

KYLE RICH

SWIMMING TEACHER, FITNESS MOTIVATOR AND LIFEGUARD.

CONTACT

07464713608

kmrich@live.co.uk

https://linkedin.com/in/kyleyrich

Solihull, UK

SUMMARY

Skilled in motivating and guiding people through their fitness journeys, fostering confidence, ensuring safety, and promoting overall well-being.

SKILLS

NPLQ (National Pool Lifeguard Qualification) · Level 2 Fitness Motivator · SEQ Level 2 Swimming Teacher · Customer Service & Sales · Fitness & Aquatics Instruction · Teamwork & Leadership · Administrative & IT Skills · Social Media · Fitness Consulting · Fitness Instruction · First Aid

KEY ACHIEVEMENTS

Multi-Role Flexibility

Adapted to various roles, including reception, café service, and sales support, showcasing versatility and teamwork.

Operational Safety Leadership

Conducted risk assessments and emergency plans, ensuring safety and understanding of pool plant operations.

Career Progression

Progressed from Lifeguard to Swimming Teacher and Fitness Motivator within three years at Tudor Grange.

Effective Swim Instruction

Taught swimming, floating, and water safety to all ages, adapting lessons to suit individual needs.

INTERESTS

Hobbies & Passions

Enthusiastic about personal health and fitness, including regular gym sessions, hiking, and cycling. Also passionate about technology and computers, with a curiosity for how things work and a keen interest in digital tools and media.

EXPERIENCE

Everyone Active

Solihull, United Kingdom

Fitness Supervisor — 08/2024 - 04/2025

Leisure Centre

- Supervised the gym floor, ensuring a safe and welcoming environment.
- Delivered group fitness classes and personalized gym inductions for juniors and adults.
- Provided guidance on exercise techniques, equipment usage, and workout plans.
- Maintained cleanliness and orderliness of the gym, ensuring equipment safety.

Everyone Active

Solihull, United Kingdom

Swimming Instructor — 06/2023 - 04/2025

Leisure Centre

- Delivered structured swimming lessons to individuals of all ages and skill levels.
- Focused on stroke techniques, water confidence, floating, and survival skills.
- Adapted teaching methods to cater to different learning needs and abilities.
- Assessed student progress and provided feedback to parents and guardians.

Everyone Active

Solihull, United Kingdom

Pool Lifeguard — 12/2021 - 04/2025

Leisure Centre

- Ensured the safety of all pool users, preventing accidents and responding to emergencies.
- Monitored poolside and changing areas, enforcing health & safety regulations.
- Provided first aid and incident reporting as necessary.
- Assisted in general operational tasks throughout the center.

Perfect Party

Dickens Heath, United Kingdom

Shop Assistant — 05/2020 - 02/2021

Party Planning & Decoration Store

- Managed balloon collection bookings and processed payments (cash & card).
- Provided personalized customer service, offering product recommendations and upselling.
- Maintained store presentation, restocked shelves, and handled inventory.
- Assisted in event planning inquiries and decorations.

EDUCATION

Access Creative College

09/2020 - 07/2021

Bachelor's Degree, Game and Interactive Media Design

- Pearson BTEC Level 3 Diploma in Creative Media Production (Games Development): Merit/Pass

Alderbrook School

09/2015 - 07/2020

GCSEs

- Combined Science Trilogy (Higher Tier): 6-5
- Mathematics (Higher Tier): 6
- Food Prep & Nutrition: 6
- English Language: 5
- English Literature: 4
- Design & Technology: 4
- Computer Science: 5
- Art & Design (Fine Art): 4