

## **About Glenroyal Hotel & Leisure Club**

Located in the picturesque university town of Maynooth, the Glenroyal Hotel offers excellent value accommodation. This ideally located hotel in Maynooth is just minutes' walk from the university and town centre. The Glenroyal Hotel is 1 mile from Junction 3 of the M4 motorway for easy access to Dublin, Athlone and beyond. We enjoy superb national rail and bus connections on our doorstep, making us one of the most accessible Co. Kildare hotels.

The Glenroyal Hotel Maynooth includes full leisure centre with 2 pools, Revive beauty and treatment rooms, great bar and restaurant, ample free parking, free wireless internet in all areas and, most importantly, friendly, professional team.

### **Gym/Swim instructor and Events/Social media Co-ordinator**

#### **Main Responsibilities**

- Post videos on exercises and technique on social media.
- Organise group and outdoor events for the leisure club i.e.: Run, walk and cycle groups, events such as hell and back etc.
- Instruct/coach groups or individuals in exercise/swim activities and the fundamentals of sports.
- Demonstrate techniques and methods of participation. Observe participants and inform them of corrective measures necessary to improve their skills and monitor their progress.
- Pool Supervision & water testing procedures.
- Educate participants on proper and safe exercise form.
- Carry out fitness assessment and body composition screenings.
- Explain and enforce safety rules and regulations within the leisure Centre.
- Plan routines, choose appropriate music, and choose different movements for each set of muscles, depending on participants' capabilities and limitations.
- Maintain fitness equipment.
- Evaluate individual's abilities, needs, and physical conditions, and develop suitable training programs to meet any special requirements.
- Promote health club through membership sales, and record member information.

#### **Skills & Experience Requirements:**

- At least 2 years previous experience in a Leisure Centre/gym is essential.
- Fully qualified and certified Gym Instructor.
- Fully qualified and certified Swim teacher.
- Fully qualified and certified Lifeguard (Cert. in date).
- Certified in Occupational First Aid (Cert in date).
- Excellent timekeeping, communication skills and ability to work on own initiative.
- Computer skills i.e.: Microsoft Office including outlook.
- Must be eligible to work in Ireland.
- Must be fluent in written and spoken English.

## **Working With Us**

We always have our eyes on the horizon for fresh talent to join us at the Glenroyal. If you have a strong work ethic, speedy problem solving skills and enjoy a good laugh you'll go far with us. Our expectations are pretty high, we've worked hard to achieve all we've achieved as a family so far. If you feel you would fit in, we'd love to have a chat. Our strength lies with our team. We work hard but we also play hard too – racing, cycling go-karting and a variety of events will fill your social calendar. We have pool tournaments with prizes, cycle and football competitions, Employee of the month awards, even triathlons for the athletes among us. You'll never be bored here!