



6651 SW Capitol Highway, Portland, OR 97219  
P: 503.244.0111 F: 503.245.4233 [www.oregonjcc.org](http://www.oregonjcc.org)

DATE: May 9, 2011  
TITLE: Aquatic Group Fitness  
Specialty Instructor  
DEPARTMENT: Aquatics  
STATUS: Substitute (Hours Vary)  
COMPENSATION: \$20-\$25/hr

TO APPLY: Open until filled – apply immediately! Obtain applications from the Mittleman Jewish Community Center, 6651 SW Capitol Highway, Portland, OR 97219, 503-244-0111; or at our website: [www.oregonjcc.org](http://www.oregonjcc.org). **A signed, completed application is required; submission of a resume is optional and does not replace the required application form. You must also include a photocopy of your current AEA Certification.** Please return your application materials to the attention of the MJCC Human Resources Office at the address noted above. MJCC is an Equal Opportunity Employer.

Due to the volume of applications received, only applicants who are interviewed will be contacted when the position is filled. If you are not contacted to interview, please know that we are grateful for your interest in employment opportunities at MJCC! Applications received for this recruitment may be considered for aquatic department openings that may occur in the next four months.

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**SUMMARY:** We are recruiting a versatile individual to teach a range of group aquatic fitness classes, from water yoga to high-energy aqua exercise.

**QUALIFICATIONS** Any combination of experience and training is qualifying that demonstrates the ability to perform the duties of the position. This would typically include:

- Current AEA certification in area of specialty; AND
- Responsible experience in providing group exercise instruction.

**Knowledge:** Knowledge of common techniques and practices used in group aquatic exercise instruction; knowledge of exercise choreography and movement specific to area of specialty; knowledge of body mechanics and anatomy; knowledge of water safety principals and practices; knowledge of MJCC emergency procedures.

**Skill:** Some positions may require skill in the use of a therapy pool lift.

**Ability:** Ability to effectively motivate and teach; ability to remain alert, watchful and energetic while providing instruction; ability to independently develop lesson plans and class materials; ability to ensure a safe and healthy aquatic exercise environment; ability to effectively enforce MJCC rules and policies as well as all applicable state regulations; ability to project a positive, professional image; ability to provide excellent customer service; ability to communicate effectively with others, both orally and in writing; ability to understand and follow oral and/or written policies, procedures, and instructions; ability to work effectively with co-workers in a diverse workforce; ability to respond appropriately to question/concerns from members and guests; ability to work independently and make decisions within scope of position; ability to be punctual and work a flexible schedule as needed.

## PHYSICAL REQUIREMENTS AND WORKING CONDITIONS

Duties are performed in a warm, humid pool environment that can be noisy and filled with people. Duties require strong ability to remain alert and watchful. Duties require physical ability to effectively demonstrate exercise choreography/movement and the proper and safe use of associated equipment. Incumbents must wear staff shirt and black shorts at all times while on duty.

TYPICAL EXAMPLES OF WORK (These examples represent the essential functions of the position. They are not, however, inclusive of all the duties the position may perform.)

1. Provide class instruction; begin and end class as scheduled. Provide adequate warm-up, exercises, stretching, and cool down. Encourage and support members to participate at the level of their ability. Supervise program participants; focus on safety and enjoyment to improve members' fitness levels.
2. Develop complete lesson plans as requested by Supervisor. Prepare appropriate equipment, music and written information. Maintain class roster and any associated class records. Stay abreast of new developments in area of specialty; incorporate new equipment and choreography as indicated.
3. Orient class members to any equipment used in the class; instruct class in the safe use of equipment. Instruct class members in how to move safely within the limits of their abilities.
4. Provide excellent customer service. Provide general information about aquatic center programs and MJCC operations. Answer questions and address concerns within scope of authority.
5. Enforce pool rules and policies. Refer ongoing issues to the Head Guard or Aquatic Coordinator.

## ELIGIBILITY

Under the provisions of the Immigration Reform and Control Act of 1986, MJCC requires any person hired or rehired to provide evidence of identity and eligibility for employment on the date of hire.

## MISSION

Mittleman Jewish Community Center is a vital institution for Jewish culture and identification, proud to offer its programs and services to everyone. For more than 80 years, the MJCC has offered educational, social, cultural and recreational programs.

## MJCC IS AN EQUAL OPPORTUNITY EMPLOYER