



PARK HILL SCHOOL DISTRICT
Position Description

POSITION TITLE: Water Aerobics Instructor

F.L.S.A.: Non-exempt

REPORTS TO: Aquatic Director

TERMS OF EMPLOYMENT: 261 days

QUALIFICATIONS:

- Possess Current Red cross CPR course
- Be at least 18 years of age
- Possess A.F.I. (Aerobic Fitness Instructor) certification through the American Red Cross or have previous aerobic instructor experience.
- Be able to lift a minimum of 50 pounds to shoulder height occasionally
- Possess mobility to enter the pool

Essential Job Functions

1. Work evening and weekend hours (approximately 6 per week).
2. Effectively teach deep water and shallow water aerobics to groups of 6 to 20 persons.
3. Ensure that participants maintain a healthy heart rate for a minimum of 45 minutes
4. Maintain a conducive and safe environment.
5. Develop and implement lesson plans
6. Model the desired movements in and out of the pool
7. Communicate directions in a clear and positive manner
8. Ensure that equipment is ready for class and properly maintained.

Other Performance Responsibilities

1. Work collaboratively with other staff members and management
2. Follow directions from the aquatic directors
3. Be energetic and out-going in a manner that will keep the class energized
4. Be able to motivate class participants on an individual basis