as it applies to the work.
- Sound knowledge of various aquatic group fitness programs, formats, teaching techniques and equipment use.
- Ability to plan, develop, design and deliver aquatic group fitness exercise classes to a diverse clientele of varying abilities and ages.
- Ability to manage group dynamics and deal tactfully and diplomatically with a variety of patrons and colleagues.
- Ability to demonstrate leadership and professionalism, utilizing a variety of communication techniques to motivate and build connections with clientele.
- Must possess the physical capabilities and stamina to carry out the duties of the position.
- Must keep all applicable certifications and registrations in good standing.

Qualifications and Experience:

- Completion of high school diploma (Grade 12 or equivalent).
- Previous work or volunteer experience in a customer-service oriented position.
- Completion of BCRPA Aquatic Fitness designation or equivalent. (CALA)
- Valid Emergency First Aid Certificate from a recognized provider as listed on the BCRPA site (must maintain throughout employment).
- Valid CPR Level C and AED Certification from a recognized provider as listed on the BCRPA site (must maintain throughout employment).
- Ability to successfully clear a Police Information Check.

Preferred Qualifications and Experience:

Six (6) months of related experience working as an aquatic group fitness instructor, preferably in a fitness and aquatic facility.

Pay Rates:

- **General Aquafit Class- Specialized**

Pay Grade range from \$31.20 - \$41.60
Part time/On call Contract position

Hours and Facilities:

- 9:00-10:00am Monday to Friday at Canada Games Aquatic Centre- Deep Water Aquafit
- 11:00-12:00pm Tuesday/Thursday at Canada Games Aquatic Centre – Gentle Fit in shallow water
- 2:00-3:00pm Monday/Wednesday/Friday at Canada Games Aquatic Centre- Deep Water

Working Conditions:

Duties are performed in a busy environment. May encounter a variety of customers and/or challenging situations. May be required to move equipment for set-up and take-down as required for classes and programs.

The City of Kamloops thanks all applicants for their interest; however, only those selected for an interview will be contacted.

Deadline: As soon as possible/until positions are filled

Please submit your resume, cover letter, and 3 professional references to: Dzintra Davidson, Aquatics Coordinator
ddavidson@kamloops.ca