

Neighborhood Club Position Description



Position: Aquatics, Water Aerobics Instructor

Job Location: 17150 Waterloo, Grosse Pointe MI, 48230

Total Compensation: \$25 per class

Application Deadline: Position open until filled

The Neighborhood Club is a non-profit servicing the Grosse Pointe communities (service population of approximately 50,000) for more than 100 years. The Neighborhood Club operates a Recreation and Wellness Center that opened in January 2013. The 48,051 square foot facility has a fitness center, fitness studio, gymnasium, indoor pool, locker rooms, preschool, multi-purpose community room, rowing/fitness room, Sports Enhancement Center, and two training/conference rooms. Beaumont Health System is a long-term tenant in the facility occupying approximately 25% of the building space providing adult physical therapy and services for children with special needs.

Job Description

Under direct supervision of the Aquatics Manager, provides water aerobics instruction, monitors, educates members on fitness and safety, and maintains a safe and enjoyable atmosphere for class participants.

Responsibilities

- Teaches scheduled classes, beginning and ending on time; provides adequate warm-up, exercise, stretching, and cool down.
- Instructs participants on effective workout methods; explains proper techniques, demonstrates exercises; identifies different muscle groups, and teaches appropriate methods to strengthen specific muscles.
- Prepares appropriate equipment and music for each class
- Assists patrons, answers questions, and maintains a positive exercise experience for members and class participants.
- Keeps management informed of pool activities, facility needs, and significant problems.
- Ensures that safety standards are met, and that department and facility policies are adhered to.
- Performs related duties as required.

Qualifications

- Knowledge of water aerobics teaching strategies and the incorporation of music, tempo, cueing technique, and rhythm.
- Working knowledge of human anatomy, kinesiology and training principles.
- Ability to be professional and motivate class participants.
- Ability to cooperate and work well with other staff members.
- Must have the physical conditioning to successfully perform the essential functions of this position; ability to project voice for class participants to hear instructions.

Requirements

- Current American Red Cross CPR/First Aid certification (In-house training available upon employment).
- Certified Instructor (AEA, ACE, AFAA), water specialty/certification preferred.
- Previous experience teaching group aquatic fitness classes preferred
- Must pass a background check as conducted by Neighborhood Club staff

Send employment application or any questions to Justin: justin@neighborhoodclub.org

The qualifications and descriptions as listed above are intended to represent the minimum skills and experience levels associated with performing the duties and responsibilities contained in this job description. The qualifications should not be viewed as expressing absolute employment or promotional standards, but as general guidelines that should be considered along with other related selection or promotional criteria.

The Neighborhood Club is an Equal Opportunity Employer