

Senior Gym & Swim Instructor

Main Duties

- 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.
- Educate participants on proper and safe exercise form.
- Carry out fitness assessment and body composition screenings and maintain participation records.
- Plan routines/classes (incl. Aquafit), choose appropriate music, and choose different movements for each set of muscles, depending on participants' capabilities and limitations.
- Evaluate individual's abilities, needs, and physical conditions, and develop suitable training programs to meet any special requirements.
- Maintain fitness equipment.
- Teach swimming lessons to children and adults, and/or assist in the water with the lessons.
- Ensure all teaching standards are met and have a lesson plan for each lesson being taught.
- Pool Supervision & water testing procedures as per handbook.
- Be responsible as lifeguard and provide assistance and/or first aid if and when required.
- Explain and enforce fitness club policies and procedures including health and safety rules/regulations.
- Promote our Leisure Club through membership sales, and record member information.
- Report any complaints or incidents of accident/fire/loss or damage to supervisor/manager and ensure follow up with guest/member is completed.
- Greet all our guests & members in a friendly and polite manner and assist with queries professionally and competently ensuring our guest/member satisfaction.
- Communicate hotel services to guests and upsell the hotel amenities.

Skills & Experience Requirements:

- 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 TRX, 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 and legally eligible to work more than 20 hrs per week.
- Must be fluent in written and spoken English.

Staff Benefits:

- Competitive salary
- Complimentary lunch, tea, coffee, soups and breads for team members on duty in our team canteen.

- Staff canteen with TV, Dart board, Games console and Pool Table.
- Free membership for our Leisure Club and 2 Swimming Pools.
- 20% Discount on treatments in our Beauty salon (Mon. - Thurs.)
- Internal and external training.
- Monthly employee award and recognition scheme.
- Staff Changing and Shower Facilities.
- Complimentary membership to our Sports and Social club (Sports Federation) with regular events such as day out at the races, Cycle and BBQ and Christmas night out.
- Hotel discounts for family and friends.
- Counselling Service.

Applications to include cv and sent directly to Conor Mortimer (Leisure Club Manager) at email: conor.mortimer@glenroyal.ie.

For further information please contact Carol Foran, Talent Executive HR Dept. at email: talent@glenroyal.ie.

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