

## **Maruca Medina:**

Senior Splash, *Saturday = Aqua Aerobics*, and Private Lessons.

Maruca has been a fixture with the Meridian Swim Club since the beginning. She has a large class that follows her through the Fairfax Adult School. This aqua training is for disabled and individuals with limited motion. See class schedule for Senior Splash sessions.

## **Jeff Costa:**

Aqua Stretch and Aqua Aerobics.

Jeff has been with the Meridian Swim Club since 2001. Jeff is also the inventor of "Cardio Strip Tease" the current fitness craze. Jeff teaches a fun light-hearted and exhilarating session. His Aqua stretch sessions are less strenuous sessions for people with limited movement. Sessions are 60 minutes.

## **James Leo Ryan (Aqua Jimmy):**

Parent and Me, Private Lessons.

Jimmy has been with the Meridian Swim since 2003. Many members who knew of his passion for Parent & Me Swim introduced Jimmy to our club; as a result, his class has increased in popularity. See class schedule for Parent & Me swim. Swim diapers are required! \$3 for members, \$15 for non-members.

## Daniella DeVarney:

### Yoga

Daniella has been with the Meridian Swim Club since 2002. Originally a part time sub, Daniella quickly became a favorite among our Yoga students. Daniella, teaches people of all levels and offers the ability to stretch to a more positive state of being. This session corrects posture, brings awareness, strength, peace, and balance to one's day. Yoga sessions are 60 minutes.

## Martha Ellen Senseney:

### *Thursday evening Aqua aerobics*

Martha Ellen is the oldest instructor in tenure with the Meridian since 1997, the grand opening of the pool. Martha teaches an invigorating and medium to fast paced aqua class in the first 2 lanes. This 60-minute session is filled with funky music and fun moves. See class schedule for listings.

## Vanessa Mesia:

### Master Swimming, Private Lessons.

Vanessa has over 12 years of competitive swimming experience. Prior to Meridian, she managed the Northwestern University swim team. She trains all levels of swimming and her many success stories includes placing us in the rankings for our Region in 2007. Vanessa enjoys the challenge of teaching swimming and looks forward to work with anyone on a private basis or on the swim team.