

**Catholic Charities Diocese of Arlington**  
St. Martin de Porres Senior Center

**Job Title: EXERCISE AND/OR DANCE INSTRUCTOR / LEADER**

**Benefits:**

- Help to improve the health of low-income senior citizens
- Develop skills as an instructor
- Earn community service credit for professional licensure
- Tax deduction for the value of your time

**Responsibilities:**

- Lead exercise programs for seniors

**Qualifications:**

- Professional certification in physical therapy, physical education, or related field preferred
- Certification in First Aid and CPR preferred

**Commitment:**

- Six months or more, at least one session every two months.

**Hours of availability:**

- Weekday session 10:30-11:30, 11am-12pm or 12:30-1:30 as available

**Location:**

- St. Martin de Porres Senior Center 4650 Taney Ave. Alexandria VA 22314

**Contact:**

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please visit our website [www.ccda.net](http://www.ccda.net)