CITY OF UNIVERSITY PARK

HOLMES AQUATIC CENTER
CITY OF UNIVERSITY PARK

AQUATICS PROFESSIONAL

WWW.UPTEXAS.ORG

AQUATICS PROFESSIONAL

The City of University Park
Holmes Aquatic Center
3800 University Boulevard
University Park, TX 75205

NAME OF AQUATIC PROFESSIONAL:

Jennifer "Jen" Post

EMPLOYMENT HISTORY:

Jen started as many Aquatic Professionals do, in their youth as a Lifeguard and Swim Instructor. She worked for Eastfield College in Mesquite, TX as a lifeguard and WSI throughout the summer seasons and landed a position with the college in the Physical Education and Continuing Education departments. After working as Head Lifeguard and WSI for a number of years she accepted the position of Aquatic Supervisor for the Continuing Education department where she managed a team of Water Aerobics instructors, Learn-to-Swim Instructors and Lifeguards for year round educational courses and seasonal summer classes.
2004-2008

After working in the education sector, Jen accepted a position at Tom Landry Fitness Center where she coached swim team, instructed private and group swim lessons, taught lifeguard courses and instructed water aerobics and deep water running. After several years as a coach and instructor she accepted the position of Aquatic Program Supervisor where she developed and implemented a pre-swim team program, summer Splash Camp and increased program participation and revenue in Tom Landry's non-competitive swim team and adult group lessons.
2007-2013

Jen has worked for the City of University Park for seven years as an Aquatic Supervisor and Program Specialist. She currently manages a team of 75 seasonal employees for the city. She manages the seasonal facility, competitive swim team, in-house concession stand, all special events and party rentals at the facility and all marketing content. While working for the City of University Park, Jen's biggest accomplishments have been creating a brand and identity around the facility, developing and implementing a Learn-to-Swim program to meet the needs of the residents (Shark School), designing and adopting a mascot (Fin), growing a summer swim team from 28 to 110 swimmers over the course of three seasons, researching and building an in -house concession stand that returned a $40,000 profit to the City in it's first season, growing the facility's special events, Most importantly, the facility was brought up to industry standards with records, SOPs, training requirements and audits.

In addition to her Aquatic role, she is responsible for all City special events, including sponsorship and funding, marketing and logistics. She manages two of the City's social media brands, both Holmes Aquatic Center and UP Parks & Recreation and is responsible for all strategy, content creation and program planning.
2014 - current

AQUATICS PROFESSIONAL

PROFESSIONAL ACHIEVEMENT & COMMUNITY INVOLVEMENT

Jen has been recognized by Texas Public Pool Council, receiving the President's Award in 2017. She has been recognized by the City of University Park as employee of the year in 2019. Jen has served two terms as Texas Public Pool Council Region 2 Representative.

She currently holds certifications as a CPO, LGI, WSI and is working on her designation as a CPRP and AQP. She has held LGIT and WSIT certifications.

Jen has spoken throughout the Aquatic Community, presenting locally through North Texas Aquatic Association on Marketing and Rebranding in 2017 both at quarterly meetings and the 2017 Spring Seminar. She has presented at Texas Public Pool Council in 2018 and spoke at World Waterpark in 2018 and 2020. She is always eager to help others embrace their voice within the Aquatics Community!

Jen has been involved in the North Texas Aquatic Association since 2012. She loves the passion of the Aquatics Community and considers herself fortunate to be surrounded by such innovative peers and calls many of them her closest friends.

She is actively involved in the North Texas Guard Games and has served on the committee since 2014. She was the host city for the 2020 competition which was canceled due to COVID-19. She is eager to prepare for the 2021 Games.

Jen is actively involved in AOAP, TRAPS and TRAPS North Region.

OUTSIDE OF AQUATICS

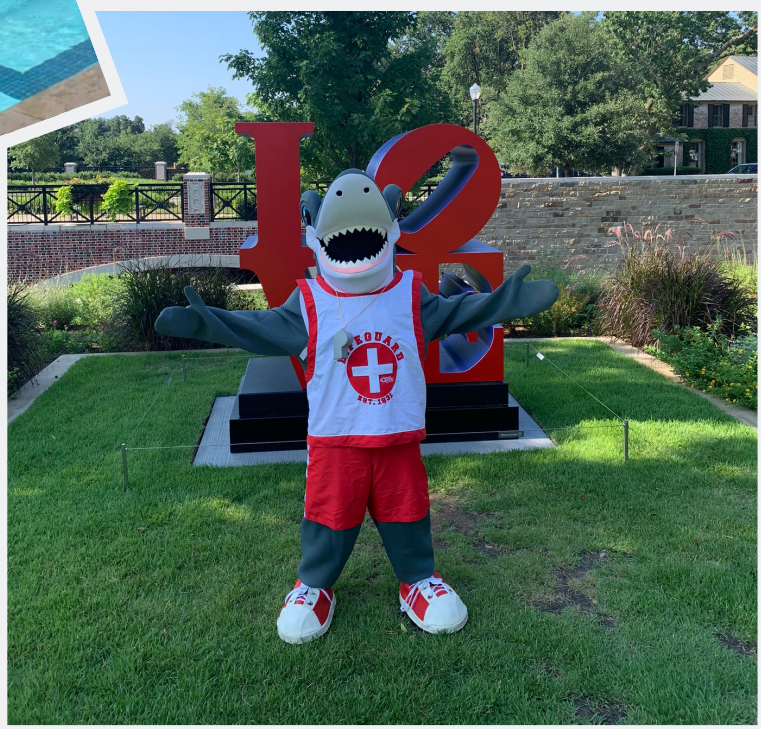
When outside of Aquatics, Jen spends time with her family of 4 (husband, Jeremy - Dylan toddler and Golden Retriever Bailey). You can find Jen hiking and traveling to local state parks, swimming with her family, running, kayaking or reading. Jen is a professional photographer and has photographed North Texas Guard Games for the past five competitions.

Her goal is to visit every National Park in America and has a deep love for nature and the great outdoors.

WWA 2018

BOATING SAFETY DAY
SHARK SCHOOL

SWIM TEAM
GREW FROM 28 - 110



FIN - OUR MASCOT