

# Kyri Sandvik

## Education & Certifications

- ASHI CPR, First Aid, and Emergency Oxygen
- ASHI Level 5 Instructor
- YMCA lifeguard and lifeguard instructor
- Red Cross Lifeguard
- YMCA V6 Swim Instructor



## Areas of Specialization

- Aqua Babies
- Beginners (all ages)
- Intermediate (all ages)
- Advanced (all ages)
- Swim Team

## Fitness & Health Philosophy

"I am very passionate about assisting people to begin a healthy and safe relationship with the water. On average, 10 people drown each day in the US and I desperately want to change that statistic."

## Fitness & Health Accomplishments

- Bethany High School Varsity Swim Team
- Colfax Club Team in Colfax, Iowa
- OSSAA Swim State Participant, Iowa Conference Participant