



SPECIALIZED RECREATION INSTRUCTOR-YOGA

Position:	Specialized Recreation Instructor- Yoga
Department:	Recreation
Reports to:	Recreation Supervisor-Programs
Location:	Buchanan Recreation Center
Status:	Part-Time 2 (< 20 hours per week)
Hourly Wage:	\$21.79-\$35.00 hourly

Nature of Work

Under the direction of the Recreation Supervisor - Programs, this position is responsible for teaching skills in the fitness class/program in a public recreational facility by performing the duties as outlined in the job description.

Essential Functions

- Assists in the explanation and demonstration on the use of apparatus and/or equipment.
- Proactively monitor and assist in the prevention and response to emergencies.
- Assists in the explanation and demonstration of principles, techniques, and methods of regulating movement of body, hands, and feet to achieve proficiency.
- Observes participants to detect and correct mistakes.
- Assists with the explanation and enforcement of safety rules and regulations.
- Assists with supervision of participants at parties and special events when applicable.
- Finds substitutes for classes when not available.
- Communicates with parents, participants and supervisor regularly.
- Move, set up and clean up for participants, including but not limited to pushing or pulling up to 30 lbs.
- Must possess a highly defined focus toward both internal and external guest service.
- Create interesting and up-to-date programs.
- Demonstrate proper techniques.
- Keep accurate record of participants' attendance, payment, and progress.
- Report all accidents and injuries that occur in class, following District procedures.
- Cooperate with Recreation Supervisor - Programs in outlining the program: establishing standards, scheduling classes, and making decisions concerning class structure.
- Assist in regular evaluation of the program and individual instruction.
- Attend staff meetings when scheduled.
- Dress appropriately for activity.
- Report absenteeism to Supervisor and to Cashiers to arrange for substitution.
- Substitute for other instructors as needed and available.

Management & Supervisory Duties

- Oversees activities and actions of applicable program participants.

Illustrative Examples of Duties

- Set up class-specific equipment and return to storage.
- Perform all required duties in a timely manner as assigned.
- Check equipment on a regular basis to ensure a safe environment for class participants.
- Assist in maintaining area cleanliness and acceptable levels of sanitation.



- Administer first aid when necessary, or solicit help from a qualified staff member.
- Report any problems to the Supervisor.

Skills

- Excellent verbal and written communication skills.
- Strong customer service orientation.
- Skills, as applicable, to assist participants, including extended periods of standing and stabilizing others.

Knowledge

- Expert knowledge of modern principles, instructional methods, practices, equipment, and techniques relating to the functional areas of responsibility.
- Knowledge of yoga instruction.
- Thorough knowledge of applicable class curriculum and/or lesson plans.
- Knowledge of District policies and procedures.

Abilities

- Ability to transfer knowledge of specialized area to class participants.
- Ability to instruct participants properly and safely to reach goal.

Required Training, Experience & Qualifications

- Two or more years of instructional experience in specified recreational activity/sport.
- Current First Aid and CPR certifications.
- Hold group fitness certification from nationally recognized organization.
- Attend workshops and seminars in area of instruction.

*Please note: This job description is not intended to be an exhaustive list of all duties, responsibilities, or qualifications associated with this job.

The Evergreen Park & Recreation District is an equal opportunity employer.

EPRD does not discriminate in employment on the basis of race, color, religion, sex (including pregnancy and gender identity), national origin, political affiliation, sexual orientation, marital status, disability, genetic information, age, membership in an employee organization, retaliation, parental status, military service, or other non-merit factor.