

CITY OF HAMILTON

HEALTHY AND SAFE COMMUNITIES DEPARTMENT (RECREATION DIVISION – DISTRICT OPERATIONS – LOCATION - VARIOUS

FITNESS INSTRUCTOR II –FITNESS PROGRAMS (Group Fitness, Nordic Walking, Tai Chi, Water Fitness)

SUMMARY OF DUTIES

Reporting to the Recreation or Aquatic Supervisor within one or more Recreation Centres, this position is responsible for the instruction and leading of participants in program and activities requiring group fitness instruction, both on-land and in-water. The certified instructor will lead the fitness classes as required by their certification governing body to provide participants with a safe, informative, progressive and effective fitness experience.

This position is generally utilized to offer activities such as Boot Camp, Cardio Step, Cardio Kickfit, Stroller Fit, Nordic Poling, Cardio Dance , Water Fit and Warm Water Exercise.

GENERAL DUTIES

Maintain qualifications and certifications within current acceptable standards within the chosen discipline.

Lead and/or instruct groups and individuals in fitness within current accepted standards for the recreation discipline.

Perform instruction of skills for various programs within their capabilities and experience.

Prepare course outlines and lesson plans according to the curriculum guidelines.

Provide information related to lifestyle awareness within capabilities and knowledge as it relates to the recreation instructional program.

Attend to clients special needs related to the recreation program being instructed.

Monitor the fitness equipment, facility and activities to ensure safety and provide emergency or first aid assistance when required including the preparation of incident/accident reports when required.

Attend all mandatory staff meetings and training sessions.

Maintain accurate administrative records such as attendance forms and class lists for the program as identified by the full time staff.

Respond to questions and general enquiries from the public and program participants.

Monitor the performance levels of participants during the program activity.

Manage the set-up and tear down of all program equipment.

Work independently without direct supervision.

In the absence of Recreation staff, respond to minor emergencies within the building to ensure safety of all patrons and other staff.

Work in accordance with the provisions of applicable Health and Safety legislation and all City of Hamilton corporate and departmental policies and procedures related to Occupational Health and Safety.

Perform other duties as assigned which are directly related to the responsibilities of this position.

QUALIFICATIONS

1. Must hold up to date certifications and provide copies of these at the time of interview.

Qualifications include:

Current Fitness Certification (Personal Training (PTS), Group Fitness Instructor (FIS), as required by the discipline to be instructed.

OR

Current Water Fitness Certification (CALA, WaterART or similar)

2. Proven knowledge of the theories and practices associated with the teaching of skills, technique and equipment used in fitness programs and according to the best practices and standards of their governing body.
3. Minimum of two (2) years of instructional/program delivery experience in a related field.
4. Must possess current Standard First Aid with CPR C Certification.
5. HIGH FIVE Training an asset.
6. Must possess initiative and good judgment and be able to work independently.
7. Must have the ability to work with varied age groups.
8. Must be physically capable to demonstrate program techniques to the public in specified program area.
9. Must be prepared to work flexible hours including evenings and weekends at various locations.

THE INCUMBENT SHALL COMPLY WITH ALL HEALTH AND SAFETY POLICIES AND PRACTICES FOR THIS POSITION AND THE WORKPLACE.
