

University Settlement

23 Grange Road, Toronto ON M5T 1C3

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Website: www.universitysettlement.ca

Charitable #: 119279412RR0001



Over 100 Years of Service in the Community

Job Posting: Senior's Zumba Class Instructor

Location: University Settlement – 23 Grange Road

Program Start: Fall 2025 (Exact date TBD)

Schedule: 1 session/week (daytime, weekday only – tentatively Tuesday 2PM-3PM); 1 hour per session

Contract Length: 8–10 weeks (with potential to extend)

Compensation: \$45/hour

About Us:

University Settlement is a multi-service community organization in downtown Toronto offering inclusive and accessible programs. Our centre provides a wide range of free programs that promote healthy aging, connection, and lifelong learning for older adults 55+.

About the Role:

We are seeking an engaging **Zumba Instructor** to lead a beginner-level class for older adults as part of our Fall 2025 programming. The ideal candidate has experience working with older adults or seniors, and can create a welcoming, safe, accessible, and inclusive environment for participants to engage in physical activities. Fluency in Mandarin is required.

Responsibilities:

- Plan and lead a 60min weekly Zumba class tailored to the needs and abilities of older adults
- Ensure all movements are safe, low impact
- Foster an encouraging and inclusive atmosphere for participants
- Monitor participants for signs of discomfort or fatigue and adjust as needed
- Communicate with program staff to report attendance and any concerns

Qualifications:

- Certified to teach group fitness class
- Current CPR/First Aid certification
- Experience teaching Zumba or group fitness to older adults or seniors
- Strong communication and interpersonal skills
- Fluency in Mandarin is required
- Reliable, punctual, and able to work independently
- Ability to adapt instruction for variety of mobility levels and physical abilities
- Experience in community-based or recreational setting is an asset

To Apply:

Please email your resume and a short cover letter to **esther.zheng@universitysettlement.ca** with the subject line: **Senior's Zumba Class *Instructor* – Fall 2025.**

Applications will be reviewed on a rolling basis until the position is filled.