

SWIMMING INSTRUCTOR

Shahar Bar Zion

EXPERIENCE

- 2020**
Present
TI SWIMMING INSTRUCTOR
TI Swim. Tel Aviv, Israel
 - Coach beginners to advanced swimmers using Total Immersion method to improve stroke efficiency, reduce drag, and increase endurance.
 - Create tailored lesson plans focused on individual goals, age, and water comfort level.
 - Build confidence and overcome fear for adults and children through patient, supportive teaching.
 - Deliver group classes, private sessions, and progressive programs with strong client progress and satisfaction.
- 2007**
2020
CHEF
Tel Aviv, Israel
 - Performed in fast-paced kitchens, maintaining precision, quality, and timing under pressure.
 - Collaborated in teams, trained juniors, and delivered outstanding customer service.
 - Honed stress management, multitasking, attention to detail, and quick problem-solving.
- 2005**
2007
MILITARY SERVICE
IDF. Tel Aviv, Israel
 - Completed full mandatory service, developing discipline, responsibility, teamwork, and resilience under pressure.
- 2000**
2005
COMPETITIVE SWIMMER
Hapoel Holon. Holon, Israel
 - Competed nationally; trained rigorously to build technique, endurance, mental toughness, and performance discipline.

EDUCATION

- 2019**
2020
TI Swim. Tel Aviv, Israel

★ ★ ★
★ Certified TI Swimming
★ Instructor with 5+ years
★ coaching all levels to master
efficient technique, build
water confidence, and boost
endurance. Brings discipline,
precision, and high-pressure
performance from 13+ years
in professional kitchens and
military service. Passionate
about personalized, results-
driven aquatic instruction.

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SKILLS

- Water Safety Instruction
- Lesson Planning
- Student Motivation
- Risk Assessment
- Communication Skills

LANGUAGES

- Hebrew
- English

★ ★ ★
★ EUROPEAN FORMAT
★ ★ ★