



JOB POSTING
FITNESS INSTRUCTORS/AQUAFIT INSTRUCTORS
Part-time Position
Trent Athletics & Recreation Department

Supervisor: Sport & Aquatics Coordinator
Hours of Work: varied during all hours of operation, including some evenings and weekends
Terms: Ongoing Recruitment
Rate of Pay: starting at \$25/hr – based upon education and experience.

Trent Work Study Eligibility: Students receiving OSAP and who meet eligibility under the Trent Work Study Program (TWSP), will be given priority consideration for this position, for all fall/winter position. TWSP eligibility is not applicable for May-August. However all students are encouraged to apply. **For TWSP eligibility requirements, please visit the Financial Aid website at <http://trentu.ca/financialaid/work.php>.** Please indicate on your Cover Letter whether you are TWSP approved.

ABOUT TRENT ATHLETICS & RECREATION:

Dedicated to excellence, Trent Athletics & Recreation is committed to providing opportunities for Trent students and the community at large to become involved in a wide range of recreational, sport and leadership activities, at all levels, with the objective of encouraging and developing a healthy lifestyle.

ABOUT THE POSITION:

The Athletics Centre at Trent is currently accepting applications from certified group fitness leaders who possess qualifications in land- and/or water-based fitness areas.

Under the direction of the Sport & Aquatics Coordinator, Fitness Instructors will provide fitness instruction for group fitness classes and aquafit classes offered at the Trent Athletics Centre. The Trent Community Sport & Recreation Centre is currently accepting applications from certified group fitness leaders who possess qualifications in land- and/or water-based fitness areas.

Responsibilities:

- Ensure that Trent students and community members receive an outstanding experience by providing a friendly and welcoming environment. This includes proactively greeting every individual and maintaining knowledge of programs, services, and processes.



- Respond to student/member inquiries and provide education and support on new reopening protocols, including: online workout booking system; wayfinding and traffic flow with the Athletics Centre; cleaning protocols; and physical distancing.
- Maintain the aesthetic quality of the Athletics Centre and fitness areas, keeping Fit Desk and storage area neat and clean; pick up and organize exercise equipment; perform washroom and change room checks and do spot cleaning as needed. Clean and sanitize exercise equipment and associated touchpoints. Use cleaning and sanitizing materials in accordance with University health and safety policies.
- Plan routines, choose appropriate music, and choose different movements for each set of muscles, depending on participants' capabilities and limitations and purpose of the fitness class.
- Plan physical fitness programs to promote development of participants' physical attributes and social skills.
- Observe and monitor participants' skills and abilities while performing exercises and adapt/modify program as needed.
- Teach fitness technique to participants through instruction and demonstration, utilizing knowledge of fitness and of participants' physical capabilities.
- Evaluate individuals' abilities, needs, and physical conditions, and develop suitable training programs to meet any special requirements.
- Offer alternatives during classes to accommodate different levels of fitness. Instruct participants in maintaining exertion levels in order to maximize benefits from exercise routines.
- Explain and enforce safety rules and guidelines for specific exercises and equipment as well as advise participants about proper clothing and shoes.
- Teach proper breathing techniques used during physical exertion. Teach and demonstrate use of training equipment used in fitness classes.
- Maintain fitness equipment by ensuring participants clean and return equipment to proper place after use.

Qualifications:

- Priority consideration will be given to students receiving OSAP and who are eligible for the Trent Work Study Program, however, anyone is encouraged to apply.
- Current fitness certification (YMCA, Canfitpro (FIS), CALA, Water Art, etc.)
- Certified in Standard First Aid/CPR 'C'/AED
- Previous teaching experience
- Exceptional customer service skills/experience
- Ability to motivate others
- Self-motivated, punctual and responsible
- Flexible schedule which includes shifts from 6am to 11:30pm, including weekends
- Willingness to work as part of a team, providing additional shift coverage as needed;



Training and Certifications Required – All training must be complete prior to starting first shift and the cost of training is the responsibility of employee.

- Police Record Check
- First Aid/CPR and AED
- Ministry of Labour Health and Safety Worker Awareness Training
- Workplace Violence and Harassment Training
- WHMIS (Workplace Hazardous Materials Information System Training)
- AODA Customer Service Training
- AODA – Integrated Accessibility Standards Regulation Training
- Information Security and Privacy Training
- Concussion Awareness Training

TO APPLY:

All qualified applications must include a cover letter and resume and can be e-mailed to sport@trentu.ca. (Microsoft Word or Adobe PDF). Please note your full name and the position title in the subject line of your e-mail (i.e. First and Last Name – Position Title).

Trent University is actively committed to creating a diverse and inclusive campus community and encourages applications from all qualified candidates. Trent University offers accommodation for applicants with disabilities in its recruitment processes. If you require accommodation during the recruitment process or require an accessible version of a document/publication please contact sport@trentu.ca.

While Trent Athletics & Recreation Department appreciates all applications, only those applicants considered for an interview will be contacted.