

Position: Recreational Gymnastics Coach (Part-time)

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

Employment Type: Part-Time

Hours: 6-12 hours/week, Mon-Fri between 4 p.m. and 10 p.m., weekends, some weekday shifts available

Overview:

We are seeking enthusiastic and experienced individuals to join our team as Recreational Gymnastics Coaches. If you have a passion for working with children aged 18 months and up and fostering their development in a fun, engaging environment, we'd love to hear from you! We provide a supportive environment for you to grow as a coach and a leader.

Key Responsibilities:

- Plan and deliver engaging, age-appropriate gymnastics classes for children of varying ages and skill levels, from toddlers to pre-competitive athletes.
- Create a fun, safe, and positive environment where all participants feel encouraged and supported.
- Teach fundamental gymnastics skills with an emphasis on proper technique and progressions.
- Foster physical literacy, motor skill development, and coordination in young athletes.
- Adapt lesson plans to accommodate different skill levels and learning styles within a class.
- Record attendance and track athletes' progress toward program goals.
- Support and guide gymnasts showing potential for competitive programs.
- Maintain safety standards in accordance with Gymnastics Ontario guidelines.
- Ensure proper use of equipment, teaching safe techniques, and spotting athletes as necessary.
- Communicate effectively with parents/guardians, providing updates on progress and class activities.
- Work collaboratively with other coaches and staff to ensure consistency and quality in program delivery.
- Attend staff meetings, training sessions, and professional development opportunities as required.
- Assist with club events, such as recreational showcases, camps, and community outreach programs.
- Represent the club professionally by adhering to its mission, vision, and policies.

Qualifications:

- Minimum 16 years old (18+ preferred for independent coaching).
- Previous experience in gymnastics (as a participant or coach).
- Standard First Aid and CPR certification (current or willingness to obtain before starting).
- NCCP Level 1 Technical Artistic OR NCCP Foundations Introduction and Theory courses (completed or enrolled)
- NCCP Level 1 Technical Trampoline OR Foundations Trampoline Course (completed or enrolled)
- Police Vulnerable Sector Check (mandatory upon hire).
- Respect in Sport for Activity Leaders Certification (current or willingness to complete within 14 days of hire)
- Enthusiastic, patient, and able to connect with children of all ages
- Excellent leadership, communication, interpersonal and organizational skills.
- 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):

- Experience coaching recreational gymnastics or working with children in a physical activity setting is an asset
- NCCP certification above Gymnastics Foundations is an asset
- Knowledge of Gymnastics Ontario regulations and Safe Sport policies is an asset
- Strong spotting and technical coaching skills.
- Individually motivated, engaging personality, team player

Compensation:

\$16.70 - \$21.20 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 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.