

MEITHA MALEKZADEH

SWIMMING AND SPORTS INSTRUCTOR



CONTACT

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Dubai

SKILLS

- Swimming instructor
- Hydrotherapy instructor
- Water fitness instructor
- Pilates instructor
- Corrective movement trainer
- CX trainer
- TRX trainer
- Training childrens fitness instructors
- Lifeguard instructor
- Lifeguard
- Emergency certificate

LANGUAGES

- English
- Persian

EDUCATION

Architectural expert
GPA: 19.80



PROFILE

Certified swimming and lifeguard coach with 12+ years of experience in swimming and 6 years at Owz City Pool. Skilled in aquatic therapy, water fitness, TRX, and team coaching. Passionate about athlete development and promoting health through aquatic sports.



WORK EXPERIENCE

Swimming Coach & Team Trainer 2025 - PRESENT

Evaz Municipality Pool – Evaz

- Coaching children, teenagers, and adults at different levels
- Leading the swimming team and preparing athletes for local and regional competitions
- Teaching professional swimming techniques (freestyle, backstroke, butterfly, breaststroke)
- Designing training programs to improve speed, endurance, and technical skills of swimmers

Lifeguard 2019 -PRESENT

Evaz Municipality Pool – Evaz

- Monitoring swimmer safety and preventing potential accidents
- Performing rescue and first aid operations in emergency situations
- Educating visitors on safety rules and correct swimming practices

Aquatic Therapy Instructor 2023 -PRESENT

Evaz Municipality Pool – Evaz

- Conducting aquatic therapy sessions for rehabilitation and mobility improvement
- Supporting clients and athletes in strength recovery and pain reduction
- Applying water-based exercises to enhance flexibility and muscular endurance



Water Fitness Instructor 2023 – PRESENT

Evaz Municipality Pool –Evaz

- Leading group fitness classes in water including aqua aerobics and aqua Zumba
- Conducting strength and conditioning sessions with dumbbells, resistance bands, and Pilates-based water exercises
- Designing diverse fitness programs for weight management, flexibility, and overall wellness
- Creating a fun and energetic environment to motivate participants