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| Job Title: |  **Group Exercise Instructor.** |

**Background**

Wave Leisure Trust Ltd. (Wave) was formed in 2006 as a registered charitable company limited by guarantee.The Trust manages nine facilities on behalf of Lewes District Council, East Sussex County Council, and in partnership with Seaford Head School, Ringmer Community College, Priory School and Newhaven Town Council.

The Wave Team has considerable experienced in the management of all aspects of community leisure, such as managing leisure centres (wet and dry), operating dual use sites (for example, schools and colleges), running sport and physical activity programmes (both indoor and outdoor), even providing consultancy and advisory services for councils, local companies, organisations and associations.

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| **Summary of Main Duties and Activities*** Arrive 10 minutes before your class to prepare, greet and interact with members.
* Strive to maintain and increase your class size.
* Educate members on correct exercise techniques and offer modifications / progressions / regressions where required.
* Make your participants’ safety and enjoyment your number one priority.
* Ability to deal with a diversity of individuals and encourage participants to feel successful.
* Ability to communicate with people of all age groups.
* Ability to effectively demonstrate all skills / exercises being taught to participants.
* Convey warmth and genuine interest to the participants: make eye contact, smile, use participants names and personalise the workout even in a large class.
* Be outgoing, energetic and able to perform in front of an audience.
* Operate studio stereo equipment properly, with music at sound levels that are appropriate to class type and intensity, but also safe for participants.
* Ensure all equipment and props are used correctly during the class and properly put away / stored after the class.
* Be available to cover teach whenever possible.
* Where applicable, follow formatted programmes according to license requirements and/or Wave Leisure request.
* Be proactive in promoting events and new innovations across the Wave Leisure group.
* Working to a high legal and ethical standard at all times, particularly in relation to issues such as child safeguarding and health and safety requirement/

**Agree to the following** * You will not actively promote your private business or any other business you teach at within Wave facilities (including the car park) and to Members.
* You will keep Wave informed of external classes you teach and programs you run.  By advising Wave of the classes and programs you run we can ensure that there is no direct conflict of interest.
* You will not promote your private business or any classes you teach elsewhere using images of Wave facilities or Wave members participating in Wave activities.
* If a Wave member is also a member of your exercise classes, you may of course use their image to promote your class (subject to image release authorisation).
* You will make every effort to attend team meetings.  These are important in terms of feeling part of the wider team, training sessions and CPD points.
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| The above list is illustrative, not exhaustive. Accordingly, there may be a requirement to undertake additional duties, consistent with the level of the post, as directed by management.  |

I agree to accept this job description.

Name: ………………………………………………….

Signed: .....................................................................

Date: .........................................................................