



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Job Title: **Gymnastics Instructor**

FLSA Status: Non-exempt

Status: Part Time

Reports to: Program Director

Department: Gymnastics

Revision Date: 04/14/2025

POSITION SUMMARY:

This position supports the work of the Y, a leading nonprofit committed to strengthening community through youth development, healthy living and social responsibility. Provides direct leadership, instruction and motivation for participants in Gymnastics Classes.

ESSENTIAL FUNCTIONS:

1. Instructs Gymnastics lessons in accordance with YMCA guidelines, having prepared lesson plans accordingly.
2. Builds effective, authentic relationships with participants and parents; helps them connect with each other and the YMCA. Encourages parent involvement and identifies potential volunteers.
3. Conveys information on kinetics programs and schedules and as appropriate refers participants and parents to other programs.
4. Maintains records as required (i.e. attendance, progress reports, etc.).
5. Attends staff meetings and trainings as scheduled.
6. Follows all YMCA policies, rules, regulations and procedures, including emergency and safety procedures. Completes incident and accident reports as necessary.
7. Organizes and puts away needed class equipment. Reports damaged equipment.
8. Trains and supervises class aides as assigned.
9. Performs other duties as assigned.
10. Keep safety, learning, and fun as top priorities.
11. Complete annual youth abuse prevention training and other related trainings

YMCA COMPETENCIES (Leader):

Mission Advancement: Accepts and demonstrates the Y's values. Demonstrates a desire to serve others and fulfill community needs. Recruits volunteers and builds effective, supportive working relationships with them. Supports fund-raising.

Collaboration: Works effectively with people of different backgrounds, abilities, opinions, and perceptions. Builds rapport and relates well to others. Seeks first to understand the other person's point of view, and remains calm in challenging situations. Listens for understanding and meaning; speaks and writes effectively. Takes initiative to assist in developing others.

Operational Effectiveness: Makes sound judgments, and transfers learning from one situation to another. Embraces new approaches and discovers ideas to create a better member experience.

Establishes goals, clarifies tasks, plans work and actively participates in meetings.

Personal Growth: Pursues self-development that enhances job performance. Demonstrates an openness to change, and seeks opportunities in the change process. Accurately assesses personal feelings, strengths and limitations and how they impact relationships. Has the functional and technical knowledge and skills required to perform well; uses best practices and demonstrates up-to-date knowledge and skills in technology.

QUALIFICATIONS:

1. Must be able to demonstrate and instruct skills in accordance with YMCA standards.
2. Must 16 years of age.
3. Instructor must like working with children of all ages.
4. They must have some basic gymnastics, cheerleading, Acrobatic knowledge
5. Teaching skills in progression is a must. Basic skills must be mastered before progressing to a more difficult skill.
6. Instructor must maintain full control of her/his group while maintaining visual contact at all times with her/his participants.

WORK ENVIRONMENT & PHYSICAL DEMANDS:

- The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.
- Ability to instruct and observe participants in proper techniques.
- Spotting technique is critical.
- Instructor must be able to lift and sometimes carry participants to a safe landing.