

GRETCHEN SCHWARTING, ATRIC

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PROFILE

Aquatic professional with over 23 years experience in variety of aquatic modalities. American Red Cross certified Water Safety Instructor teaching Learn to Swim programming for local county and town parks and recreation departments, staff member of Camp Greystone, Tuxedo, N.C., and as an independent instructor. Over 11 years promoting fitness and wellness through group aquatic fitness instruction, as an Aquatic Exercise Association credentialed instructor. Specializing in instructing students with challenges-physical and otherwise to become water safe and independent swimmers. AquaStretch facilitator for Orthopedic Diagnosis, Upper and Lower Extremities, as well as Basic AquaStretch. Trained in Special Populations and Post-Rehab Fitness Training through Aquatic Options Education. Worked with senior population at military retirement facility to build gains in gait, balance, flexibility, and proprioception. Board certified through the Aquatic Therapy and Rehab Institute for meeting industry standards. Successful completion of continuing professional education of Children with Challenges Specialty Certificate Course.

EXPERIENCE

Town of Leesburg, Parks and Recreation, Leesburg, VA

Water Safety/Aquatic Fitness Instructor June 2005-present

Utilize Learn to Swim programming to teach swim lessons. Teach both private and group lessons. Teach various ages and levels of ability- infant, toddler, child, adult, and adaptive aquatics. Develop and implement original aquatic fitness programming to best serve client base. Continuing education to maintain certification for ARC WSI, AFP AEA, ATRIC, and American Heart Association- CPR with AED.

Loudoun County Government Parks and Recreation, Loudoun County, VA

Aquatic Fitness Instructor/ARC WSI September 2015-present

Hired to develop, market, and implement aquatic fitness programming at two different municipal facilities. Provide mentoring opportunities and instruction for current employees. Instruct ARC leveled "Learn to Swim" lessons on a per needed basis.

Falcon's Landing Military Retirement Community, Sterling, VA

Aquatic Fitness Professional February 2014- November 2014

Programming senior population aquatic fitness to improve gait, balance, flexibility, and proprioception. Geriatric population with special modifications dependent upon ability/comfort level.

EDUCATION

University of Richmond, Virginia 1996

BA, Psychology, Virginia Teaching License PK-6 grade

CREDENTIALS

American Red Cross Water Safety Instructor- June 1993-present

Aquatic Exercise Association- Aquatic Fitness Professional- June 2005-present

CPR-AED continuous certification- 1990-present

Aquatic Therapy and Rehab Institute certification- March 2015-present

Children with Challenges Specialty Certificate Course- February 2016

Clinical AquaStretch for Orthopedic Diagnosis- March 2015

Aquatic Options- Special Populations and Post-Rehab Fitness Training Certificate Course 2007

AQUATIC PROFESSIONAL CONTINUING EDUCATION

Children with Challenges- ATRIC 2016

Aquatic Therapy Quick Prep workshop- ATRIC 2015

Intro to Aquatic Warrior- ATRIC 2015

Clinical AquaStretch for Orthopedic Diagnosis- ATRIC 2015 Ai Chi Integrative – ATRIC 2014

AquaStretch Intermediate for LE- ATRIC 2014

AquaStretch Basic- ATRIC 2014

Professional Development Panel- ATRIC 2014

Autism Spectrum Disorders- ATRIC 2014

Intro to Aquatic Therapy- ATRIC 2014

To Deck or not to Deck- AEA 2013

Deep 124- AEA 2013

Aqua Vertical-AEA 2011

Aquatic Endings- AEA 2011

Aquatic Interval Training- AEA 2011

Deep Leverage- AEA 2009

H2o choreography to go- AEA 2009

Fit Moms 2- AEA 2007

Aquatic Options- AEA 2007

Aquatic Fitness Professional Review Course- AEA 2005, 2007, 2009, 2011, 2013