Course Instructor

Meet Briggitte Kroetz, Sleepy Hollow Homes Association Red Cross Certified Instructor. We have enjoyed her water aerobics classes at our pool, and most recently have appreciated her help guarding since the local schools resumed classes.

Briggitte completed an Associates Degree in Social & Behavior Sciences in 2016 and has the following active certifications:

* Lifeguard/CPR/AED/First, America Red Cross, 13 years
* Lifeguard Instructor, American Red Cross, 5 years
* Certified Personal Trainer, NASM

Her experience includes years of lifeguarding shallow/deep water pools, coaching co-ed swim teams (including elementary, middle, and high school teams), teaching swim lessons, leading swim camp and water aerobics, and instructing lifeguard trainings.

She is also certified and interested in teaching Junior Lifeguarding, Baby Sitting with First Aid/CPR, and Lifeguard Recertification. She hopes to be able to complete her certificate to train new Lifeguarding Instructors as well.

Briggitte is bilingual with Spanish being her second language, has swum competitively in the USA Swimming League, has years of teaching people with disabilities, and has an advanced scuba diving license.