

Part-Time Fitness Instructor

Municipality of Brockton

Task List



Summary:	Plans and leads a variety of safe, effective, inclusive and enjoyable group fitness programs, promoting the psychical and mental wellbeing of participants		
Location:	Brockton	Class:	Part-time
Department:	Parks and Recreation	Family:	
Scenario:	Brockton	Reports To:	Programming Coordinator
Job ID:		Last Updated:	September 2021
Supervises:	N/A		

Tasks:

General Duties

1. Prepares and instructs physical fitness programs for all ages, with the ability to adapt program plans to accommodate a variety of abilities and skill.
2. Ensures program materials and supplies are prepared in advanced, and program equipment is in safe working order including set up, take down and storage off equipment
3. Assist in the evaluations of programs, recommend new program ideas.
4. Maintains attendance records, and a clean and safe program area.
5. Creates a welcoming atmosphere and provides exceptional customer service including greeting and engaging participants.
6. Responds to emergencies following prescribed policy and procedures, report all incidents /accidents or concerns to immediate supervisor
7. Ensures compliance with the Ontario Health and Safety Regulations and all other relevant legislations, corporate and departmental policies and procedures.
8. Attend and participate in staff trainings and meeting.
9. Maintain required memberships and/or qualifications for the duration of employment.

Other

10. Complies with Municipality of Brockton policies and procedures.
11. Performs other tasks as assigned by management.

Education/Experience/Skills

1. Minimum 18 years of age
2. Can Fit Pro certification or equivalent
3. Additional certification considered an asset.
4. Experience in the following classes considered an asset: Boot Camp, Spinning, Yoga, Pilates, and Seniors Fitness.
5. Ability to work independently, as well as part of a team
6. Excellent coaching, instructional and program planning skills.
7. Current Standard First Aid & CPR C/AED
8. Valid Ontario Drivers License and access to a reliable vehicle
9. HIGH FIVE Principles of Healthy Aging are considered an asset.
10. Satisfactory Vulnerable Sector Security Check

Hours of Work:

1. Ability to work a flexible schedule to meet the needs of the recreation department, including evenings, weekends days and holidays. Hours per week vary depending on program requirements for fall, winter, and spring programs.