



Westlodge Hotel & Leisure Centre Swim & Gym Instructor

Job Title: Gym & Swim Instructor Reporting to: Leisure Club Supervisor / Leisure Club Manager

Main Responsibilities

- Instruct/coach groups or individuals in exercise 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.
- 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:

Supervising the swimming pool and all the day to day running of the leisure centre.

- At least 1 year previous experience working as a Gym/Swim instructor in a Leisure Centre/gym is essential.
- Fully qualified and certified Gym Instructor.
- Fully qualified and certified Swim teacher – Level 2 (Cert. in date).
- Fully qualified and certified Lifeguard (Level 2 Cert. in date).

- Certified in Occupational First Aid (Cert in date).
- Experience teaching Aquafit, Yoga and/or Pilates is a distinct advantage.
- 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.
- If you have the relevant qualifications and experience please send your cv to our Leisure Club Manager, Catherine O Brien at email: Catherine@westlodgehotel.ie