

Healthy Kidz & Teenz

P.O. BOX 2064
PORTLAND OR 97208

Contact: info@healthykidzandteenz.com

POSITION ANNOUNCEMENT

POSITION: Independent Contract
Aerobic/Fitness Instructors

HIRING SALARY: \$20-\$35.00 per class
(1-1.5hrs)
rate depends on experience

STATUS: Part-Time/Seasonal/ On-Call
Non-Benefited
Classes are held in various locations

4-20 hours per week. Sessions are up to 8 weeks long.
DEADLINE: Open

Aerobic/ Fitness Instructors are expected to lead students (k-12) in basic aerobic/ fitness session(s). All independent contract Instructors are expected to look and act professionally and is responsible for wearing staff apparel (T-shirts/sweatshirt).

Essential Duties and Responsibilities:

- Ensure student safety
- Teach in an enthusiastic/energetic manner
- Dress appropriately in proper uniform
- Arrive 10 minutes early to all assignments
- Attend scheduled meetings
- Basic knowledge of physical fitness
- Take roll prior to class
- Instruct participants on aerobic exercises and toning exercises
- Other duties as assigned

Requirements:

- Certified aerobic/fitness instructor preferred
- Current Infant /child/adult CPR/First Aid certification
- Excellent verbal and written communication skills.
- Ability to utilize new techniques and ideas.
- Possess honesty and personal integrity.
- Enthusiastic, energetic, personable and friendly,
- Passionate, ambitious, driven, intelligent and knowledge regarding the fitness industry.
- Excellent time management, organizational, and follow-up skills.
- Patience to work with children/Adolescents'
- good physical condition
- Instructors design their own aerobic routines and combinations, to include a proper warm up, cardiovascular, cool down, and toning segments. All classes are to be designed with the participants' safety and fitness levels in mind.
- All interested applicants may be required to attend an aerobic/fitness audition.

Physical Demands

Meet the physical demands of teaching any aerobics/fitness session(s). Walking, lifting and running may be involved