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**Dance City Job Description**

# Pilates/Stretch Teacher (Public Classes) - Freelance

**Reports to: Classes and Events Coordinator**

**Key Purpose: Teaching Pilates and Stretch.**

### **To deliver a low-impact flexibility and muscular strength class. This class aims to help stretch out the body and release tension, incorporating Pilates’s technique.**

**Hours: One hour per week, Sunday 12.30-1.30pm**

**September– December 2022 with option to continue in future terms**

**Salary:** **£28 per hour**

**Probationary Period: 4 months**

**Notice period:**  **2 weeks**

# Duties & Responsibilities

* **Write out your Program flow before your class – include the warm-up which should be the 1st 10 minutes and then ensure that you are able to explain the transition smoothly from one exercise to the next.**
* **As Dance City public classes do not work towards examinations, the class content need not match formal grading systems. Should be suitable for ad-hoc drop-in rather than a set course.**
* **Preparing accessible and inclusive options for a wide range of abilities**
* **Adapting classes to meet the needs of attendees**
* **Providing suitable music (classical and/or modern) on your own device**
* **Taking precautions to protect the health and safety of attendees including older adults**
* **Liaising with the Classes and Events Coordinator to evaluate the classes**

**Person Specification**

**Essential**

* Previous experience teaching Pilates.
* Qualification in Dance to degree level, or equivalent certification
* Approachable, friendly, and welcoming persona
* Excellent communication skills
* Reliable, with excellent time management skills
* Calm and pro-active in an emergency
* Knowledge and understanding of physical needs of adults of all ages

**Desirable**

* Experience choreographing performance pieces
* Experience working with adults with support needs e.g., sensory impairments
* Recent DBS certificate
* Training in First Aid
* Training in Safeguarding