TONBRIDGE SCHOOL

CASUAL CLASS INSTRUCTOR (Tai Chi)

Tonbridge School Centre



THE DEPARTMENT AND POST

At Tonbridge School Centre we are a team of over 100 staff, all dedicated to offer exceptionally high-quality Leisure provision for Tonbridge School boys, and the wider public community. Tonbridge School Centre (TSC) offers some of the very best sport, leisure and gym facilities in the Southeast England and is the home of our TSC Members' Leisure Club.

This role supports the Centre's commitment to promoting health, wellbeing and lifelong participation in physical activity through the delivery of engaging and inclusive Tai Chi classes. Reporting to the Assistant Health and Fitness Manager, the Casual Class Instructor (Tai Chi) will be responsible for planning and leading safe, enjoyable and well-structured sessions for participants of varying ages and abilities. The successful candidate will inspire confidence, support individual profession and help create a welcoming environment while maintaining the highest standards of customer service and professionalism.



JOB DESCRIPTION

Job Title Casual Class Instructor (Tai Chi)

Reporting to Assistant Health and Fitness Manager

Main Purpose To deliver Tai Chi classes to participants of mixed abilities

MAIN DUTIES

- Planning and deliver engaging, inclusive Tai Chi classes suitable for participants of varying ages, abilities and experience levels.
- Ensuring all classes are safe, professional, and well-structured, with appropriate instruction in Tai Chi techniques, movement, balance and wellbeing practices.
- Creating a welcoming and supportive environment that encourages participation, enjoyment and individual profession.
- Providing an excellent customer experience and maintaining high standards of service, professionalism and care at all times.
- Monitoring and maintaining the safety, cleanliness, and suitability of the class environment.
- Maintaining up-to-date knowledge of Tai Chi practices, teaching methods and relevant industry standards.
- Preparing session plans in advance to ensure classes are varied, engaging and aligned with participant needs.
- Undertaking any other duties as requested by the Line Manager.

CONFIDENTIALITY

The successful candidate must maintain the confidentiality of information regarding Tonbridge School and The New Beacon, its staff and its business. Information must not be communicated to other persons in or outside our Schools except in the recognised course of their duties.

CHILD PROTECTION

The post-holder's responsibility for promoting and safeguarding the welfare of children and young persons for whom he or she is responsible, or with whom he or she comes into contact will be to adhere to and always ensure compliance with the School's Safeguarding and Child Protection Policy. If in the course of carrying out the duties of the post the post-holder becomes aware of any actual or potential risks to the safety or welfare of children in the School he or she must report their concerns to the Designated Safeguarding Lead or to the Headmaster.

PERSON SPECIFICATION

Skills and abilities

- Strong passion for Tai Chi and promoting health, wellbeing and mindfulness through exercise.
- Ability to motivate, inspire, and encourage participants in a supportive learning environment.
- Excellent communication skills, with the ability to explain movements, techniques and principles clearly and effectively.
- Empathetic and adaptable approach when working with participants of differing ages, abilities and experience levels.
- Ability to create a safe, welcome and positive class atmosphere.
- Professional, enthusiastic, and customer-focused attitude.

Knowledge and experience

- Proven experience teaching Tai Chi.
- Knowledge of the physical and mental wellbeing benefits associated with Tai Chi practice.
- Understanding of safe teaching practices, movement techniques and progression within Tai Chi instruction.
- Experience of adapting sessions to meet the needs of participants with varying levels of ability and confidence.
- Awareness of health and safety requirements relevant to group exercise instruction.
- Appropriate training and experience to teach Tai Chi safely and effectively.

SAFEGUARDING

Safeguarding and child protection training is essential for this post: full training will be provided.

HOURS OF WORK

This is a casual role. The Tai Chi class currently takes place every Tuesday from 10:00am to 11:00am and runs throughout the year.

Additional hours may be available from time to time to cover staff leave, holidays, or other operational requirements, subject to availability and agreement.

REMUNERATION AND BENEFITS

£27.25 per hour including proportionate holiday pay.

- Staff car parking
- CPD opportunities

Tonbridge School is committed to safeguarding and promoting the welfare of children and applicants must be willing to undergo child protection screening appropriate to any post, including checks with past employers and the Disclosure and Barring Service.

APPLICATION PROCESS

SUBMITTING AN APPLICATION

Full details and an application pack may be found at:

http://www.tonbridge-school.co.uk/jobs

Apply via our online application form or, send your completed application form to:

hrdept@tonbridge-school.org

01732 365555

Closing Date: Sunday 22 November at 12 noon

We reserve the right to interview and appoint prior to the closing date for applications, so early applications are encouraged.

TONBRIDGE
ONLY CONNECT

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TONBRIDGE-SCHOOL.CO.UK

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The information contained in the brochure is accurate at the time of going to press