

Karen Chequer-Pfeiffer, Masters Swim coach and Youth Swim Team instructor, is currently available now and throughout the year for individual and group swim lessons. Karen has been coaching at the Airport Club for over 20 years, and is an ex professional triathlete still competing now, locally and internationally in her new 55-59 age group. You may reach Karen at swimpfeif@aol.com or (707) 239-1711

Lisa Frazee is a long term swim instructor at the Airport Club. As a professional educator, in the classroom or pool, my goal wherever I teach is to provide instruction based on an individual's learning style and needs. In the decades I have been teaching and coaching swimming, I have taught all ages of children and adults. I have found that children best learn new skills when approached through a mixture of instructive and fun styles, while adults tend to prefer an analytical, informative method. I endeavor to individualize each student's learning experience so my pupils learn to enjoy their newfound skills in the water. I look forward to speaking with you: (707)546-4878 or hafrazee@att.net

Ann Wessman grew up in Ireland swimming competitively at the age of 10, became a life guard, did synchronized swimming and has taught adults and children to swim for a total of 8 years. My first experience in learning how to swim was when my sister said she would teach me, I was so excited, she took me to the deep end, let me go in the middle of the pool and said swim to the wall! Which I did, I thank her now but I was not happy at the time. Not a good first experience. I don't want anyone to have to experience that fear so teaching safety first is always my goal. To schedule lessons please contact Ann at (707) 775-9096 or annwessman538@gmail.com

Katelyn Hackett holds a bachelor's degree in kinesiology from Humboldt State University holds Certified Exercise Physiologist from ACSM (American College of Sports Medicine) and is a Sport Conditioning Coach from USA Olympic Weight lifting. She has been a swimmer all of graduate study in exercise science working with people with variety of special needs: stroke, Parkinson's, cardiovascular disease, joint replacement, etc. She enjoys triathlons, judo and being out with her dogs and she feels it's never too late to start a change, and is willing to help make those changes. To schedule lessons please contact Katelyn at katelynh@airportclub.com or (707) 494-2795

Shannon Lawee grew up in Pacifica, CA, swimming competitively at the age of 6. Her favorite swimming memory growing up, was being on the high school relay team that broke her school's 200 Freestyle Relay record. She moved to Sonoma County in 2011, received her Bachelors in Psychology from the University of San Francisco and is currently working to get her Masters in School Counseling. She teaches swim lessons purely because she loves it; she enjoys helping children and adults master their goals and find a new appreciation for the water, using an array of teaching styles to adapt to her students needs. She will be teaching year-round at the Airport Health Club, and has 10-years experience teaching infants, children, adults and seniors. You may reach Shannon at (650) 219-4843 or shannonlawee7@gmail.com