

Jan Rushton, Wellness and 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
 - Lifeguard Certification
 - First Aide Training and Instruction Certification
- U.S. Water Fitness Association
- Professional Water Fitness Instructor
- P.A.D.I. diver
- USCG Marine Training School Boating and Diving.
- MAPHERD Path Finder Award (2005)

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 has also recently received her certificate as a Massage Therapist.

Jan is also available for adult **Water Therapy Workouts** on Monday and Friday afternoons from 2:15 – 3:00 pm as well as private swim classes.

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.