

JOB TITLE: Water Exercise Instructor
CLASSIFICATION: Non-exempt
REPORTS TO: Health & Wellness Manager
LAST UPDATED: December 9, 2021

MISSION

VINE Faith in Action promotes quality of life and a culture of caring, sustained by volunteerism, community engagement and support for neighbors in need.

POSITION SUMMARY

Under the supervision of VINE's Health & Wellness Manager, the Water Exercise Instructor leads aqua classes that are safe and appropriately engaging for participants.

ESSENTIAL FUNCTIONS

1. Plan and teach scheduled aqua classes, beginning and ending on time; provide adequate warm-up, exercise, stretching, and cool down in the VINE Adult Community Center (VACC) warm water pool.
2. Lead classes that promote good health and positive aging.
3. Extend hospitality to all and treat class participants with respect, dignity, and individuality.
4. Demonstrate good judgement and creativity when dealing with challenging behaviors.
5. Assist members, answer questions, and maintain a positive exercise experience for participants, before, during, and after class.
6. Make announcements pertaining to the facility and other VINE events, as directed.
7. Ensure safety standards are met, and department and facility policies are adhered to.
8. Communicate with other Health & Wellness staff about pool activities, facility needs, and problems.
9. Adhere to and enforce building protocol to facilitate a safe experience and mitigate risk of disease spread.
10. Perform other duties as assigned.

COMPETENCY – KNOWLEDGE, SKILLS, AND ABILITIES

- Experience working effectively with a variety of people, particularly older adults.
- Ability to learn, plan, and facilitate water exercise classes.
- Possess (or can obtain within 30 days) group exercise certification(s); e.g., Aqua Zumba®, group exercise, water exercise, yoga.
- Possess means of reliable transportation to and from work.

EDUCATION AND EXPERIENCE

- Previous experience leading group exercise classes, particularly with adults and older adults is preferred. Newly certified instructors will be considered.

ADDITIONAL ELIGIBILITY QUALIFICATIONS

- Possess current CPR/AED certification within 90 days.
- Able to pass a criminal background check.
- VINE Faith in Action requires all employees to show proof of vaccination against COVID-19 unless they qualify for an accommodation. VINE follows the guidance of the Centers for Disease Control and Prevention (CDC); when recommended by the CDC, masks are



worn throughout the building except when eating, drinking, or actively leading an aqua class.

POSITION TYPE

This is a part-time position for day, evening, weekday, or Saturday hours based on availability and needs of the organization. 1-5 hours a week, as schedule allows.

SUPERVISORY RESPONSIBILITIES

This position does not supervise employees.

WORK ENVIRONMENT

The instructor will teach on the pool deck in the pool area that is heated to 82 degrees Fahrenheit.

PHYSICAL DEMANDS

The position includes standing and moving based on the class taught. Expect regular contact with members.

TRAVEL

This position does not require travel other than locally for occasional off-site events.

EQUAL OPPORTUNITY EMPLOYMENT

VINE is an equal opportunity employer and does not unlawfully discriminate against employees or applicants for employment on the basis of an individual's race, color, religion, creed, sex, national origin, age, disability, marital status, veteran status or any other status protected by applicable law. This policy applies to all terms, conditions and privileges of employment, including recruitment, hiring, placement, compensation, promotion, discipline and termination.

SIGNATURES

Please note this job description is not designed to cover or contain a comprehensive listing of activities, duties or responsibilities that are required of the employee for this job. Duties, responsibilities, and activities may change at any time with or without notice.

This job description has been approved by:

Supervisor _____ Date _____

Employee signature below indicates the employee's understanding of the requirements, essential functions, and duties of the position.

Employee _____ Date _____