

Jurisdiction: Oneida County Towns & Villages
Jurisdictional Class: Competitive
Adopted: 08/18/00

WATER AEROBICS INSTRUCTOR

DISTINGUISHING FEATURES OF THE CLASS: This position exists in a Town or Village recreation program. The incumbent is responsible for instruction of water aerobics fitness classes in a dance like environment set to music and executed in approximately three (3) feet of water. The work is performed under the general supervision of the Director of Parks and Recreation with wide latitude being given to perform duties and responsibilities. Supervision over others is not a part of the functions of this position. Does related work as required.

TYPICAL WORK ACTIVITIES: (Illustrative Only)

Directs Seniors and Adults in aerobic activities, inclusive but not limited to, jogging, stepping, knee bends, arm movements, neck and lower back exercises;
Demonstrates and teaches stretching and exercise techniques;
Sets up and implements musical background to exercises;
Modifies instruction to meet the needs of individual participants;
Assists class members in and out of pool or facility;
Oversees lifeguard on duty and makes sure the lifeguard is alert to class participants while in the pool area;
Takes attendance.

FULL PERFORMANCE KNOWLEDGE, SKILLS, ABILITIES AND PERSONAL

CHARACTERISTICS: Working knowledge of modern Aerobic and aquatic activity; good knowledge of sports medicine; ability to plan programs in accordance with acceptable practices in water aerobics; ability to orally express oneself clearly and concisely; ability to deal diplomatically with the public; ability to exercise sound judgement; initiative and resourcefulness

MINIMUM QUALIFICATIONS: Graduation from a regionally accredited or New York State registered college or university with an Associate's Degree in Recreation, Recreation Leadership, Sports Management, Sports and Exercise Studies, Sports and Recreation Management or a closely related field and instruction of three (3) seminars or classes in water aerobics or six (6) months experience in fitness training.

NOTE: Verifiable part-time experience will be pro-rated toward meeting full-time experience requirements.

SPECIAL REQUIREMENTS: Must be certified in Aerobic fitness or personal training, first aid and CPR at time of appointment.