

ComMotion – Community in Motion Movement Instructor (Independent Contractor)

For any questions about this job, or to request accommodations during the application process, email Wendy@ComMotionX.org or call/text 828.817.9786.

Schedule: Part-time, independent contractor (Up to 5 hours/week) with occasional evening hours. Weekly schedules will vary.

Location: The instructor will lead programs on-location at client sites such as community centers, nursing homes, and schools across the Raleigh/Durham/Chapel Hill area.

Pay: \$20-30/hour, depending on qualifications.

Benefits: Training in inclusive movement methodology, ComMotion branded apparel

About ComMotion – Community in Motion

ComMotion – Community in Motion builds community and improves well-being through adaptive and inclusive movement. ComMotion is a 501(c)3 nonprofit based in Raleigh, NC. ComMotion has taught more than 25,000 students across the US and in other countries, both in-person and online. Their programs are completely portable and adaptable to any space, allowing them to bring their classes directly to those they serve, eliminating potential barriers of access.

Movement Instructor Position Summary:

As an integral member of the ComMotion team, the Movement Instructor provides instruction for students of all ages and abilities.

Main Duties: Accommodations can be made for the outlined duties and responsibilities.

- **Lead classes:** Utilizing ComMotion curriculum, lead classes and workshops for groups of diverse abilities in a variety of different settings.
- **Manage class logistics:** Coordinate with facility/organization staff to organize students for optimal participation. Utilize speaker and microphone (as needed) to provide appropriate music and verbal instructions.
- **Class attendance records:** Maintain records of number of students, staff, and volunteer participants and report to Executive Director
- **Volunteer and staff participation:** Coordinate ComMotion volunteer and facility/organization staff participation, including assistance with music and encouragement of student engagement

Position Requirements: Experience, Abilities & Skills

Minimum requirements are:

- Outgoing and enthusiastic, capable of engaging class participants along with caregivers and staff
- Enjoy working with diverse groups and able to adapt to different situations
- Enjoy arts and culture

- Ability to give verbal instructions and demonstrate arm and leg movements from both seated and standing positions
- Must satisfactorily complete ComMotion instructor training program
- Must be able to pass a criminal background check
- Must provide your own transportation to various program locations across the Raleigh/Durham/Chapel Hill, NC area.
- Ability to meet COVID-19 vaccination requirements as specified by host organization/facility.

The ideal candidate will have:

- Experience teaching/leading group recreation and/or fitness activities.

How to Apply:

Interested candidates that meet the minimum requirements should submit a resume and cover letter to ComMotion Program Manager Wendy McCall via email to Wendy@ComMotionX.org
The cover letter should include all of the following:

- Two to three professional references including a current or previous supervisor,
- Clearly stated reasons for applying for this position, and
- How your experience qualifies you for the position.