



Now Hiring!

Aqua Aerobics Instructors

Plan and deliver effective and fun Aqua Aerobics 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. An aqua aerobics instructor leads safe, low-impact water fitness workouts, manages class equipment, and monitors participant safety. Key duties include teaching structured routines, and demonstrating proper form.

Position: Aqua Aerobics Instructor

Class Description and Instruction:

- Leads full-body workouts in shallow or deep water using natural water resistance.
- Provides a balanced structure featuring a warm-up, cardio and strength conditioning, and a cool-down stretch.
- Adapts exercises for all ages, skill levels, and joint-friendly or rehabilitation needs.

Instructor Duties/Responsibilities:

- Demonstrates movements clearly from the pool deck or in the water with high energy and clear vocal or visual cueing.
- Sets up, inspects, and stores aquatic gear like water dumbbells, noodles, and resistance belts.
- Ensures swimmer safety, watches for signs of fatigue or distress, and follows facility emergency action plans.

Qualifications:

- Knowledge of Senior Fitness Principles: Understand the unique physiological and psychological needs of seniors, including common health conditions and considerations.
 - Senior Exercise Program Experience: Prior experience leading fitness programs specifically designed for older adults.
 - Water Safety Protocols: Familiarity with water safety practices and emergency procedures to ensure a safe environment for participants.
 - Ability to Modify Exercises: Skill in adapting and modifying exercises to accommodate varying levels of fitness and mobility among seniors.
 - Good Communication Skills: Strong verbal communication skills to provide clear instructions and foster a positive, encouraging class atmosphere.
 - Patience and Empathy: Demonstrated ability to work patiently with older adults, showing empathy and understanding of their individual fitness journeys.
 - Class Design Creativity: Ability to create engaging aqua aerobics classes that cater to seniors' interests and abilities.
 - Continued Education: Commitment to ongoing professional development in senior fitness and aquatic training to stay updated on best practices and trends.
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To apply, please grab an application from the front desk or contact Cathy H. at 360-574-1991.

We can't wait to meet our next energetic and passionate Fitness Instructor.

