

Student Job Posting Fitness Instructors

Department of Athletics & Recreation

About the position:

Trent Athletics and Recreation offers around 35-40 group fitness classes per week. Class formats include Hi/Lo, Muscle Conditioning, Kick Boxing, Athletic Training, Relaxation classes, Boot Camp, and more. Instructors are expected to conduct a high energy, fun class that helps participants achieve their fitness goals safely. The successful candidate will possess an outgoing personality who can motivate others, work well in a team environment, and help to promote and grow the program through quality instruction.

Duties include:

- Class preparation
- Instruct a **minimum** of TWO fitness class per week which follows a general class format and meets health and safety requirements
- Answer general fitness questions, promote overall program and healthy lifestyles
- Tidy and store equipment after use, assist in monitoring and reporting condition of equipment.
- Attend staff training sessions and staff meetings
- Report to Fitness Coordinator

Ideal candidate will have:

- Current and approved fitness instructors certification
- Current CPR/1st Aid
- Previous teaching experience
- Knowledge of music phrasing and class formats
- Reliable and organized

Send resume, and cover letter to:

Valerie Wagner
Fitness Coordinator
Athletics Department
valeriewagner2@trentu.ca

**a cover letter and resume is required for each job you are applying for*

**be sure to indicate position and STYLE OF DANCE you are applying for*

Length of Employment:

Jan. 6 – Apr. 30, 2010

Hours: 2 - 6 hrs/week

Rate of Pay: \$15 - \$20/hour,
depending on qualifications
and experience

Student Job Posting

Dance Instructors

Department of Athletics & Recreation



About the position:

Trent Athletics & Recreation offers instructional dance classes Hip Hop, Jazz, and Lyrical.

Instructors lead a weekly 1 to 1.5 hour class.

Instructors are expected to conduct a high energy and fun class that assists participants in learning and improving new dance skills. The successful candidates will have previous dance performance and teaching experience with a passion for sharing their knowledge and skills with others and assisting in helping to grow and promote the program.

Duties include:

- Class preparation
- Instructing a 1.25 hour dance class per week which follows a general class format and meets health and safety requirements including some cardio and strength building component
- Answer general technique and program questions, promote overall program and image
- Tidy room and equipment after use, assist in monitoring and reporting condition of equipment
- Attend staff training sessions and monthly staff meetings
- Report to Fitness Coordinator

Ideal candidate will have:

- Minimum of 5 years of dancing experience
- Current CPR/1st Aid
- Previous teaching experience
- Reliable and organized, self-motivated with a passion for dance

Send resume, and cover letter to:

Valerie Wagner
Fitness Coordinator
Athletics Department
valeriewagner2@trentu.ca

**a cover letter and resume is required for each job you are applying for*

**be sure to indicate position and STYLE OF DANCE you are applying for*

Length of Employment:

Jan. 6 – Apr. 30, 2010

Hours: 1 – 3 hrs/week

Rate of Pay: \$15/hour,
depending on qualifications
and experience