

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. 11th (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