



Title	Aquafit Instructor		
Centre	Notre-Dame-de-Grâce Y Centre		
Status	Part-Time (Flexible Schedule)		
Schedule	<input checked="" type="checkbox"/> Days	<input checked="" type="checkbox"/> Evenings	<input checked="" type="checkbox"/> Weekends
Salary Scale	\$20.00 per hour - \$23.00 per hour (based on certifications and experience)		
Department	Health, Fitness and Recreation – Aquatics		
Reporting To	Aquatics Coordinator		
Start Date	September 13 th , 2010		

Our **Notre-Dame-de-Grâce Y Centre** is presently looking for **Aquafit Instructor**. As an **Aquafit Instructor**, you will lead and instruct members in Aquafit classes. You will plan, demonstrate and execute the Aquafit class according to the course description and the fitness level of the group. In accordance with the YMCA core values and the SAM principles, you will facilitate members' development in mind, body and spirit.

As an **Aquafit Instructor**, you will be primarily responsible for:

- instructing the choreography and executing the routine according to the course descriptions and guidelines established by the YMCA;
- adapting the routine and creating an inclusive class environment by providing options or modifications to encourage members to work at their own pace;
- circulating and observing participants while providing feedback and corrections when necessary;
- intervening with tact and diplomacy if a member performs an exercise with potential risks of injury

The successful candidate will have:

- YMCA Fitness Instructor Training (FIT) or equivalent recognized certification or experience in specialty;
- CPR (HeartSaver) Certification (annual renewal);
- bilingual – Spoken (Basic level) ;
- experience as a Group Fitness Instructor (an asset);
- First Aid (an asset)

** Please note that all successful candidates will be required to provide copies of certifications and official attestations of employment to validate previous experience in the field (if applicable)*

If you are interested in being part of a dynamic team and developing your skills while embarking on the adventure of setting up a new centre, we would love to hear from you!

Please send your completed Aquatics Team Application alongside your CV and cover letter with the following reference, **Aquafit Instructor** to:

Andrew Tijssen
 Aquatics Coordinator
 Email: andrew.tijssen@ymcaquebec.org
 Fax: 514-486-6574

Please note that only applicants under consideration will be contacted. If you are not contacted, please accept our utmost appreciation in your interest.