

Curriculum Vitae

Female

D.O.B. 28 June 1987

Number of years working in industry:

16 years 3 months



Candidate ID Number: 15712

Nationality: Filipino

Language Skills:

Fluent: English

Permitted to work in: Philippines, Bahrain

Position Sought: Fitness Professional, Swim / Aqua Fit Teacher, Zumba Fitness

Personal Statement

Have an enthusiastic nature and interested in everything i do i spend a lot of time of doing it,creative.To be able to perform duties and responsibilities in a company where as well i can enhance my skills and knowledge in my field.

Employment History:

November 2009 - Present - Swim / Aqua Fit Teacher at (most recent employer hidden for confidentiality) Al Manama, Bahrain, (Health Club)

Duties included:

Basic First Aid/ CPR and Rescue Breathing Certification

Advise clients about proper Swimming attire,Teach Students how to Swim ranges from infants to senior citizens,teach survival swims,Basic to Competitive.

Understand the different swimming strokes and a comprehension of different drills which are designed to improve swimming skills.

November 2009 - Present - Fitness Professional at Bodyline Sports and Spa, Al Manama, Bahrain, (Health Club)

Duties included:

- Motivate clients to maintain exercise routine
- provide assessment and give basic programs
- has basic understanding of anatomy and mechanics of movement to reduce injury risk to the client
- teaching group classes Zumba,Aqua Aerobics,total body conditioning and toning,ABS workout.

Education and Qualifications:

2012 Zumba Fitness

Certification BASIC STEPS LEVEL 1

Licensed Zumba Instructor

2009 Polytechnic University of the Philippine

Bachelor In Physical Education

Physical Education Sports Major

Massage Therapy and Reflexology

2007 Bert Lozada Swim School/ Milo Swim Clinic

Basic to Competitive

Swimming Instructor

2009 Polytechnic University of the Philippines

State Colleges and Universities Athletic Association National Capital Region

Certificate of Participation Swimming Category and CheerLeading

Vocational Qualifications

Basic First Aid,CPR and rescue Breathing

Hobbies and Interests

reading,dance,swimming

CV created at www.spastaff.com

