



# Karen Martin

Swim Instructor

## Education

MSE-Physical Education

BS-Recreation Management

## Certifications

American Red Cross certified: Adult & Pediatric First Aid & CPR/AED and Water Safety Instructor

## About Me

My love for aquatics began at the early age of five when I learned to swim. As a teenager, I became certified as a lifeguard as soon as I was old enough and volunteered to help the swimming instructors as a Water Safety Aid. While in college, I swam as a competitive synchronized swimmer and became certified as a lifeguard and swimming instructor. I've been teaching swimming ever since.

As a result of my love for aquatics, I pursued a degree in Recreation Management where I've had the opportunity to oversee a variety of municipal, collegiate, non-profit, and commercial swimming pools and waterparks. My husband was in the military, so we moved from coast to coast, north to south, east to west.

I've had the privilege of teaching in three collegiate environments and had responsibility for aquatics at the University of Arkansas at Little Rock, University of California at Los Angeles, Indiana University/Purdue University at Indianapolis Natatorium. I also served on national staff as an American Red Cross Health & Safety/Aquatics Specialist and ran several Learn-to-Swim programs.

## Personal Interests

I enjoy spending time with my family, boating on Beaver Lake, swimming in my backyard pool, playing with my 3 year old American Akita, attending concerts, and traveling as often as possible.

Walton Family  
Whole Health & Fitness