



KAPLEN JCC on the Palisades

Kaplen JCC on the Palisades, Taub Campus, 411 E. Clinton Avenue, Tenafly, NJ 07670

www.jccotp.org

JOB TITLE: Swim Team Dryland Coach

SUPERVISOR: Kathleen Costantini, Aquatics Director

STATUS: Part time, hourly

If you are interested in being part of a warm and welcoming professional team focused on ensuring a place of belonging and delivering excellent opportunities to its members and the community, come join our team. The Kaplen JCC on the Palisades is seeking a dedicated professional to join our aquatics team. If you're ready to help people live healthier lives by building water comfort, being an integral part of our swimming team leadership, and creating a fun and engaging atmosphere for all who enjoy our pools, we invite you to apply!

KAPLEN JCC ON THE PALISADES

The Kaplen JCC is a welcoming home away from home for all who pass through its doors in Tenafly, NJ and for the wider community. We are a leading nonprofit, charitable organization deeply rooted in Jewish values and tradition, and are a vibrant and welcoming home for the Jewish People. We are a place that welcomes all, cultivating the social, intellectual, physical, and spiritual well-being of the entire community. We are a strength-based organization and pride ourselves on our inclusive and welcoming workplace that celebrates the diversity of our employees. We stress a supportive environment in which people are treated with appreciation and respect and positioned to do their best work every day. Our vision is to be the center point of Jewish life in our community and to engage all generations in our mission and values. We serve 3,000+ membership units and over 750,000 people each year in our 200,000 square foot building and acres of outdoor grounds and facilities.

POSITION OVERVIEW

We are seeking an energetic, knowledgeable, and motivated Dryland Coach to join our competitive Waverunners swim team coaching staff. The Dryland Coach will be responsible for developing and leading engaging dryland training sessions designed to improve swimmers' strength, mobility, coordination, athleticism, and overall performance.

The ideal candidate is enthusiastic about working with young athletes and understands how to create a safe, positive, and age-appropriate training environment.

RESPONSIBILITIES AND OPPORTUNITIES

- Plan and lead structured dryland training sessions for competitive swimmers.
- Develop age-appropriate exercises focused on strength, mobility, flexibility, coordination, balance, and injury prevention.
- Work collaboratively with the Head Coach and swim coaching staff to ensure dryland programming supports swimmers' training and performance goals.
- Provide proper instruction and supervision to ensure exercises are performed safely and correctly.
- Modify exercises and activities based on the age, ability, and needs of individual athletes.
- Create an encouraging, motivating, and inclusive team environment.
- Maintain a safe and organized training area and ensure equipment is used appropriately.
- Communicate professionally with coaching staff, athletes, and parents when necessary.
- Serve as a positive role model and help promote teamwork, discipline, confidence, and a strong work ethic.

Schedule & Time Commitment: Thursdays 4-6pm

QUALIFICATIONS & SPECIALIZED SKILLS

- Previous experience coaching dryland training, strength and conditioning, fitness, swimming, or youth athletics preferred.
- Knowledge of age-appropriate strength, mobility, and conditioning techniques.
- Experience working with children and/or competitive athletes preferred.
- Strong communication and leadership skills.
- Ability to create a positive, energetic, and motivating environment.
- CPR/AED and First Aid certification required
- Relevant certifications in strength and conditioning, personal training, exercise science, or related fields are a plus.

SALARY RANGE: \$35

This job description is not intended to be all-inclusive, and the **Swim Team Dryland Coach** will also perform other reasonably related business duties as assigned by its supervisor or other management, as required. The Kaplen JCC reserves the right to revise or change job duties as needs arise. This job description does not constitute a written or implied contract of employment. The Kaplen JCC is proud to be an equal opportunity employer. In keeping with our Jewish values, we are dedicated to a policy of nondiscrimination in employment on the basis of race, religion, color, sex, sexual orientation, gender identity or expression, national origin, age,

marital status, citizenship, veteran's status, physical or mental disability that does not prohibit the performance of essential job functions (with or without reasonable accommodation) or any other basis protected by federal, or applicable, state or local law. We welcome everyone interested in our mission to join us. If you require accommodation, please contact us and we will make every effort to meet your needs.

Don't meet every single requirement? Studies have shown that women and people of color are less likely to apply for jobs unless they meet every single qualification. At the Kaplen JCC, we are dedicated to building a diverse, inclusive, and authentic workplace, so if you're excited about these roles but your past experience doesn't align perfectly with every qualification noted above, we encourage you to apply. You may be just the right candidate for this or other positions.

To Apply: Please send cover letter and resume to Kathleen Costantini at: aquatics@jccotp.org