



Career Guides

Aqua aerobics instructors plan, instruct, monitor, and evaluate water-based exercise classes.

Aqua Aerobics Instructors

Where You Might Work

Aqua aerobics instructors can expect to work in traditional fitness settings such as:

- › Gyms with pools
- › Swim schools
- › Alongside water therapy experts or hydro therapists



Key Responsibilities

When using a body of water, aqua aerobics instructors must understand that their tasks or responsibilities will differ from regular fitness instructors. These responsibilities could include:

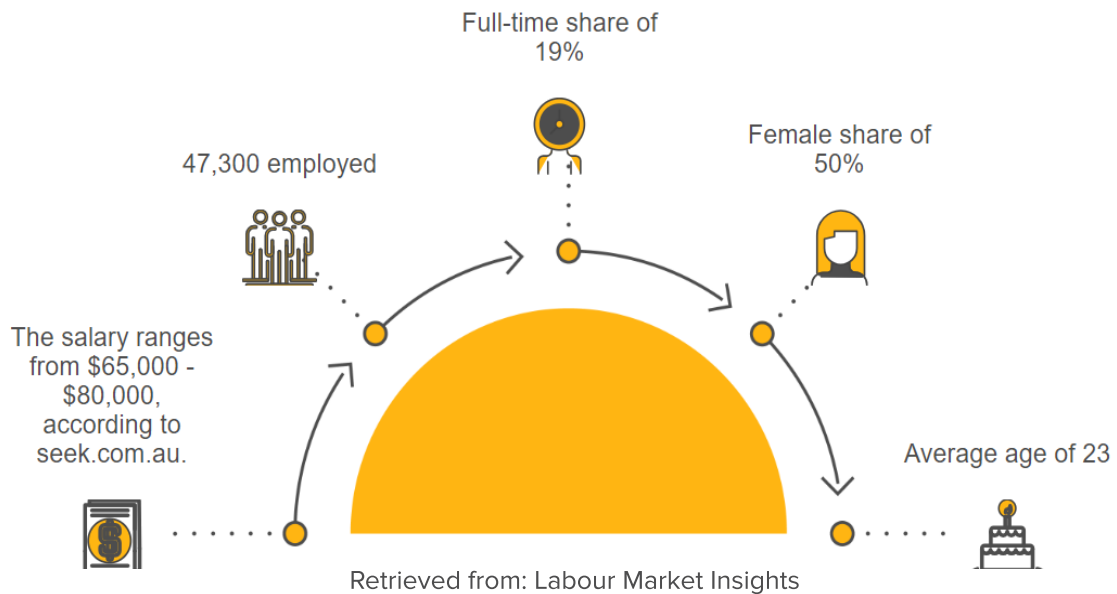
- › Instructing water-based exercise classes and evaluating their effectiveness for clients.
- › Selecting, using, and managing the equipment and facilities required for aqua fitness activities.
- › Using the principles and teachings from prior training to create appropriate aqua fitness programs.
- › Preparing and reporting incident reports.
- › Understanding and upholding the current health and safety standards inside a gym or other place of work.

The Attributes and Skills You Will Need

- › An ability to communicate effectively, both in-person and digitally.
- › Able to motivate clients so they get the best out of themselves.
- › Having a keen interest in sports science and human movement.
- › Able to work collaboratively as well as individually.
- › Able to work flexible hours, or in a part-time capacity.
- › Prerequisite of either a completed Certificate III in Fitness or one that is being completed.



Quick Facts



Salary: (average taken from salaries advertised on seek.com.au and indeed.com) \$37.50 per hour.

Qualifications

The education pathways listed encompass the most common entry-level courses that can be undergone to become a water aerobics instructor.

Course/s	Potential Career Outcomes	Further Qualifications	Duration and Number of elements/units
AUSTSWIM Aqua Instructor Course	Allows you to gain the qualification to perform fitness exercises in a body of water		6 units recognised by the Australian Qualification Framework
SIS500127 Aqua Exercise Instruction	Part of the completion of the SIS30321 Certificate III in Fitness.	n/a	6 units recognised by the Australian Qualification Framework



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