**Ehab Aness**  mob : +353 852-860-850

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**OBJECTIVE:** Swimming teacher / Gym Instructor and Martial arts

**LANGUAGES :** Arabic / English / Russian / Ukrainian .

**SUMMARY:**

Professional and committed Swimming Teacher and gym instructor with years of experience. Passionate about working with children and Adults, guiding, mentoring, and developing athletes.

**SKILLS AND QUALIFICATIONS:**

**Gym Instructor and Martial arts**

* Over 12 years of experience as a gym instructor and Martial arts in Egypt
* Identify the client's fitness level and health
* Oversee completion of exercise routines
* Track client's physical progress
* Modify exercise plans based on needs ,potential injuries or health issues
* Oversee the use of fitness equipment to ensure clients exercise properly and safely
* Handle nutrition and health - related questions
* Refer to and promote fitness packages and plans
* Follow safety and hygiene guidelines

**Swim Teacher**

* Over 8 years of experience teaching swimming,
* Experience as a swimming teacher in Egypt, Ukraine,
* Swimming Teacher with abrove from swim ireland
* Able to create the best conditions for learning or teaching new thing
* Demonstrate correct swimming techniques
* Identify ways to improve performance
* Make sure safety standards are followed
* Check life-saving equipment is in working order
* Organise and supervise assistants and helpers
* Plan, develop and implement training and practice sessions
* Excellent knowledge of Microsoft office, excellent surfing of the Internet and E-mail.
* Able to understand learners strengths and shortcomings and teach them accordingly.

**WORK** **EXPERIENCE**:

**ESB Swimming Club , Dublin 4 , Ireland from 10 / 2023 till now**

**CRC Swimming Pool , Dublin 3 , Ireland**

**from 10/2023 till now**

**Swimming Teacher , Taekwondo Cairo club - Cairo ,Egypt  2019 - 2022**

**GYM manger ,Kickbox / Taekwondo**

**STEEL gym , Egypt 2017-2019**

**Swimming Teacher ,KickBox / Taekwondo STEEL gym, Egypt 2015-2017**

**GYM instructor , Vavilon , ivano-frankivsk - Ukraine 2013 - 2015**

**GYM instructor , Aldorado ,ivano-frankivsk- Ukraine 2011 -2013**

**GYM instructor - Kickbox / Taekwondo , Vega Gym , Cairo -Egypt 2009 -2011**

**GYM instructor , Carnilia Hotel, Marsa alam - Egypt 2008 - 2009**

**GYM instructor ,Novotel Hotel - Sharm elshikh - Egypt 2006 - 2008**

**Swimming Teacher, AQUA swimming pool , Ukraine 2005-2006**

**GYM instructor - Kirozies Hotel ,Sharm elshikh - Egypt 2003 - 2005**

**GYM instructor -Sheraton Hotel ,Sharm elshikh - Egypt 2002- 2003**

**Swimming Teacher ,Gym instructor ,in CDFC ,Cairo - Egypt 2000-2002**

**EDUCATIONS AND CERTIFICATES:**

**- Bachelor's degree in Physical Education, Faculty of Physical Education, Helwan University “Sports training” Department Of Training Taekwondo, Specialization , Graduation Batch 5/2000 ( Egypt )**

**- Managing Club Finances ( Swim Ireland ) 11/ 2023**

**- Level 2 swimming Teacher ( Swim Ireland ) 10/ 2023**

**- Roles and Responsibilities ( Swim Ireland ) 10/ 2023**

**- One Good Coach ( Swim Ireland ) 10/ 2023**

**- Level 2 swimming Teacher ( Swim Ireland ) 08/ 2023**

**- iPEPAS inclusive CPD ( Swim Ireland ) 07/2023**

**- IPEPAS inclusive aquatics ( UNESCO ) 07/2023**

**- Effective committees ( Swim Ireland ) 07/2023**

**- Level 1 Assistant Swimming Teacher , ( Practical- Dublin ) Swim Ireland 06/2023**

**- Certificate of safeguarding 1 (Child welfare & Protection), Swim Ireland 06/2023**

**- Vetting for swim ireland 06/2023**

**- Level 1 Assistant Swimming Teacher ( Virtual - Swim Ireland ) 03/2023**

**- Level 1 Assistant Swimming Teacher (e-Learning Module-Swim Ireland ) 02/2023**

**- Course of Lifeguard and Frist Aid/CPR From, International diving and lifesaving federation, ( Egypt ) 1999-2000**

**- Swim teacher course for 2 years in physical education university in ( Egypt )**

**from 1996 -1998**