



## Volunteer Position Description

### **Water Fitness Class Instructor**

The City of Woodburn is seeking an energetic high school student to instruct water fitness classes at the Woodburn Aquatic Center. Water Fitness Instructors provide water aerobics instruction, and educates patrons on fitness and safety. Supporting aquatic programming ensures the quality and sustainability of the WAC by minimizing costs and creating a fun and safe environment for the community to Splish • Splash • Live • Learn!

**Duties:** Must attend City volunteer orientation. Maintains a safe, enjoyable atmosphere for class participants. Ability to motivate participants and adapt to participants needs. Demonstrates safe and effective water fitness exercises for both general and special populations. Performs exercises for all major muscle groups. Adapts intensity and exercises to meet the needs of participants. Works in an upbeat and positive environment using innovative ideas to assist participants in achieving their personal fitness goals. Track attendance and maintain accurate records of group exercise class schedules.

**Qualifications:** All volunteers must complete a City of Woodburn Volunteer Application, background check (18yrs+), orientation, and 16 hour certification class. Certification costs \$75.00 which must be paid for by student. Instructors must be outgoing, active, punctual, dependable, have a basic understanding of exercise and desire to lead others.

**Time Commitment:** Initial 16 hour training plus 1-2 hours a week for at least one season (i.e. summer, fall, etc.).

### **Compensation:**

Students will complete the course as a certified water fitness instructor with experience and have the opportunity to apply for a paid position with the Woodburn Aquatic Center. Students also will gain valuable real life experience working for a government organization that they will be able to use on college and job applications. Hours spent at working for the City of Woodburn may also be used for Senior Projects and/or volunteer hours. Students who perform well may obtain a letter of recommendation or a reference from City staff.