



FitRec Private Swim Instructor  
**SADIE SZKAPIAK**

Years of Swim Coaching Experience:  
*Four years*

Strongest Area of Swim Coaching:  
*Beginners and Intermediate*

List all Aquatics Certifications:  
*CPR certification, Jeff Ellis Swim Instructor certification*

Swim Coaching Experience:  
*Lessons at Stagg High School and coaching at Palos Area Swim Sharks (PASS).*

Swimming Achievements:  
*Varsity swimmer for all years of high school, regional swimmer for the club team*

What is your Coaching Style:  
*I try to incorporate as much fun as possible into the lesson, while learning/trying new things and pushing different limits.*

What is your philosophy/motto:  
*Be kind.*