

**Cedar Community**  
Job Description

**Job Title:** Water Aerobics Instructor (this position is for an independent contractor. **It is not a position as an employee of Cedar Community.**)

**Reports to:** Wellness and Lifestyle Manager

**Job Objective:** Works under the direction of the Wellness and Lifestyle manager to instruct a dynamic, safe, and constructive water aerobics class.

**Job Standards**

1. Able to plan, organize, and teach safe water aerobics classes.
2. Current Water Aerobics Certification.
3. Current CPR certification.
4. Proof of Personal Liability Insurance.
5. Must have high degree of energy, be physically fit and have the endurance to complete the workout.
6. Working knowledge of human anatomy, kinesiology and training principles.
7. Ability to be professional, motivate class participants.
8. Ability to cooperate and work well with other staff members.
9. Knowledge of water aerobics teaching strategies and the incorporation of music, tempo, cueing technique and rhythm.

**Job Functions**

1. Monitors and educates patrons on fitness and safety.
2. Maintains a safe and enjoyable atmosphere for class participants.
3. Teaches scheduled classes beginning and ending on time.
4. Provides adequate warm up, exercise, stretching and cool down.
5. Explains proper techniques; demonstrates exercises.
6. Assists patrons, answers questions, and maintains a positive exercise experience for members and class participants.
7. Keep management informed of pool activities, facility needs and significant problems.

**Physical Requirements**

1. The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job.
2. Able to project voice over the noise of the pool so that the class participants are able to hear the instructions.
3. Able to assist in the evacuation of the patron in emergency situations.

**Mental and Attitudinal Requirements**

1. Personal integrity to work effectively with patrons and staff.
2. Possess patience, tact, a sense of humor, enthusiasm, a positive attitude, and a willingness to handle difficult situations.

3. Able to comprehend and utilize professional materials.
4. Maintains high standards of excellence for quality of work.

**Working Hours:**

1. The Water Aerobic Classes would be scheduled for six weeks meeting two times a week. Days of class would be Tuesdays and Thursday's with 2 classes on each day. The class times are 8:30 a.m. and 9:30 a.m. Class requires a minimum of 12 and a maximum of 18 participants.
2. Cedar Community cannot guarantee the class minimum of 12 participants will be reached for each class period. Furthermore, it is agreed and understood that payment for these classes will be based solely on the number of participants.
3. Instructor's payment schedule is as follows: \$20 for each of the first 12 sign-ups for each session and \$10 for each sign-up thereafter (i.e. sign-ups 13 through 18.)
4. Full classes in both sessions would equal \$600.
5. Payment will be mailed to the instructor's home.
6. All advertising (press release, flyers, etc will be the responsibility of Cedar Community.)

**Responsibility in an Emergency:** Able to hear and see voice activated fire system and follow emergency procedures.

While every effort has been made to make this job description as complete as possible, this job description is not intended to be all-inclusive and in no way states or implies that these are the only duties you will be required to perform. The omission of specific statements of duties does not exclude them from the position if the work is similar, related, or is a logical assignment to the position.

I have read and understand this job description. I agree to accept the responsibilities and duties as outlined. If you are in agreement, please sign and date.

Accepted and Agreed

By: \_\_\_\_\_ Date: \_\_\_\_\_