

SWIM INSTRUCTOR BIOS



JENNIFER PAYNE

I spent my summers growing up on a lake and swimming all day. The love of water led me to competitive swimming throughout high school and college and today as a Master Swimmer. I began teaching swimming and life guarding and have not stopped for over 30 years. From introducing babies to their first pool experience to helping a child coordinate their breaststroke to getting the triathlete's head position just right for breathing, I love to teach any age any level.



JEREMY BRADLEY

I have been teaching swim lessons for 7 years at The Swimming Hole and have just completed my first year as the Head Swim Coach. I enjoy swimming as a recreational sport as well as a competitive discipline. I love teaching all that I know to swimmers of all ages. When a swimmer masters a new skill, that is the best feeling in the world, and the reason I teach.



EMMA HELMKEN

Every summer for as long as I can remember, I spent on a lake, at camp. I was a camper and eventually became a WSI certified counselor. This gave me a great chance to work with children of all ages and all swimming abilities, as well as the realization that I love to teach swimming. I've lived in Waterbury my whole life and love everything about Vermont. I try to share my love of the water with all my students young and old, regardless of ability. I think everyone can swim as long as they have a positive attitude and a readiness to learn.



MEGHAN KELSEY

I have taught swimming for the past 10 years, working with adults and children of all ages and abilities. As a former competitive swimmer I especially enjoy working with those looking to refine their skills for competitive and fitness purposes.



LOUISA HAYES

I have been teaching preschoolers to swim for over 15 years. There is nothing more satisfying than to see the look of success and achievement when a child learns a new skill or overcomes a fear and discovers a new sense of confidence. I was a competitive high school swimmer and a more recent triathlete. My focus most recently has been on training lake front lifeguards and instructors. I am an advocate of water safety and truly enjoy teaching little ones to love the water.

Seasonal Instructors



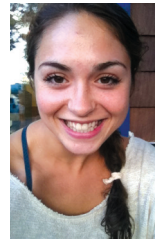
RACHEL HASKINS

I have 10+ years of competitive swimming experience. I've taught swim lessons and coached both the youth swim team (Stowe Swimmers) and Masters Swim Team for over a year at The Swimming Hole. I've taught both children and adults, helping them learn water comfort and skills as well as competitive stroke techniques. I enjoy passing on my love and knowledge of swimming.



EMILY POUND

Swimming isn't a skill that people are born with, it's something that needs to be taught. I love having the opportunity to assist both adults and children in learning this skill. Teaching, for me, is not only enjoyable, but also rewarding. Through teaching, I have made personal connections with my clients while watching them learn to master the water. This is the first year of hopefully many that I have been teaching at The Swimming Hole.



RYAN SPRINGER-MILLER

I have been teaching swim lessons for two years at TSH, allowing me to help people of all ages improve skills in the water, be active, & most importantly learn how fun the sport of swimming is! My style of teaching is enthusiastic, patient, highly energetic, & constructive yet encouraging. In the past, I have been on swim teams, including Stowe Swimmer's, & currently compete in open water events. From these experiences I understand team dynamics, the technicality of racing, setting & achieving personal goals, & most importantly making sure that swimmers continue to have fun. I have found a way to incorporate swimming into my life whether competitively or recreationally & hope to help others do the same!



KARYN SCHERER

As a competitive swimmer thru high school and into college, I fell in love with the crossing of team atmosphere with individual's goals and effort. I taught Red Cross swim lessons at the local YMCA for many of those years. After college, I swam Master's for a few years, raced triathlons and most recently open water swimming. Recently, I became involved with coaching of the Age Group & Master's swim teams this season, which I really love & allows me to pull from my experiences as a member of a swim team. My focus is on stroke technique and the discipline that swimming requires of an individual, as well as the team. I enjoy working with people of all ages and abilities to hone in on their skills.



NANCY ROBINSON

I have been teaching American Red Cross swim lessons for 30+ years. I teach swimming because it is my most favorite activity ever. I mostly enjoy teaching the little ones (ages 6 months to 6 years) and beginner adult swimmers because I just love watching people become swimmers. I also taught Water Safety Instructor classes (training swim instructors) and was a pool director for over 20 years. Now I'm enjoying teaching just because I love it.

Executive Swim Instructor



CHARLOTTE BRYNN

For the last 30 years I have been sharing a love of the water. I specialize in teaching & coaching the Adult swimmer including beginners, fitness swimmers, competitive swimmers, open water & triathletes to improve technique, efficiency and speed. Qualifications/Experience: WSI Certified Swim Instructor, Level 2 ASCA Swim Coach, Level 3 ASCA Masters Swim Coach, New Zealand Swim Coaches Associate Certified Swim Instructor, USMS Long Distance National Champion, All American 2 Mile Open Water & 2013 World Woman Open Water Swimmer of The Year Nominee. Limited availability.

