

Masters Swim Coach - an instructor needed:

## **Group Fitness Job Description**

The Hills Swim and Tennis club is a members only club located in the Oakland Hills, just above Montclair. This hidden gem includes a swimming complex, tennis courts, and fitness studios. Not to mention amazing scenic views of Mt. Diablo. We are currently looking a Masters Swim coach for the following times

### **Current openings**

**Monday morning - 6:00 am Masters Swim coach and technique instructor**

**· Long term sub for Wednesday morning - 6:00 am Masters Swim coach and technique instructor**

**· Sub position for M/W/F 6:00 am**

### **Job Duties and Responsibilities**

- Create a weekly work out for advanced swimmers
- Create a weekly workout for beginner/intermediate swimmers
- Ensure that members are shown the proper execution
- Arrive timely, and prepare appropriate equipment for each class
- Uphold group fitness protocol
- Work with Group Fitness Director to ensure that a balanced group fitness schedule is offered to members
- Professional, neat appearance

### **Qualifications**

· Nationally recognized, current Group Exercise certification ACE, AFAA, ACSM or Swim coaching equivalent

- CPR/AED and First Aid certification

· At least six months teaching in swim coaching

- Ability to motivate, encourage, and educate members
- Strong desire to help others reach their health and fitness goals

· Knowledge of safe exercise technique and group exercise principles

· Knowledge of basic physiology and body mechanics

· Positive and effective interpersonal communication skills

This is a part time, employee position.

Pay: \$45.00 +

Experience:

- Teaching: 1 year (Preferred)

License/Certification:

- Must possess the relevant certification in for the class format