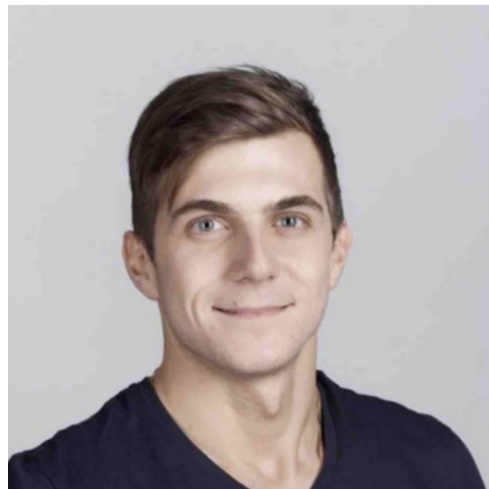


# George

Swimming coach



## Personal Information

|                |  |
|----------------|--|
| Birthdate      | May 1995   |
| Nationality    | — Russian Federation   |
| Place of Birth | Russian Federation   |
| Location       | UAE, Dubai   |
| Key skills     | <p>- experience working with all age groups from 4 years old<br/>         - educational background in PE and coaching<br/>         Trained with the school of the Olympic reserve in swimming and water polo. I have been swimming since I was 4.</p> <p>Certified Aqua Fitness Instructor of the Aerobics Fitness Federation of Russia 2019<br/>         Seminar : posture correction , preparation of programs for various disorders . Lecturer Dmitry Zheldakov 2019</p> <p>Stretching. Lecturer Dmitry Zheldakov 2019</p> <p>Seminar Endocrine system and hormones in fitness. Pregnancy and postpartum period. Lecturer Vladimir Zhaents -Zaitsev.2019</p> <p>Seminar: features of training 50+ and adolescence. Lecturer Vladimir Zhaents Zaitsev 2019</p> <p>Seminar. Biomechanics of strength exercises. functional training. Anatomical and biomechanical analysis of exercises. Ways to change the intensity of exposure. The use of additional equipment . Lecturer Dmitry Zheldakov 2019<br/>         Seminar: features of training in case of disorders of the cardiovascular system. Lecturer Vladimir Zhaents-Zaitsev 2020.</p> <p>Training : sports and rehabilitation medicine products for fitness . 2020</p> <p>Course :First Aid Red Cross 2018</p> <p>Course: First Aid. Rescue on the water. 2019</p> <p>Course-training: teaching swimming to children of different ages. Denis Tarakanov</p> |

2020

2022 Les Mills Body Pump Certified Trainer

## Education

Peter the Great Polytechnic College,

- 2014 Faculty of Tourism and Sports, Tourism

Peter the Great St. Petersburg Polytechnic University, St. Petersburg,

- 2017 Strategic management, Human Resource Management

Peter the Great St. Petersburg Polytechnic University, St. Petersburg,

- 2020 Physical culture, sports and tourism, Sports coach (swimming)

## Working experience

**October 2021 - October 2022**

**Fitness club Sochi**

**Swim coach**

My role includes

- Personal and group training for children and adults in the pool , aquafitness , aquaflat. Also group workouts cycle ( bike ) and Les Mills Body Pump workouts.

**September 2018 - August 2021**

**Kid swimming club Batiskaf**

**Swim coach for kids**

My role includes

- Conducted more than 2000 classes with children, successfully taught a large number of children to swim. Own successful method of teaching children to swim from scratch (from 3 years and older), work with different types of fear of water in children, personal training, split, trinity and mini groups, group lessons up to 7-8 people (groups of 3-5 years, 4 -6, 5-7)

**April 2018 - August 2020**

**World Class**

**Swim coach and water polo coach**

My role includes

- Collection of a water polo team (for adults and among teenagers under 16 years old) and preparation for further successful performance of teams in inter-club competitions. Conducting aqua fitness classes in the following areas: AquaFlat, ABS, Noodles, Begginers, Hydridorider Aquabike. Conducting individual and group classes with children and adults, organizing sports events in swimming and water polo, conducting master classes, successfully preparing children for admission to sports schools, and adults for triathlon, swimrun, and open water swimming competitions

## June 2015 - April 2018

### Fitnesshouse

#### Personal training coach

My role includes

- Personal and group lessons with adults and children , duty , control over order and safety in the pool area. Successful preparation of children and adults for competitions

## June - August 2014

### Summer camp

#### PE Coach

My role includes

- Carrying out morning exercises for all team camps, general physical training of teenagers, organizing mass sports events in well-known sports areas (football, basketball, volleyball, tennis, athletics,swimming)

## June 2013 - May 2014

### Aquapark

#### Swimming coach

My role includes

- Instructing clients in the water park, control of order and security in the water park

## Additional information

English

Intermediate

Russian

Native

**Excellent references available on request**

