



# Specialty Instructor (Fitness) Job Description

<b>Title:</b>	Specialty Instructor (Fitness)
<b>Immediate Supervisor:</b>	Recreation Supervisor (General)
<b>Department:</b>	Recreation
<b>FLSA Status:</b>	Part-Time Non-Benefited; Non-Exempt
<b>Work Hours:</b>	Hourly; As Assigned; Year Round
<b>Hiring Range:</b>	\$ 15.97 - \$ 25.72
<b>Benefits:</b>	Accrued Paid Sick Leave, PERA Retirement, Employee Membership to Recreation Center, Workers Compensation

This job description is established by the Eastern Rio Blanco Metropolitan Recreation & Park District (District) to outline the basic requirements, duties and general responsibilities of the position of Specialty Instructor (Fitness). This position is “at will”, which means the District may terminate the employment relationship at any time and for any reason, subject only to the requirements of Federal and State law. Similarly, the employee may terminate the employment relationship without notice at any time for any reason.

## Position Summary

The Specialty Instructor (Fitness) will assist in the development, coordination, and direct implementation of District fitness programs on a year-round basis.

## Primary Duties and Responsibilities:

The following duties are an overview of the primary duties and responsibilities of the Specialty Instructor (Fitness) position and do not constitute an all-inclusive list. These duties and responsibilities establish a flexible, functional base from which the employee operates. The duties and responsibilities may also be modified with additions, deletions or changes as required to assist in obtaining organizational goals and objectives.

1. Provides basic fitness knowledge and skills by successfully completing the fitness mentorship program;
2. Assists in the development of fitness programs;
3. Creates class implementation plans and instructs fitness classes;
4. Competent in utilizing District fitness equipment;
5. Assists with fitness equipment inventory;
6. Serves as a substitute instructor as needed;

7. Demonstrates use of good judgment and ability to work independently;
8. Demonstrates initiative that supports the Districts vision, mission, core statements, and Strategic Action Plan;
9. Demonstrates comprehensive knowledge of the District's rules, policies and procedures, including the rules, policies and procedures contained in the District's handbooks and manuals.

### **Mandatory Qualifications and Requirements:**

1. Must be 18 years of age;
2. Possess a high school diploma or GED;
3. Possess at the time of hire or obtain within 90 days and maintain a valid AED, adult and child CPR and First Aid certifications.
4. Ability to work flexible hours, including early mornings, evenings, and weekends, and to provide other coverage as needed.

### **Desired Qualifications and Requirements**

1. Ability to read, write, speak and understand the Spanish language;
2. Possess group fitness certification;
3. Previous experience as an instructor;
4. Possess and maintain a valid Colorado Driver's License with good driving record.

### **Working Environment/ Physical Requirements**

The position involves physical and sedentary activities in and around the aquatics facility, including periods of activity in an indoor facility.

1. This position requires standing, running, walking, sitting, kneeling, stooping/bending, lifting, squatting, pushing, pulling, crawling, jumping, sliding, climbing, pinching, gripping, reaching over head, reaching away from the body, and repetitive motion;
2. Must possess the ability to lift items up to thirty (30) pounds frequently and in excess of sixty (60) pounds occasionally;
3. Moderate physical activity under potentially adverse conditions will be required frequently;
4. This position demands frequent use of sensory activities such as talking, seeing, hearing, smelling, feeling (identifying objects by touch), depth perception and color vision;
5. Work may be performed under hazardous and adverse conditions, including but not limited to, slippery and uneven surfaces, proximity to moving mechanical equipment, water, electrical currents, and high places;
6. This position will involve periods of high physical, mental and/or emotional stress.