



# 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

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