

Naomi Heimbach

Objective:

To obtain a position as an aquatic education professional providing a wide range of aquatic instruction utilizing diverse skills in water safety, swimming technique, and conditioning.

Professional Experience:

Swimming Instructor, Cedar Crest College, Rodale Aquatic Center. Allentown, Pennsylvania. 2017-2018.

Lifeguard, Muhlenberg College. Allentown, Pennsylvania. 2017-2018.

Head Swimming Coach, Developmental & Competitive Age-Group Programs. Yokota Air Base Japan. 2004-2016.

Swimming Instructor, Adult Beginner & Intermediate Swimming. Anteater Recreation Center, University of California, Irvine. 2002-2003.

Swimming Coach, Competitive Age-Group Program. Kaneda Swimming Club, Tokyo, Japan. 1995-2002.

Swimming Instructor, Small-Group, Babies with Mothers, & Private Lessons. Morale, Welfare & Recreation Program, Yokota Air Base Japan. 1999-2002.

Masters Swimming Coach. Tachikawa City Adult Health & Wellness Program. Tokyo, Japan. 1999-2002.

Maternity Swimming Instructor, Ladies' Swimming Program. Mimi Swimming Club, Tokyo, Japan. 1997-1999.

Swimming Instructor, Private Lessons. Hotel Okura, Tokyo, Japan. 1995-1997.

Swimming Instructor, Age-Group Developmental Program & Maternity Swimming. Tama Swimming Academy, Tokyo, Japan. 1992-1996.

Swimming Instructor, Beginning Children's Swimming. Izumi Pre-School, Tokyo, Japan. 1989-1992.

Education:

Tokyo Women's College of Physical Education, Tokyo, Japan. Major: Early Childhood Physical Education. 1974-1976.

Fujimura Girls' High School, Tokyo, Japan. 1974.

Notable Achievements and Awards:

Sports Instructor of the Year, University of California, Irvine. Campus Recreation, 2003.

Masters World Records: 50 meter breaststroke, 1996 & 2001.

Masters Japan National Records: 50 meter breaststroke, 100 meter breaststroke, 100 meter individual medley, 200 meter individual medley (2001); 25 meter breast stroke (2016)

Certificates and Special Training:

Foundations of Coaching 101. USA Swimming. 2018.

Water Safety Instructor. American Red Cross. 2016.

Lifeguarding (including First Aid, CPR, AED). American Red Cross. 2016.

FINA Swimming Official (La Federation Internationale de Natation). Japan Amateur Swimming Federation. 1997.

Water Aerobics Instructor's Training. Takano Swimming, Tokyo, Japan. 1995.

Maternity Swimming Training. Tama Swimming Academy. 1992.