

## **Gym & Fitness Instructor /Pool Lifeguard**

*Westlodge Hotel & Leisure Centre - Bantry, County Cork*

Are you someone who can push people to their limit? Get results? Can you motivate? Is fitness and helping people a passion for you? If so, we might have the role for you!

We are currently looking for a flexible full time Leisure Professional which includes weekend work to join our team at the Lodge Leisure Centre, Bantry.

We are looking for an innovative and energetic person who strives to motivate individuals in achieving their personal fitness goals. You will be responsible for shaping people's future through our gym programmes, fitness classes and Kickstart plan. Experience providing swimming lessons is essential. You need to have a wide experience in teaching classes. You must be an excellent fitness class instructor, swimming instructor, ideally able to teach a variety of classes such as Spinning, Kettlebells, Zumba, Bootcamp, Boxercise and Pilates and more.

The ideal candidate will be a team player, self-motivated, have a friendly personality and have an interest in providing a high standard of care to our members.

### **Requirements:**

- Experienced Gym Instructor & REPS affiliated
- Experienced Fitness Class Teacher
- Personal Training Certification to level 3 or above
- IWS/ RLSS Lifeguard – ESSENTIAL
- Swimming Instructor
- FIRST AID/ AED
- Some experience within a busy Leisure Club

### **Not essential but preferable:**

- Experience and knowledge of nutrition and dietary plans
- Pool Plant Operator
- Experience within a busy Leisure Club
- Knowledge of the White Flag Criteria

### **Job Type:**

- Full-time

For more information on any of the above please contact [Catherine@westlodgehotel.ie](mailto:Catherine@westlodgehotel.ie) or [Catherineobrien5@gmail.com](mailto:Catherineobrien5@gmail.com) or phone 027 50557.