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DRY LAND COACH – SWIM TEAM

Part-time

The Somerset Valley YMCA Swim Team is a 7-time NJ YMCA State Champion with multiple YMCA National top-3 team finishes since 2013 and is recognized by USA Swimming as a top-100 program in the nation with 5 Club Excellence Awards since 2010.

Our team is searching for a mature and professional Dry Land Swim Coach with experience to ensure the successful implementation of a dryland program for our swim team participants. Responsibilities include the design and implementation of: dry land and crossover training programs for swimmers 13-14 and 15-18yrs.; weight training program for 15-18yrs; on-site coaching; coordination of dry land and swim workouts with practice group lead coaches; instruction on stretching, flexibility, range of motion, and prehab routines.

The ideal candidate has at least 1 year of experience working in a coaching/teaching capacity with teenagers, 3 years of experience as an athlete participating in a team environment and is a certified Strength and Conditioning Specialist or has equivalent certification/experience. Must be available to begin coaching on Thursdays and Fridays at 3:45pm.

Location:	Bridgewater YMCA
Position Available:	Immediately
Hours Available:	Wed: 6-7:30pm; Thu: 3:45pm-6:30pm; Fri: 3:45pm-6pm; Sat: 9am-12pm plus additional hours as needed

Benefits for regular part-time employees include a complimentary YMCA membership as well as a fun, friendly, family-oriented environment! Somerset County YMCA is a drug free workplace. We are an Equal Opportunity Employer and welcome all applicants who share our values of Caring, Honesty, Respect and Responsibility.

Send your application to

Dan Roth, Director of Competitive Aquatics

601 Garretson Road

Bridgewater, NJ 08807

E: droth@somersetcountyyymca.org

W: www.somersetcountyyymca.org/jobs

[Click Here for Employment Application](#)

Deadline for applications: until filled

