

## CITY OF LOMPOC

**PT RECREATION WATER EXERCISE INSTRUCTOR (WEI)****DEFINITION/CLASS CHARACTERISTICS:**

Under general supervision, to organize and instruct water exercise classes, observe swimmers in the pool area, and respond to unsafe conditions or potential hazards; maintain a supportive and positive atmosphere for all individuals in a courteous and respectful manner; perform related work as required.

Incumbents will work a varying schedule of hours, which may include early mornings, nights, weekends, and holidays.

**LICENSE/CERTIFICATIONS REQUIRED:**

Current possession of the following certifications:

- Basic Life Support (Professional Rescuer CPR/AED) and First Aid
- Aquatic Exercise Association aquatic fitness certification or equivalent or a combination of education and/or experience teaching group exercise classes

**ESSENTIAL FUNCTIONS/EXAMPLES OF DUTIES:**

*The following duties are typical of this position. Incumbents may not perform all of the duties and/or may be required to perform additional or different duties from those set forth below to address business needs and changing business practices.*

1. Leads individuals of varied ages and abilities in water exercises, consisting of, but not limited to, aerobic, stretching and toning exercises.
2. Instructs patrons on effective workout methods; explains proper techniques, and demonstrates exercises.
3. Maintains a level of professionalism and develops positive relationships with program participants and colleagues.
4. Conveys information on aquatics programs and schedules and as appropriate refers program participants to other programs offered at the facility.
5. Prepares and puts away appropriate equipment for each class; keeps equipment organized; reports damaged equipment to supervisor.
6. Assists other aquatic staff in emergency situations.
7. Ensures that safety standards are met, and that department and facility policies are adhered to.
8. Attends all staff meetings and in-service trainings.
9. Assists in Recreation Division activities and special events.
10. Performs other duties as assigned.

**PHYSICAL AND MENTAL/PSYCHOLOGICAL DEMANDS:** *The conditions herein are representative of those that must be met by an employee to successfully perform the*

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*essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.*

**PHYSICAL: Light Work** - Occasionally lift and/or carry objects weighing up to 20 pounds. May involve significant standing, walking, bending, stooping, jumping, pushing, pulling, handling, gripping, grasping, twisting at the waist, reaching at, above and below shoulder level, extending neck upward, downward and side to side, climbing stairs, crouching, and kneeling. **Vision:** Visual acuity which could be corrected sufficiently to perform the essential functions of the position; average depth perception needed; specific vision abilities required by this job include close vision, distance vision, and the ability to adjust. **Hearing:** Effectively hear/comprehend oral instructions and communication; and hear noises and distress signals in the aquatic environment.

**Mental/Psychological:** Works cooperatively and interacts appropriately with those contacted in the course of work, including the general public; responds quickly to changing priorities; communicates effectively orally; performs effective multi-tasking; utilizes basic reading, writing, and math skills; understands, remembers, and carries out job instructions; knows, understands, and consistently applies safety rules, policies, and guidelines.

- Remain alert with no lapses of consciousness.
- Maintain calm and practice good judgment in stressful and emergency situations.
- Model professionalism and relationship-building/customer service skills in all interactions.
- Effectively communicate with patrons, city and facility staff using authority, diplomacy, and sensitivity.

**MINIMUM QUALIFICATIONS:**

**Minimum Age:** Must be at least 17 years of age.

**Knowledge of:** Basic knowledge in aerobic, conditioning, and exercise instruction; First Aid principles and practices; appropriate safety precautions and procedures, simple recordkeeping; and safety rules, policies, and guidelines for the Aquatic Center.

**Ability to:** Teach water exercise classes, organize and conduct a variety of aquatic programs; maintain accurate records and prepare reports; and establish and maintain effective relationships with those contacted in the course of work.

**EDUCATION AND EXPERIENCE:**

Any combination of training, education, and experience which would provide the required knowledge, skills, and abilities.