Fitness and Activity Instructors – Tai Chi

(Independent Contractor)

The Town of Cobourg is seeking a **Tai Chi Instructor** to deliver fitness classes to adults and older adults.

The ideal candidate is a motivated self-starter who enjoys working with people. They are customer focused and a great communicator who can inspire confidence and enjoyment in fitness. The incumbent will support the Town of Cobourg's Recreation department in delivering safe, inclusive programs that support adults and older adults to keep active throughout the lifespan. Excellent customer service, communication, and organizational skills are required.

Responsibilities:

- Plan and facilitate Tai Chi classes appropriate for the class-type (i.e., Beginner. Advanced, Chair)
- Provide variations throughout each class to enhance the participation of all members, regardless of ability level
- Deliver exceptional customer service to all participants
- Provide feedback and new class ideas to Recreation Program Coordinator as appropriate
- Reinforce messaging (within scope) to participants on the value and benefits of Tai Chi
- Perform set-up and tear-down of equipment utilized for classes

Qualifications:

- Must have successfully completed a Tai Chi Instructor training and certification program through a recognized Tai Chi training organization, or possess an equivalent combination of education, training and experience acceptable to the Town of Cobourg
- Must have experience planning and instructing fitness classes in a group setting
- Must possess the ability to establish and maintain effective working relationships with program participants, staff, and the public
- Must be adaptable and able to deliver classes in a multi-purpose environment
- Must be able to work independently
- Must provide a satisfactory Vulnerable Sector Check
- Must possess a valid Standard First Aid Level A (including AED)

Working Conditions:

- This is an ongoing contract opportunity with an initial 12-month commitment, with the opportunity for annual renewal based on program needs and performance
- Programs are offered in 8-10 week sessions through the year, including Winter, Spring, Summer, and Fall
- The successful candidate will be expected to provide instruction on a consistent, year-round basis

Wage:

- Compensation will be $35 per class, inclusive of setup and teardown time

Interested individuals should send their information in confidence to HumanResources@cobourg.ca

In accordance with the Municipal Freedom of Information and Protection Privacy Act, the information gathered is collected pursuant to the Municipal Act, 2001, as amended. The Town of Cobourg is an equal opportunity employer that is committed to inclusive, barrier-free recruitment and selection processes. If contacted for an employment opportunity, please advise Human Resources if you require accommodation.

*****Note these are independent contractors NOT Town of Cobourg Employees*****