



## **Jan Rushton, Aquatics Director**

Jan has over 20 years of experience in the Water Safety and Activities fields. Some of her most notable certifications and qualifications include:

- ◆ American Red Cross
  - Water Safety Instructor Certification
  - Water Safety Instructor Trainer
  - Lifeguard Certification
  - First Aide Training, CPR, AED
- ◆ U.S. Water Fitness Association
  - AquaZumba
  - Zumbatraonics
  - Zumba 1 & 2
- ◆ Professional Water Fitness Instructor – A.E.A.
- ◆ P.A.D.I. diver
- ◆ USCG Marine Training School Boating and Diving.
- ◆ AAPHERD
- ◆ MAPHERD, Vice President, Dance

During the school year, Jan is a project adventure teacher, a swimming and diving instructor at Massachusetts Institute of Technology and a horseback riding instructor for children with special needs. She is currently working on her doctorate degree in Sport Management and has also recently received her certificate as a Massage Therapist.

Jan is also available for Adult Aqua Zumba Fitness and Water Therapy Workouts. Please contact her for more information and class times.

### **Special Private Classes:**

1. Triathlon Training – work on approach swimming, speed, coordination, running in water, biking
2. Swim Stroke Technique - work on proper form, head position, breathing, leg power.
3. Swim Team Conditioning