



JOB POSTING

Prenatal and Postnatal Fitness Instructor Casual Part-time

About You: You are knowledgeable about fitness and health, and passionate about providing the public and your co-workers with exceptional customer service experiences. You enjoy being the face of the Township and exceeding expectations. You value making a difference for the public and aspire to grow as a member of the broader Loyalist Township team and contribute to a great work environment.

About Us: This role is an essential part of our Recreation team. We value respect and working together. We also like to have fun while accomplishing great things for our Residents!

Loyalist Township is committed to reaching our full collective potential as an employer of choice. We offer excellent pay and access to benefits, including a free membership at the Recreation Centre and free counselling services for staff and their families. Service to our community and each other is what we do. Beginning in 2023, part-time staff are eligible for our defined benefit pension plan (OMERS).

Loyalist is a growing community of over 17,000 residents situated on the north shore of Lake Ontario between Greater Napanee and the City of Kingston. The Township is a blend of rural and urban areas with several smaller hamlets throughout, including an island community accessible by ferry. It is an outdoor-lovers dream, with a Great Lake on the doorstep and beautiful Canadian shield lakes and provincial parks minutes away to the north. Next door is the historic City of Kingston, which boasts a lively downtown core right on Lake Ontario, full of excellent restaurants and nightlife offerings. We are also connected to large urban centres by the 401, with the GTA two hours to the west and Ottawa two hours to the east.

Loyalist Township invites applications for the following casual part-time position:

File No: 2023-03 Prenatal and Postnatal Fitness Instructor
Hours: Part-time up to 24 hours a week, availability on weekday mornings an asset.
Hourly Rate: \$28.20
Closing: Open ended

A detailed job description is below. Please submit your cover letter and resume using the online form by selecting the apply now button:

[APPLY NOW!](#)



JOB DESCRIPTION

POSITION TITLE: **PRENATAL AND POSTNATAL FITNESS INSTRUCTOR**

DEPARTMENT: **COMMUNITY & CUSTOMER SERVICES**

REPORTS TO: **RECREATION PROGRAMMER**

CATEGORY: **CASUAL PART-TIME**

UPDATED: **JANUARY 2023**

POSITION SUMMARY:

Reporting to the Recreation Programmer, the Prenatal and Postnatal Fitness Instructor provides class instruction to clients attending registered or drop-in fitness classes.

MINIMUM QUALIFICATIONS AND SKILLS:

- Current Group Fitness Certification from Can Fit Pro, Ontario Fitness Council, or of equal merit
- Standard First Aid; CPR-C Certification
- An acceptable criminal reference check (CPIC), including vulnerable sector screening, completed within the last six months
- Candidates must be reliable, enthusiastic, and knowledgeable in the field of fitness and wellness and have strong leadership skills

DUTIES AND RESPONSIBILITIES:

- Teach group fitness classes; improve technique; supervise and ensure the safety of patrons enrolled in registered or drop-in group fitness in the fitness facility/area
- Promote and market changing fitness programs; have a working knowledge of available programs provided by Loyalist Township
- Ensure the fitness facility/area is a safe environment and report any equipment malfunctions or safety issues to the Recreation Programmer; ensure equipment is properly maintained and stored
- Ensure participants are attended into the class by verifying class lists in the Recreation Management Software, Xplor Recreation
- Responsible as an employee for health and safety, including working safely within requirements of legislation and policies, reporting hazards, and maintaining a safe and clean environment
- Responsible to fill out incident/accident forms when required

* When applying, please include a full list of classes you are certified to teach, in your resume and include a copy of your certifications.

WORKING RELATIONSHIPS:

Internal:

Daily communication with Recreation and Municipal staff

External:

Daily interaction with Township residents and patrons

The job description reflects the primary duties and responsibilities of this position and should not be construed to describe in detail all duties and responsibilities of the job.