

Recreational Gymnastics Coach- Part Time

Classes are offered Monday through Thursday between 4pm and 8pm, very flexible hours offered within this time frame.

Gymnastics experience is not required, but a love for children is absolutely necessary.

Lead and supervise classes with boys and girls of different age groups and talents

Teach skills and abilities at each apparatus

Ensure proper warm up, stretch, and cool down for each class

Ensure controlled class management, concentrate on all gymnasts, don't tolerate disrespectful behavior, practice positive reinforcement and sandwich coaching

Set up a safe gym environment

- Adhere to safe practices for all equipment

- Ensure correct technique is used while spotting

- Review gym and facility safety with new gymnasts

- Adapt equipment for age, ability, and size of gymnast

- Be familiar with emergency and evacuation procedures

Plan and come prepared

Carry a positive attitude

Come prepared to teach written lesson plans

Arrive 10 minutes before class or meeting start times

Wear appropriate clothing that is movable and modest

Never sit while coaching

Communicate with the Recreation Director on a weekly basis regarding teaching schedule and gymnast performance. Determine who will sub your class if absent.

Ensure the gym, including bathrooms, lobby and office space are clean.

Train new instructors through shadowing

Must have a love of kids and a lot of patience

The ability to lift and carry up to 50 lbs, physical activity involved in spotting and moving equipment; pulling, lifting, crouching, balancing, and climbing

The ability to personally communicate with parents and staff

Standard First Aid certification, administer first aid if necessary

