

# Jeannie "JJ" Kern

## Education & Certifications

- MBA Certification
- 1993 - Top 2% Leadership
- 2005 - 2015: Top Sales - National
- ASCA Member/Stroke Certified
- First Aid/CPR/AED/Lifeguard Certified



## Areas of Specialization

- Water Safety: all ages
- Learn-to-Swim: Ages 2 1/2 - 10 yrs of age/Levels 1-5
- Swim Stroke Refinement and Endurance: all ages

## Fitness & Health Philosophy

Professional: Jeannie had a 37-year career in sales, operations and executive leadership working for a Fortune 500 Corporation. Her passion, hard work and determination is a part of her core belief system and follows her in teaching her first love of swimming. A competitive swimmer and CIF (California Interscholastic Federation) medalist herself, she provides education, technique and fun to all those she teaches, coaches and mentors.

Health philosophy: The key to a healthy life is to move, eat well, and be happy. Being committed to physical activity is fundamental in many aspects of life including physical, mental, and emotional well-being. Swimming is the ultimate all-in-one fitness package, working all muscles of the body and enhancing core strength.

"We are what we repeatedly do. Excellence then, is not an act, but a habit."  
- Aristotle