

## **Master Swim Coach - Morning instructor needed:**

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, fitness studios and more. Not to mention amazing scenic views of Mt. Diablo. We are currently looking a Master Swim coach for the following days/times:

**Monday & Friday mornings: 6-7am Masters coach; 7-7:30am stroke technique instructor**

### **Duties and Responsibilities for this Group Fitness Position**

- 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

### **Experience**

- Teaching/Coaching 1 year (Preferred)

### **License/Certification**

- Must possess the relevant certification in for the class format

This is a part time position

Pay: \$45.00+/hr