

SENIOR EXERCISE INSTRUCTOR

Salary

See Position Description

Location

Durham Ct 06422, 144 Pickett Lane, Durham Community Center, GYM

Job Type

Part-Time

Department

Recreation & Senior Board

Opening Date July 11th. Class is to meet every Tuesday and Thursday 9:00am-10:00am or 10:00am-11:00am

Summary of Job

Conducts and supervises Senior Exercise classes. Work includes choreographing and leading group senior fitness programs. Work is performed under the supervision of the Recreation Director and the Senior Center Coordinator.

Starting wage is \$25.00 or depending on experience and certifications.

Essential Duties & Responsibilities

- Organizes and guides a variety of Senior Fitness classes.
- Ensures a safe learning environment for all participants.
- Choreographs and plans all classes.
- Communicates fitness goals with participants making sure the class meets their needs.
- Reports all accidents, incidents and disciplinary actions to supervisor.
- Oversees proper use of facility, equipment and supplies.
- Maintains open communication with Senior Center Coordinator and Recreation Director.
- Attending all staff meetings and in-service training.
- Practices continuous learning through individual study and training.
- All other duties as assigned.

Qualifications, Job Knowledge, Skills & Abilities

- Basic knowledge and understanding of growth and development of all ages.
- Basic knowledge of instructional procedures and practices.
- Knowledge of and skill in health and fitness.
- Ability to work effectively with all participants and colleagues in a calm, courteous, professional manner.
- Ability to resolve conflict.
- Ability to work in a team setting.
- Experience of working with all ages.
- Experience providing the knowledge, skills and abilities cited above.

Education, Experience, Licenses, Additional Info

- Current certification in CPR for the Professional Rescuer or ability to obtain it.
- First Aid Certification or ability to obtain it.
- 200-Hour standards in place by the Personal Training or Fitness Certification (NSCA / NASM / ACE / ACSM / PTA Global) or equivalent hours teaching in a public or private studio.

Work Environment:

- This position will have use of a gymnasium and may have to work under hot conditions.
- Must be able to lift up to 20 lbs. on occasion.
- Be able to perform activities such as carrying, walking, demonstrating skills that are being taught and communicating those skills instantaneously.

Mail:

To Durham Recreation

P.O. Box 428

Town House Rd

Durham Ct. 06422