



Gym/Swim Instructor (Part-Time)

Main Responsibilities

- 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 individuals 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 required:

- 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.

Please send CV and cover letter to: Paulconnolly@glenroyal.ie