



# Rideau Lakes

## EMPLOYMENT OPPORTUNITY

### Fitness Instructor

The Township of Rideau Lakes is seeking an individual for a Part-time Contract position as a fitness instructor for an eight-week session starting on or around March 1, 2026.

#### **POSITION SUMMARY:**

The Fitness Instructor will develop and deliver a cardio fitness program that teaches how to perform various exercises and routines to minimize injuries and improve fitness.

#### **EDUCATION / EXPERIENCE / SKILLS TRAINING:**

- Knowledge of anatomy, exercise physiology and injury prevention
- Able to show proper exercise techniques.
- Strong interpersonal and communication skills
- Ability to instruct and motivate people.
- Fitness Instructor Certification
- First Aid and CPR

#### **KEY RESPONSIBILITIES**

- Instruct participants in proper form and technique.
- Create and lead exercise programs for groups of various ages and abilities.
- Ensure the safety of participants and equipment
- Provide first aid if needed.
- Schedule activities

The regular working hours for this position are 2 hours per day, two evenings a week, to be determined. The hourly wage rate is \$29.00. Interested applicants should send their resume and cover letter **no later than February 13, 2026, at 4 p.m.** to:

Shellee Fournier, CAO, 1439 County Road 8, Delta, ON K0E 1G0  
[sfournier@rideaulakes.ca](mailto:sfournier@rideaulakes.ca)

*We thank all applicants for their interest; however, only candidates to be interviewed will be contacted.*

*The personal information collected will be used according to the Municipal Freedom of Information and Protection of Privacy Act for the purpose of candidate selection.*

*Rideau Lakes is an equal opportunity employer, committed to ensuring all candidates can take part in the interview process fully and equally. If contacted for employment, please let us know if you require any accommodation to ensure you can take part fully and equally during the recruitment and selection process.*