

Ania Oprawska Profile

I will never forget the excitement of taking my first independent swimming strokes as a child at Tooting Bec lido! Ever since that hot summer's day, I have loved being in and around water and I enjoy passing on that enthusiasm to the children and adults I now teach.

I gained my ASA teaching and RLSS lifesaving qualifications at the National Sports Council for Wales in Cardiff and have been teaching swimming, mainly in London, ever since. I am also trained in parent and baby aquatics; am a qualified scuba diver, and I swim regularly.

I love teaching people how to swim; there's nothing better than to see a person trusting their instincts and enjoying the water. My aim is to build confidence, learn or improve technique, and stay safe. My approach is relaxed and playful but with attention to ensuring the foundations of a good stroke, are introduced and in place. With so many pools in London, it's a great place to wind down, play or work out.

Ania joined SWSS team in October 2014.