



# South Seeds is looking for an experienced fitness instructor

To express interest: read the information below, answer the ten questions and send your expression of interest to [info@southseeds.org](mailto:info@southseeds.org) by Monday 8<sup>th</sup> August 2016. After scoring the expressions, we will inform the people we wish to find out more about, with an invite for a face to face chat on either Wednesday 10<sup>th</sup> or Thursday 11<sup>th</sup> August.

## **Background**

[South Seeds](#) is a community led charity based in Glasgow at Govanhill. We aim to work in partnership with residents and organisations within the local community to help improve the look and feel of the area. South Seeds work is primarily to support residents save money on their energy bills, learn more about growing food and reduce the amount of waste produced.

## **The fitness project**

We have received funding from Glasgow City Council to run eight weeks of outdoor fitness classes at the [Croft](#), a secure outdoor growing space screened from the road on Queen's Park recreational area, the size of two tennis courts. A number of other activities already take place at the Croft, we currently run an adopt-a-growing bed scheme, where local people grow fruit and vegetables and some of the space is used by another organisation.

The fitness sessions will be marketed to local residents, so we expect a mixed ability group. This project will run over the late summer and early autumn and if a success it may become part of a long term funded programme.

## **What we are looking for**

We are looking for a qualified fitness instructor who has experience of delivering fitness sessions for people of different fitness levels, including people who may not have participated in a fitness class before.

The sessions will be at the Croft which is open to the elements, although there is a limited area under canopy. We are looking for an instructor who is able to adapt sessions to suit changing weather.

There will be 2 sessions per week for 8 weeks, resulting in a total of 16 sessions being delivered. We would like to establish regular daytime and 'after work' sessions. We need an instructor who can commit to a regular pattern, which we will market locally.

We are keen that the sessions are delivered during late August, September and October.

If you think you could deliver the fitness sessions for this project, please complete the ten questions below and email them to [info@southseeds.org](mailto:info@southseeds.org) by Monday 8<sup>th</sup> August. If you have questions, call South Seeds on 0141 636 3959 and ask to speak to Lisa or Lucy.

## **To express interest email us the answers to these questions:**

1. Your name:
2. Your address:
3. Telephone number:
4. Fitness and training qualifications:
5. Experience, in 100 words or less:
6. Disclosure or PVG: Yes/ No - original certificate will need to be produced
7. Currently insured: Yes/ No - original copies will need to be produced
8. Hourly rate:
9. Please tell us in 100 words or less why this role would appeal to you:
- 10: Any other information you think we should know.

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