



FRANCISCO BROWN

STUDIES: LIFEGUARD, NATIONAL SWIMMING COACH AND GRADUATING FROM PHYSICAL EDUCATION ON DECEMBER 2024

LENGUAJE: NATIVE SPANISH AND ENGLISH LEVEL B2, FIRST CERTIFICATE EXAM.

PROFILE

My name is Francisco Brown, I am from Argentina and I am 22 years old. From an early age I always played sports and became interested in the gym, swimming, athletics and kickboxing. Because of my interest in sports, I decided to study Physical Education at Santo Tomas de Aquino Institute and I am currently in fourth year. Also, along with this career I took the Lifeguard Course from which I graduated the 1st of April of 2023 and I also became a swimming coach with three years of experience.

CONTACT

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PROFFESIONAL SUMMARY

I am a Physical Education teacher with strong background in physical training and wellness development. Skilled in creating personalized fitness plans and leading group sessions. Strong focus on team collaboration and flexible with changing needs. Known for reliability, motivational leadership, and achieving client goals. Also, I am a Lifeguard with strong background in aquatic safety and emergency response, prepared for this role. Proven ability to ensure safety, handle high-pressure situations, and perform rescues effectively. Strong focus on teamwork and achieving safety goals, with adaptability to changing conditions. Skilled in CPR, first aid, and water rescue techniques.

WORK HISTORY

LIFEGUARD, BALNEARIO MUNICIPAL DE AZUL

DECEMBER 2023 – CURRENT

Lifeguard of the municipal stream with knowledge of first aid, use of rescue elements and rescue board.

PROFESSOR, HIDROSTART SWIMMING POOL

SEPTEMBER 2021 - CURRENT

Teacher in the pool with groups of children from 8 to 15 years old and groups of initiated, intermediate and experienced adults.

Experience doing aquatic birthdays for children.

PROFESSOR, SUMMER SCHOOL

JANUARY 2022 – FEBRUARY 2022

Professor at the Summer ATR program.

SKILLS

- Lifeguard certification
- Beach safety awareness
- First Aid
- Water rescue techniques
- Strong swimming ability
- Adaptability in Emergencies
- Physical Fitness
- Swimming Lessons
- Student Mentoring
- Effective problem-solver
- Team Collaboration