

**Sarah Tribley**

## **Swimming Teacher/Coach and Aqua-Fit Instructor**

**I have been a fully qualified swimming teacher and coach for more than 30 years. I have taught swimming at Broadlands for over 13 years and aqua-fit for the last 8 years. I regularly attend professional development courses both to keep my skills and training up to date and to keep up with stroke/technique developments. I have found that teaching is very much a two way process and that I also learn from my pupils.**

**I work with my pupils to build water confidence so that they enjoy being in the water before moving on to the technical aspects of swimming. This approach pays dividends when working with nervous beginners (both children and adults!)**

**Many of my pupils have gone on to swim competitively at County level and some have gone on to other swim related sports such as synchronised swimming. I teach all ages from babies & pre-school right through to children's advanced classes as well as adults – many of whom have had bad swimming experiences. I have also successfully taught many people with varying levels of disability.**

**I strongly believe that everyone deserves the chance to learn to swim in a happy and stress-free way and that swimming is a life skill which can open the door to many other activities.**

**22.01.14**