DUNCANVILLE ISD

Writing success stories, one student at a time.

Job Title: Water Aerobics Instructor
Reports to: Director of Aquatics
Dept./School: Natatorium

Wage/Hour Status: Non-Exempt
Pay: $20.00/hr.
Date Revised: 08-12-2022

Primary Purpose: Teach water aerobics classes at the Natatorium. Provide water aerobics instruction, monitors, educates patrons on fitness and safety, and maintains a safe and enjoyable atmosphere for class participants.

Qualifications: Must hold/obtain a Water Aerobics Instructor Certification

Education/Certification:

- Certified Water Aerobics Instructor

Special Knowledge/Skills:

- Knowledge of principles and practices of an aquatic facility
- Knowledge of supplies and equipment
- Working knowledge of human anatomy, kinesiology and training principles
- Knowledge of water aerobics teaching strategies
- Choreography skills
- Ability to professionally motivate class participants
- Strong organizational, communication, and interpersonal skills

Experience: No experience required

Major Responsibilities and Duties

- Lead and instruct DISD water aerobics classes
- Teach scheduled classes, beginning and ending on time
- Provide adequate warm-up, exercise, stretching, and cool down.
- Instructs patrons on effective workout methods; explains proper techniques, demonstrates exercises; identifies different muscle groups, and teaches appropriate methods to strengthen specific muscles.
- Prepares appropriate equipment, music, and handouts for each class.
- Assists patrons, answers questions, and maintains a positive exercise experience for members and class participants.
- Keeps management informed of pool activities, facility needs, and significant problems.
- Ensures that safety standards are met, and that department and facility policies are adhered to.
- Performs related duties as required.

Supervisory Responsibilities: None

Mental Demands/Physical Demands/Environmental Factors:

Posture: Moderate standing; frequent kneeling/squatting, bending/stooping, pushing/pulling, and twisting

Motion: Continual walking; grasping/squeezing, wrist flexion/extension, overhead reaching**.**

Environment: Possible extreme humidity, noise, vibration, slippery surfaces, chemical hazards (fumes, vapors, gases)

Mental Demands: Work with frequent interruptions; maintain emotional control under stress.

Mental Demands/Physical Demands/Environmental Factors: Maintain emotional control under stress. Moderate standing, stooping, bending, and lifting.

The foregoing statements describe the general purpose and responsibilities assigned to this job and are not an exhaustive list of all responsibilities and duties that may be assigned or skills that may be required.

Employee Print Name _____

Employee Signature _____ Date _____