

# Aerobics 101 Outline

- I. Introductions
  - a. Please sign in on sheet
  - b. Name
  - c. How long teaching
  - d. Why
- II. Walk thru getting on staff (to sheet is online)
  - a. Info
    - i. Class guidelines (online)
    - ii. 102/103 classes (103 NOT online)
    - iii. prepare for audition – Audition sheet (online)
    - iv. audition – possibly more than once
- III. Once on staff
  - a. Pay rate
    - i. \$6.50/hour for NON certified
    - ii. \$8/hour for certified – never more than \$10/hour
  - b. Monthly Staff meetings
  - c. Seniority Scheduling – how it works
  - d. AFAA – Friday Feb. 11<sup>th</sup> (all day)
- IV. Tips from the pros
  - a. Things I wish I had known
  - b. What most folks make mistakes at
  - c. Current instructors want to help
- V. Hand out flyers for 102
- VI. Questions?
- VII. Thank you for coming