

Job Description – Adaptive Group Class Instructor

JOB TITLE: Adaptive Group Class Instructor
JOB TYPE: Part Time
LOCATION: Autism Health and Fitness Center, 307 Racebrook Road, Orange, CT 06477 and possibly local area schools

We are seeking an Adaptive Group Class Instructor to join our team! The ideal candidate shares our passion to inspire those with special needs. You do not need to be a certified personal trainer to be considered for the position. You will learn about our unique facility by shadowing our current staff members.

Our Hiring Process

- (1) Submit cover letter and resume to Dedra Leapley at dleapley@gmail.com
- (2) Qualified candidates will be contacted for an interview
- (3) After the interview round, candidates will be invited to observe training sessions and/or classes at our Fitness Center to see what it's like to be an instructor for people with special needs. *It's important that our staff members are a great fit for our members and observing what we do here is an important part of that.*

POSITION SUMMARY:

- Work with Adaptive Group Class Director to modify already developed weekly lessons based on skill level of class
- Lead Group classes
 - Instruct students in fitness activities
 - Demonstrate ability to read individuals behaviors to appropriately adjust lesson
 - Demonstrate ability to communicate and give adequate directions to individuals
 - Ensure fitness programs are safe and fun
- Assist in management of schedule changes
- Apprise Owners and Director of any issues

QUALIFICATIONS:

- Experience facilitating groups
- Experience working with special needs population
- Experience with athletic instruction
- Ability to build a rapport with students
- Ability to instruct at all fitness levels
- Either have or be prepared to become CPR certified

Anticipated Hours

This role is part time during the school year. The hours will be between 9:00 am and 2:00 pm. The exact days and times are being established and we may have flexibility to plan around your schedule. You would be driving to several schools in New Haven, within a close radius to each other, to deliver fitness classes. Each class is typically 30 minutes long. There are usually 1-3 classes at each school.



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About Autism Health and Fitness Center

Our Mission at Autism Health and Fitness Center is to provide a safe, comfortable and structured environment for empowering individuals with Autism Spectrum Disorder and other special needs to improve their level of physical fitness. We offer one-on-one personal training with certified trainers, all of whom have backgrounds in special education allowing for a better connection to and understanding of each member. We also offer fitness classes off site at schools and other community spaces. We utilize a variety of traditional and adaptive fitness equipment and integrate fun into each program to keep our members motivated. We also have a variety of small adaptive group classes. Autism Health and Fitness Center not only provides fitness, we are a place where individuals and their families find comfort, connection and community.

Room For Growth

There is room to grow with us! As our business grows there will be opportunity to increase hours and explore other roles.