



About Avena Leisure

Avena Leisure was established in July 2008. Our centre is a 12,000 Square feet state of the art facility containing a 20m Pool, Hydrotherapy suit, Jacuzzi, Steam-room, Sauna, Gym, treatment rooms and 3 fitness Studios. A large accessible underground parking facility is also contained within the complex to provide that extra comfort to our members. Our centre is designed to create a leading approach to health, fitness and well-being supported by fully qualified and knowledgeable staff. Our mission is to provide the best professional service possible through achieving high standards of customer care and dedication for all our clients.

Part-Time Leisure Club Attendant/Fitness Instructor

Main Responsibilities

- 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.
- Any other ad-hoc activities

Mandatory

- Possess a NCEF or equivalent personal trainer and fitness instructor qualification.
- Have previous experience instructing fitness classes.
- A R.L.S.S. Pool Lifeguard or I.W.S. Pool Lifeguard qualification.
- Must be eligible to work in Ireland.
- Must be fluent in written and spoken English.

Desirable

- A Swim Teaching qualification, level 1 or 2.
- Have previous experience conducting Personal Training sessions. (desirable but not essential).
- Certified in Occupational First Aid (Cert in date).

If health & fitness is your passion. If you are a friendly, approachable person with a positive outlook and a good work ethic please forward your CV to Declan at info@avenaleisure.com