

COHOES COMMUNITY CENTER
JOB DESCRIPTION

Position Title: Aqua Fitness Instructor
Reports To: Executive Director

FLSA status: Non-Exempt

General Function _____

Under the general direction of the Executive Director, the Aqua Fitness Instructor implements and facilitates the assigned programs for aqua fitness for the Center.

Job Requirements (Include education, experience and specific competencies) _____

- BA/Bs in Physical Education, Recreation, Sports Mgt, Health Ed or related field or equivalent experience preferred.
- Previous experience (preferably two years) teaching group exercise classes.
- Current professional certifications (,AEA, AFAA or ACE).
- Current CPR and First Aid certification.
- Excellent human relation skills, good organizational and communication skills.

Principal Responsibilities: _____

1. Plan and lead group exercise classes ensuring participants are performing safe exercises.
2. Modifies exercise class in accordance with participants, weather, etc.
3. Set up and maintain facility and equipment as required by specific program.
4. Ensure that accurate attendance records are maintained.
5. Greet all participants in a professional and friendly manner.
6. Appropriately supervise participants in assigned programs and areas.
7. Effectively communicate with participants re: scheduling and requirements of program.
8. Maintain cleanliness of facility as a member of Clean Team.
9. Other duties, as directed.

Effect on End Result _____

The satisfactory performance of the incumbent will result in the safe, fun and efficient programs which are offered to our membership.

Physical Requirements _____

Must be able to stand or sit for extended periods of time and not become distracted. Must be able to lift and carry items up to 50 pounds. Must be able to hear noises and distress signals. Must be able to see and use a computer. This work requires the following physical activities: climbing, bending, stooping, kneeling, twisting, reaching, sitting, standing, walking, lifting, finger dexterity, grasping, repetitive motions, talking, hearing, and visual acuity. The work is performed primarily indoors