

Erin Flynn, Aquatics Program Coordinator

Erin Flynn is Cape Cod Academy's new Aquatics Program Coordinator. She is responsible for leading and managing staff, coaching, instruction, and coordinating aquatics programs.

Erin Flynn brings over twenty-five years of swimming and coaching experience to Cape Cod Academy. Erin was raised in Cohasset, MA where she learned to swim and compete at a young age. She earned a Bachelor's degree in Health Fitness and Exercise Science from Springfield College (Springfield, MA) and was a competitive collegiate athlete and a member of the Varsity Swim Team, Track & Field Team, and Women's Soccer Team.



Erin has trained and coached multiple age groups, including deep water fitness, personal and group training, life guard swim training, tri-athlete swim training, IRONMAN training, law-enforcement training, along with parent-, grandparent-, and toddler-level training.

Before joining Cape Cod Academy, Erin was the Lead Swim Instructor & Aquatics Exercise Instructor at the University of North Carolina's Wellness Performance Center and for Bard College's Kilpatrick Athletic Center in Great Barrington, MA. Erin has also held various wellness consulting roles at Dow Chemical Company and Newton Wellesley Hospital, among others. Currently, she is also a part-time swimming instructor with the Cape Cod Swim Club.

Erin currently holds many professional certifications, including:

- USA Swimming Coach, New England, Cape Cod Swim Club
- Red Cross Lifeguard, First Aid, CPR/AED, Safety Training for Swim Coaches, WSI #4358227
- CDC Concussion Training, SafeSport for High School Athletes
- Swim Lesson University Instructor Trainer
- Swim America Site Supervisor

Erin currently resides in Osterville, MA with her husband, Joe. She enjoys visits from her three adult children Aubree, Conner, and Brendan, and she loves summers and living on Cape Cod.