



Pole Fit Northampton
Be Strong, Sexy and Confident

Job Description

A pole fitness teacher is somebody who teaches others how to perform routines using a vertical pole as a means of delivering their fitness programme or entertainment programme.

Pole dance became popular in the early 1980's in gentlemen's clubs and strip clubs in America and Canada, yet nowadays it is recognised globally as a modern and beneficial form of fitness workout. Pole Fitness today **requires significant strength, endurance and flexibility, and as such, a “pole workout” delivers both aerobic and anaerobic fitness training. In reality, it is a mix of both dance and gymnastics.**

Responsibilities

- Maintain dance studio facilities so they are safe, clean and welcoming.
 - Prepare class instruction, so as to deliver a programme which is suitable for student level of ability or pace of progression.
 - Deliver the studio-based programme.
 - Organise parties and site-based activities for clients who wish to book an instructor
 - Deliver site-based instruction to a level that will generally please the organisation which has chosen to book the event.
 - Administrative duties for the business.
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Qualifications

There are no formal academic barriers to entry. Must have 2 year experience in Pole fitness and dance, undertaken certification in pole through a licenced studio / club / academy, pole safety certification. Dance teacher or fitness teacher certificate is desirable yet not essential

Skills

- Ability to organise a lesson plan in advance of the class.
- Understanding the importance of being punctual and courteous is essential.
- Ability to handle simple administrative tasks, and manage several concurrent class plans.
- Desire to build on and expand one's own knowledge of this particular form of dance.

- Desire to pass on knowledge to others, and teach in a sympathetic way.
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