



Dance City Job Description

Retro Aerobics Class Teacher (Public Classes) - Freelance

Reports to: Classes and Events Coordinator

Key Purpose: Teach Aerobics, All level, 18+

To deliver an 80's Aerobics themed class, focusing on cardio, muscular strength and endurance. To co-ordinate a group of people in exercising to upbeat and high tempo music. A Passion to bring Nostalgia and Energy to this new class at Dance City.

Hours: One hour per week, Friday 5.30-6.30pm

January – April 2023 with option to continue in future terms

Salary: £29 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 80s & 90s music on your own device. An upbeat playlist.
- 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 Aerobics, or of a similar style.
- Qualification in Dance to degree level, or equivalent certification
- Approachable, Passionate 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