

Position: Gymnastics Coach in Training (CIT) (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:

Are you passionate about gymnastics and looking to gain coaching experience? Join our team as a **Coach in Training (CIT)**! This is an excellent opportunity for individuals who are eager to learn and assist with both recreational and competitive gymnastics classes in a fun, supportive environment.

Key Responsibilities:

- Assist lead coaches in delivering engaging, age-appropriate gymnastics classes for children of varying ages and skill levels, including recreational and competitive athletes.
- Support athletes during activities by demonstrating skills, encouraging participation, and providing feedback.
- Assist with warm-ups, cool-downs, and conditioning exercises in both recreational and competitive settings.
- Foster a positive and inclusive atmosphere that encourages athlete participation and enjoyment.
- Help ensure safety by enforcing gym rules and assisting with equipment setup and take-down.
- Observe and learn from experienced coaches about lesson planning, skill progressions, and class management techniques.
- Monitor athletes during activities, assisting with spotting and drills under the supervision of the lead coach.
- Record attendance and assist in tracking athletes' progress toward program goals under the direction of the lead coach.
- Participate in staff meetings, training sessions, and professional development opportunities.
- Support club events, such as recreational showcases, competitions, camps, and community outreach programs.
- Represent the club professionally by adhering to its mission, vision, and policies.

Qualifications:

- Minimum 15 years old.
- Basic gymnastics experience (as a participant or volunteer) and an interest in working with children.
- Standard First Aid and CPR certification (or willingness to obtain before starting).
- Police Vulnerable Sector Check (mandatory upon hire).
- Enthusiastic, patient, positive attitude with a desire to learn.
- Knowledge of Gymnastics Ontario regulations and Safe Sport policies is an asset
- 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):

- Safe Sport Training (or willingness to complete upon hiring).
- NCCP Gymnastics Foundations Introduction course.
- Respect in Sport for Activity Leaders Certification is preferred but can be completed within 30 days of hire, with support from the club.
- Prior experience as a competitive gymnast (preferred for competitive class involvement).

Volunteer to Paid Pathway:

- The first 40 hours of this role are completed as volunteer hours, which may fulfill your high school community service requirements.
- After completing the initial 40 hours, you will transition to a paid position at student minimum wage, continuing as a Coach in Training.

Application Process:

Submit your resume and cover letter to hr@lightninggymnastics.org. Include details of your gymnastics experience and any 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.