



# Curriculum Vitae

**Female**

**D.O.B. 09 September 1983**

**Number of years working in industry:**

**18 years 10 months**

**Candidate ID Number:** 20420

**Nationality:** British

**Language Skills:**

Fluent: English

**Permitted to work in:** UK - United Kingdom

**Position Sought:** Spa Manager, Assistant Manager, Fitness Professional, Yoga / Pilates Teacher, Swim / Aqua Fit Teacher

## Personal Statement

my life goals are to live a life worth looking back on and even if there are some bits that i later cringe over i can look back and say at least i lived. live laugh love.

i smile all of the time as i know its infectious and i work hard to help people reach there fitness goals.

Seeking to work in International Locations and Cruise Ships

## Employment History:

**July 2011 - Present - Fitness Professional** at (most recent employer hidden for confidentiality) Manchester, UK - United Kingdom, (Health Club)

### Duties included:

As a self employed self driven free lance instructor i am and have been responsible for sourcing my own classes promotional work venue hire and maintenance. i have to keep up to date with disclaimers and and health questionaires as well as client data protect. i have worked within many health clubs but i have also built up a large client base privately and host Zumba classes at a Dance Studio. i am responsible to myself and my clients at all times i remain professional and hard working everyday.

**January 2011 - Present - Swim / Aqua Fit Teacher** at Manchester City Council, Manchester, UK - United Kingdom, (Health Club)

### Duties included:

As a Aqua Aerobics teach i am responsible for choreographing and building water fitness routines which ensure clients get a good workout whilst also remaining safe in the water

i carry out daily risk assessments

**April 2007 - May 2014 - Swim / Aqua Fit Teacher** at Serco Liesure, Manchester , UK - United Kingdom, (Health Club)

### Duties included:

As a Part Time Lead Swimming teacher i was responsible for teaching children ages 3 + to adults how to swim to a good standard. it was my responsibility to create swim programmes assessments and deliver these weekly. i performed risk assessments and stock ordering.

i was responsible for up to 25 child in each session.

I am also a experienced High board diving coach with 5 years experience teaching mainly children 6+

## **Education and Qualifications:**

### **2006 Manchester Metropolitan University**

Degree Criminology and contemporary culture

Level 2 Exercise to Music

Zumba B1

Zumba B2

Aqua Zumba

Aquacise

Zumba Step

Matt Pilates level 3 (currently studying)

Insanity Beachbody

RLSS Lifeguard Qualification

Level 2 Gym Instructor

Level 2 NHS Diet and Nutrion

Swimming Teacher Level 1 & 2

### **2006 Henbury High Shool**

gcse

maths c

english language a

english literature b

science b

art a

geography b

physical eduction b

information technology b

AS levels

Law D

A2 levels

General Studies C

Art B

Sociology B

## **Vocational Qualifications**

as part of my lifeguard qualification i am first aid trained

## **Hobbies and Interests**

my hobbies include

dancing

choreography

climbing/bouldering

cinema

yoga

walking

sightseeing

reading

CV created at [www.spastaff.com](http://www.spastaff.com)

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