



## Aquatic Fitness Instructor

---

### **DEFINITION**

This work is associated with providing aquatic fitness instruction for facility customers.

Work in this class involves aquatic fitness instruction and safety supervision of customers in the class and completion of the associated administrative functions.

Supervision and performance assessment is received from the Facility Programmer who reviews work, evaluates progress on performance expectations and assesses services rendered to customers.

Direction on safety related deck management issues could be provided by the lifeguard on duty.

### **TYPICAL DUTIES** \*

Evaluate the abilities and needs of individuals.

Design and develop suitable training programs.

Lead participants through exercise routines ensuring proper breathing techniques.

Monitor the progress of participants.

Maintain a safe environment for customers and staff in and around the water.

Demonstrate correct exercise methods and proper use of exercise equipment.

Interact with staff to keep up-to-date on new techniques.

Maintain instructional equipment in a manner consistent with facility standards.

Ensures music and routines are appropriate to meet the capabilities or limitations of customers.

Help customers achieve their fitness goals and ensuring maximum benefit from routines is attained.

Offer alternatives to participants with varying levels of fitness or medical conditions.

Provide quality customer service to facility customers.

Perform related work as required.



## Aquatic Fitness Instructor

### **KNOWLEDGE, ABILITIES AND SKILLS**

Knowledge of the principles, practices and techniques employed in aquatic fitness instruction.

Some knowledge of first aid.

Ability to instruct the most up-to-date techniques.

Ability to apply positive customer service principles.

Ability to communicate clearly and effectively.

Ability to recognize emergency situations and to react accordingly.

Ability to demonstrate a sense of rhythm and good conditioning.

### **TRAINING AND EXPERIENCE REQUIREMENTS**

#### Job Level

Candidates must be a minimum of 18 years of age.

Ongoing completion of applicable in-service programs as determined by Management is required.

Possession of a current leadership certification, specializing in aquatics as recognized by AFLCA (Alberta Fitness Leadership Certification Association) or CALA (Canadian Aquafitness Leaders Alliance) or WaterART and a CPR (Level C), all of which must be kept current according to the certification organization standards.

Progression through the pay range is dependent upon the completion of seventy-eight (78) Aquatic Fitness classes based on two (2) classes per week for thirteen (13) weeks per session.

**NOTE:** Cross-aquatic classification work in CUPE Local 30, in aquatics, will be acceptable; however, employees will be required to work a minimum of 51% of their hours in their own classification during each quarter of the year.

\* *This is a class specification and not an individualized job description. A class specification represents and defines the general character, scope of duties and responsibilities of all positions within a specific job classification. It is not intended to describe nor does it necessarily list the essential job functions for a specific position in a classification. Positions may perform some of the duties listed above but this does not necessarily qualify for placement into this classification.*

AQUATIC\_FITNESS\_INSTRUCTOR\_ACTIVE

Salary Plan	<u>10M</u>	<u>10A</u>	<u>10B</u>	<u>10C</u>
Job Code	1388			
Grade	066			

Last Updated: July 2014 - Qualifications  
 Previous Updates: 2003  
 Originated: 2000