



JOB POSTING
AQUAFIT INSTRUCTOR
Part-time Position
Trent Athletics & Recreation Department

Supervisor	Fitness Centre Coordinator
Hours of Work	Tuesday mornings (8:45am-9:45am), priority option for subbing/on-call shifts if desired
Rate of Pay	Based on education and experience
Start Date	September 2026

ABOUT TRENT ATHLETICS & RECREATION:

Dedicated to excellence, Trent Athletics & Recreation is committed to providing opportunities for Trent students and the community at large to become involved in a wide range of recreational, sport and leadership activities, at all levels, with the objective of encouraging and developing a healthy lifestyle.

When it comes to fitness and recreation the Athletics Centre, Home of the Excalibur, offers something no other community or university centre can – state-of-the-art indoor and outdoor facilities combined with access to the Otonabee River, diverse nature areas and kilometres of winding trails right at our doorstep. In partnership with the City of Peterborough a new baseball diamond and rectangular sports field are being built on the East Bank of Trent's campus and Trent University has recently been selected as the site of the new twin park arena.

ABOUT THE POSITION:

The Athletics Centre at Trent is currently accepting applications from certified group fitness leaders to lead aquafit class on Tuesday mornings with the potential to substitute other aquafitness or dry-land fitness classes.

Under the direction of the Fitness Centre Coordinator, Fitness Instructors will provide fitness instruction for group fitness classes and aquafit classes offered at the Trent Athletics Centre. The Trent Community Sport & Recreation Centre is currently accepting applications from certified group fitness leaders who possess qualifications in land- and/or water-based fitness areas.

Responsibilities:

- Plan routines, choose appropriate music, and choose different movements for each set of muscles, depending on participants' capabilities and limitations and purpose of the fitness class.



- Plan physical fitness programs to promote development of participants' physical attributes and social skills.
- Observe and monitor participants' skills and abilities while performing exercises and adapt/modify program as needed.
- Teach fitness technique to participants through instruction and demonstration, utilizing knowledge of fitness and of participants' physical capabilities.
- Evaluate individuals' abilities, needs, and physical conditions, and develop suitable training programs to meet any special requirements.
- Offer alternatives during classes to accommodate different levels of fitness. Instruct participants in maintaining exertion levels in order to maximize benefits from exercise routines.
- Explain and enforce safety rules and guidelines for specific exercises and equipment as well as advise participants about proper clothing and shoes.
- Teach proper breathing techniques used during physical exertion. Teach and demonstrate use of training equipment used in fitness classes.
- Maintain fitness equipment by ensuring participants clean and return equipment to proper place after use.

Qualifications:

- Current fitness certification (YMCA, Canfitpro, CALA, Water Art or equivalent)
- Certified in Standard First Aid/CPR 'C'/AED
- Previous teaching experience
- Exceptional customer service skills/experience
- Ability to motivate others
- Self-motivated, punctual and responsible
- Willingness to work as part of a team, providing additional shift coverage as needed;

Training and Certifications Required – All training must be complete prior to starting first shift and the cost of training is the responsibility of employee.

- Police Record Check with Vulnerable Sector
- First Aid/CPR and AED
- Ministry of Labour Health and Safety Worker Awareness Training
- Workplace Violence and Harassment Training
- WHMIS (Workplace Hazardous Materials Information System Training)
- AODA Customer Service Training
- AODA – Integrated Accessibility Standards Regulation Training
- Information Security and Privacy Training



THE ATHLETICS CENTRE
HOME OF THE TRENT EXCALIBUR



TO APPLY:

All qualified applications must include a cover letter and resume and can be e-mailed to sport@trentu.ca. (Microsoft Word or Adobe PDF). Please note your full name and the position title in the subject line of your e-mail (i.e. First and Last Name – Position Title).

Trent University is actively committed to creating a diverse and inclusive campus community and encourages applications from all qualified candidates. Trent University offers accommodation for applicants with disabilities in its recruitment processes. If you require accommodation during the recruitment process or require an accessible version of a document/publication please contact sport@trentu.ca.

While Trent Athletics & Recreation Department appreciates all applications, only those applicants considered for an interview will be contacted.