

**Position Description: WATER AEROBICS INSTRUCTOR**

**Department: FITNESS**

**Dept. Code: 011-040**

**Reports to: Director of Fitness**

**Status: NON-EXEMPT**

**Date: July, 2019**

**Employee: VARIOUS**

**Position Objective:**

Instruct safe and effective group exercise classes at the YWCA Central Carolinas.

**Education/Experience:**

High School diploma required. Instructor must be certified through AEA, AFAA, ASFA, or other nationally recognized organization. Instructor must have current CPR/First Aid/AED certifications. One year's class instruction experience is preferred.

**Duties and Responsibilities:**

- Must possess excellent communication skills and be able to communicate effectively with both groups and individuals.
- Must offer safe modifications for YWCA members relevant to the class format and description.
- Be well-organized, on time to class, and be able to develop evolving routines/exercises for specific classes with diverse populations.
- Responsible for keeping instructional areas neat and orderly. In the cases where equipment must be moved from one location to another, instructors are responsible for moving and replacing whatever equipment is needed for class.
- Should contact staff from available sub list when a substitute is needed, and notify the Aquatics Manager of the substitution.
- Responsible for accurately recording hours worked.
- Ability to comply and execute all safety and emergency YWCA protocols.
- Additional duties as required by the Aquatics Manager.

**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 their job.

While performing the duties of this job, the employee is regularly required to talk or hear. The employee is frequently required to stand; walk; sit, and use hands. The employee is occasionally required to reach with hands and arms and stoop, kneel, crouch or crawl. The employee may occasionally lift and/or move up to 25 pounds. Specific vision abilities required by this job include close and distant vision.