

## WATER SAFETY INSTRUCTOR

I firmly believe in helping individuals build a healthy relationship with the water. For many, that means advancing skills at a pace tailored to them and their comfort. Living in Ventura County, I fully acknowledge the importance of water safety. I believe gaining the skills necessary to be safe in the water should also be enjoyable. To me, the water is a calming place to retreat from the chaos of the world, and I highly value being able to share that with my students. Cultivating an environment that feels safe and positive is one of my top priorities that I always aim to achieve by establishing a trusting and respectful relationship with all my students.



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I believe swimming to be one of those essential skills needed in life, especially in Southern California, as pools, oceans, and lakes surround us. Learning to swim will not only provide you safety in the water but countless opportunities for career paths and personal health. Whether you need to learn to swim, coaching to advance your techniques, or water safety techniques for you and others, I pride myself in creating a positive and fun learning experience for everyone!



AQUATICS DIRECTOR
"TRISH THE FISH"

My nickname Trish the Fish was given by my mom over 40 years ago! I have always loved the water and love the way my body feels after swimming! Being in the water is a mind/body experience. I've had the opportunity to share my love of swimming with children and adults! I absolutely love seeing others have the confidence and learn of all the amazing benefits swimming offers!



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Having not learned how to swim until I was in high school, I see the importance of kids understanding and knowing how to be confident in the water, safe in the water, and swimming at ease. I've been teaching swim lessons around Ventura since I was 19 and it's always been something I've stuck with simply because I enjoy it. Being so close to the ocean, everyone should learn to swim effectively, not only because it's more safe, but it's also a lot more fun!



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At the age of 3 months old Cheri was immersed in the water by her Mom and has been swimming ever since. She was on the swim team in high school which lead to lifeguarding and teaching. She has been teaching for 25 years. The greatest moments are when a child or an adult gets so excited learning a new skill that potentially can change their life forever in the water. Focusing on lifesaving skills to create a safe, happy, healthy relationship with the water.



**AQUATICS DEPARTMENT** 

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