

Job Title: AquaFit Instructor

Location: Ladera Recreation District

Job Type: Contract

Reports To: General Manager

Job Summary:

The AquaFit Instructor is responsible for planning, leading, and conducting safe and engaging water fitness classes for individuals of varying fitness levels, ages, and abilities. The instructor will ensure participants receive a high-quality aquatic workout in deep or shallow water with a motivating, safe, and supportive environment.

Key Responsibilities:

- Plan and deliver effective and fun AquaFit classes using water resistance and cardio movements.
- Modify exercises to meet various skill levels and physical limitations.
- Demonstrate correct form and technique for all exercises.
- Maintain a safe and clean pool environment at all times.
- Conduct pre-class preparation and post-class equipment clean-up.
- Monitor class participants to ensure safety and proper technique.
- Encourage and motivate participants to achieve fitness goals.
- Build positive relationships with class participants.
- Report any accidents, injuries, or equipment issues to management.
- Stay current on certifications.

Qualifications:

- **Required:**
 - Certification in Aqua Fitness Instruction (e.g., AEA, YMCA, or equivalent)
 - Current CPR/AED and First Aid certification
 - Strong swimming ability and comfort teaching in the water
 - Excellent interpersonal and communication skills
- **Preferred:**
 - Previous experience teaching aquatic fitness classes
 - Knowledge of anatomy, physiology, and exercise science
 - Additional fitness certifications (e.g., Group Fitness Instructor, Personal Trainer)

Work Environment & Physical Requirements:

- Work performed in an indoor or outdoor pool environment.

- Must be able to stand, walk, bend, and perform fitness movements in water for up to 60 minutes per class.

Compensation:

\$25 - \$50 per hour based on experience.