

Teresa Holschuh-Sieja

AQUATICS TRAINER/SUPERVISOR

I have been working here at Oneida Family Fitness since March of 1998. Before I settled here, I spent over 3 years working at the Brillion Community Center as a Building Supervisor, Clerk Typist I, and Swimming Instructor for children and adults. I also taught Water Exercise, CPR, First Aid, and Lifeguarding Classes. Prior to that position, I spent 8 years working at UWGB teaching the College Swimming Courses, Senior Water Exercise, Summer Learn to Swim Classes, and Lifeguarding. I was the summer “Learn to Swim Supervisor” for 4 years, in which I was responsible for running the whole program.

My mission is to help you feel great through laughter, movement and friendships. I hope to help make your water experience here a safe, healthy and happy one. And remember you are never too old to learn how to swim!

Certifications:

**Arthritis Foundation Aquatic Program (AFAP) Instructor
American Red Cross Lifeguard & Instructor
American Red Cross Water Front Lifeguard & Instructor
American Red Cross Water Parks Lifeguard & Instructor
American Red Cross CPR-PRO & First Aid Instructor
American Red Cross Water Safety Instructor
American Red Cross Preventing Disease Transmission & Instructor
American Red Cross AED & Instructor
American Red Cross Lifeguard Management
Certified Pool/Spa Operator
Certified Aquatic Director Basic Level
ABEE Ropes and Challenge Course Facilitator
Physical Activity Kit (PAK) Training**