

Amber Pence

Education & Certifications

- USA Swim Coach
- USA Swimming Official
- Red Cross Lifeguard Instructor

Areas of Specialization

- Water discovery and acclimation
- Movement in the water
- Stroke introduction and development
- Stroke mechanics
- Endurance swimming



Fitness & Health Philosophy

"The passion I have for water safety and strong swimming communities is unceasing. I strive to help others be comfortable in the water and maintain proficient swimming skills throughout their lives."

Fitness & Health Accomplishments

- Youth competitive swimmer
- Co-founder, Weatherford Wahoos and Masters Swim Clubs