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## CALA Aquafitness Instructor, Therapeutic

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Req ID: 21710

Vacancy Type: Part-Time

Number of Positions: 5

Closing Date: 05/27/2022

### Job Summary

Plan and lead a dynamic, safe and effective post-rehabilitation aquatic therapeutic class specific to the course outline provided. The class should engage and lead individuals with a variety of abilities and participants should feel motivated, encouraged, supported and successful with their outcomes.

**Please note:** Due to the uncertainty we are facing regarding the COVID-19 pandemic and the City's programming restrictions, the recruitment of these positions is dependent on available vacancies and business needs.

### Duties and Responsibilities

- Create a safe and enjoyable climate by working with lifeguard staff to start the class at the advertised start time and finish within the allotted time
- Lead the designated class in a professional manner
- Provide verbal, visual and kinesthetic cueing for exercises and techniques to appeal to a variety of learning styles
- Provide permission and options with verbal and/or visual demonstrations of options and modifications for exercises for comfort and to vary intensity
- Provide a combination of education and motivation appropriate to the format and participant group
- Supervise and provide feedback ensuring participants completing safe movements, especially when using equipment
- Work with facility staff to ensure a safe experience for all, note safety recommendations in operations or for specific participants and communicate to Deck Supervisors or Full Time aquatic staff
- Create a variety of post-rehabilitation aquatic therapeutic classes that are fun, safe and technically sound to meet the objectives and goals of the program
- Plan exercises and modifications that provide a variety of options for comfort and intensity to ensure all participants feel safe and successful using knowledgeable of the stages of rehabilitation and appropriate exercise protocols for a variety of conditions.
- Plan effectively for facility conditions
- Responds to customers' needs and questions with accurate information and/or guidance to resources, always referring to alternate resources for topics outside the scope of knowledge and service
- Work with facility staff and make recommendations for participants that may require specialized accommodations to enable them to access the class safely
- Assist and collaborate with Support Persons for Person's with a Disability to ensure customers are getting a full and safe experience

- Prepare safety equipment, mat on deck.
- Gather equipment and bring pool side, ensure in good repair
- Prepare audio system for music and microphone then return safety, class and audio equipment to storage
- Mentor new instructors
- Complete timesheets, bather load and other statistics collection sheets as required
- Reaches out to Deck Supervisor, MOD or direct supervisor for any issues that require attention, or idea for service improvement
- Emergency Management - Work in collaboration with the aquatic and/or facility team to ensure emergencies dealt with effectively

### **Skills and Qualifications**

- Experience leading group post-rehabilitation and therapeutic aquatic exercise classes
- Current valid certification in the area of aquatic post rehabilitation instruction from a recognized organization with mandatory continuing education credits or a degree/diploma in a therapeutic recreation/fitness and aquatic exercise training.
- Emergency First Aid/CPR B Certification
- Light lifting of supplies. Physical exercises while instructing.
- Primarily pool environment

Hourly Rate/Salary: \$27.24 - \$36.32

Hours of Work: up to 24 hours per week

Work Location: Various Location

Department/Division/Section: CMS/Community Services Dept , CMS/Recreation Division , South District

Non-Union/Union: Non Union

### **COVID-19 Update:**

This position has been deemed to require full vaccination as per the Peel Medical Officer of Health who has required this pursuant to a regulation under the Reopening Ontario (A Flexible Response to COVID-19) Act, 2020. This is to mitigate the elevated risk of COVID-19 transmission in organized sports/recreation. Proof of Fully Vaccinated Confirmation or a City approved medical exemption will be required your before first day. As per the City's Employee Recruitment Policy, all external candidates (including previously employed individuals) must show their Fully Vaccinated Confirmation or apply for and receive confirmation of a creed or medical exemption from the City before their first day.

A Vulnerable Sector Check (Level 3) will be required of the successful candidate, at their own expense, to verify the absence of a criminal record for which a pardon has not been granted.

We thank all who apply, however, only those candidates selected for an interview will be contacted. You can also check your application status in your candidate profile online.

All personal information is collected under the authority of the Municipal Act.

We are an Equal Opportunity Employer. In accordance with the Accessibility for Ontarians with Disabilities Act, 2005 and the Ontario Human Rights Code, the City of Mississauga will provide accommodations throughout the recruitment, selection and/or assessment process to applicants with disabilities. If selected to participate in the recruitment, selection and/or assessment process, please inform Human Resources of the nature of any accommodation(s) that you may require in respect of any materials or processes used to ensure your equal participation.