



Exercise Instructor (Casual)

Thriving in Motion is a not-for-profit association with the mission to use exercise expertise to improve the health of children and young people. Thriving provides exercise and health services, collaborates on research to develop evidence-based exercise, and provides education for young people, the community and health professionals. We celebrate uniqueness and diversity and offer an inclusive and fun exercise environment for all kids and young people

Join an organization that prides itself in providing best practice, evidence-based and enjoyable exercise services for young people, where you will have:

- A friendly, supportive environment that values autonomous work practices.
- The opportunity to join a collaborative team that delivers fun, engaging, and meaningful exercise experiences for children, young people, and their families.
- Work within a team that strives to support a healthy work-life balance through supporting flexible working arrangements.
- Be supported to continually develop and expand your skill set as an exercise and health professional.

The Role

This role involves the delivery of individual and group exercise programs for WA young people. Opportunities within the team extend across children (5yrs+), and young people (11-25yrs) and include roles in:

- Delivery of 1-on-1 therapeutic exercise services
- Delivery of small group programs with a specific goal or focus e.g., Physical Literacy development and Strength & Conditioning
- Special programs for unique populations across WA including “Movement for Mental Health” and “Movement for Trans + Gender Diverse Young Folk”

Essential criteria:

- Experience in working with children and young people (e.g., mental health, neurodiversity)
- Experience in exercise and/or movement activity program design and delivery
- Qualifications (at least 1 required):
 - Certificate 3 or 4 in Fitness –
 - Qualified instructor with a specific modality e.g., Yoga, Pilates, Martial Arts,
 - Accredited Exercise Scientist or Accredited Exercise Physiologist
 - Allied Health qualification with experience in exercise service delivery (e.g., Physiotherapist or OT)
 - *If you are currently in the final stages of your studies towards the above qualifications your application may be considered based on experience*

- Current Working with Children's Check, First Aid & CPR. You will also be required to undertake Hygiene and Infection control training (no cost), have any relevant immunisations, and be provided the opportunity to undertake additional Mental Health and Paediatric Exercise training (for more information – www.thrivinginmotion.org/education)
- WA Health or National Police Clearance
- Health professional registration (e.g., APHRA, ESSA)
- Compliance with all pre-employment requirements

What we offer:

- Flexible working arrangements, and we strive to support a healthy work-life balance.
- A friendly, supportive environment that allows autonomous work practices.
- Work within a great team environment.
- Professional development pathway (advance scope of training.)
- Career progression – clinically and organisational/business development roles
- Opportunity to make a significant impact on individuals and community health outcomes
- Chance to work within a non-for-profit organisation and team in a non-for-profit organisation

Starting Salary aligned with 2025 Thriving Salary Scale 1.1 = \$40.09 per hour (+25% casual loading) + minimum superannuation contribution

Additional Information:

The roles commence as casual positions with rosters/hours based on various programs, with Saturday availability preferred.

- Physical Literacy (5-16yrs) programs run 2:30-6:30pm Monday-Friday and Saturday 8-2pm,
- Community-based programs run during or after school hours depending on location.

Want to know more?

For more information on our services please view www.thrivinginmotion.org OR for more information specific to this role please contact John Hilston via john@thrivinginmotion.org or hello@thrivinginmotion.org

