

Position: Competitive Gymnastics Coach (Part-time)

Location: Niagara Falls Lightning Gymnastic Club, 9515 Montrose Road, Niagara Falls, Ontario

Employment Type: Part-Time

Hours: 6-16 hours/week, Mon-Fri between 4 p.m. and 10 p.m., weekends, some weekday shifts available. Additional hours available in Recreational program.

Overview:

We are seeking passionate and experienced individuals to join our team as Women's Artistic Competitive Gymnastics Coaches. If you have a strong technical foundation, a dedication to athlete development, and a love for fostering a positive and challenging environment, we'd love to hear from you! At Niagara Falls Lightning Gymnastics, we support coaches in developing their skills and growing as leaders in the sport.

Key Responsibilities:

- Plan and deliver dynamic, skill-appropriate training sessions for competitive gymnasts of various levels.
- Develop and implement progressive lesson plans tailored to individual athlete goals and competition readiness.
- Teach advanced gymnastics techniques, emphasizing proper form, progressions, and safety.
- Spot gymnasts for skills and routines as needed, prioritizing safety and confidence-building.
- Monitor athlete development, providing constructive feedback and support to help athletes achieve personal and team goals.
- Prepare athletes for competitions, including choreography, routine construction, and mental preparation.
- Maintain up-to-date knowledge of Gymnastics Ontario regulations and competitive rules.
- Communicate effectively with parents/guardians about athlete progress, training expectations, and competition schedules.
- Attend team meetings, competitions, staff training, and professional development opportunities as required.
- Collaborate with other coaches and staff to ensure a cohesive and high-quality program.
- Uphold the club's values by fostering a supportive, positive, and respectful environment for athletes and families.

- Represent the club professionally at competitions and community events.

Qualifications:

- Minimum 18 years old.
- Previous experience as a competitive gymnast or coach.
- NCCP Level 1 Certified Artistic OR NCCP Gymnastics Foundations Introduction, Theory, and Sport-Specific courses (completed).
- Police Vulnerable Sector Check (mandatory upon hire).
- Standard First Aid and CPR certification (current or willingness to obtain before starting).
- Respect in Sport for Activity Leaders Certification (current or willingness to obtain before starting).
- Strong leadership, communication, and organizational skills.
- Enthusiastic, patient, and able to inspire gymnasts to reach their potential.
- Ability to work flexible hours, including evenings and weekends, as per the competition and training schedule.
- Ability to arrange reliable transportation to and from work. The gym is serviced by regional transit with limited service, and personal transportation may be necessary depending on shift times.

Preferred (or willing to obtain):

- NCCP Level 2 Women's Technical OR NCCP certification at the Competition 1 level or higher.
- Experience coaching competitive gymnastics, with strong technical and spotting skills.
- Knowledge of Gymnastics Ontario regulations and Safe Sport policies.
- Experience choreographing routines for competitive programs.
- Individually motivated, engaging personality, and a team player.

Compensation:

\$20.70 - \$28.70 per hour, based on experience and certification.

Application Process:

Submit your resume and cover letter to hr@lightninggymnastics.org. Include details of your gymnastics experience, coaching history, and certifications. References will be requested if you are selected for an interview and will be checked prior to hiring.

We thank all applicants for their interest, but only those selected for an interview will be contacted.

About Lightning Gymnastics

Niagara Falls Lightning Gymnastics has proudly served the Niagara Region with recreational and competitive gymnastics programs since 1976. Our club is dedicated to fostering a safe, inclusive, and inspiring environment for athletes and staff alike. Conveniently located off the QEW (Lyons Creek Exit) on Montrose Rd. (inside the Concentrix building), we welcome gymnasts of all ages and skill levels from across Niagara. Whether you're exploring gymnastics for fun or aiming to compete, our programs are designed to inspire, challenge, and support athletes at every stage.