

RADY STAFF PROFILE: EMMA SCHJERNING



How long have you been a Head Lifeguard at the Rady? One month

What made you want to become a Head Lifeguard?

Prior to working at the Rady Centre I was an Instructor Guard for three years and a Beach safety officer for two. Lifeguarding is both a challenging and rewarding job that requires focus and problem solving. After working as a Lifeguard for three years I decided that I wanted to take the next step in my lifeguarding journey to become a head lifeguard.

Describe your daily routine as a Head Lifeguard?

As a head lifeguard I oversee all the daily tasks that go on at the pool. A typical day of work for me looks like: Ensuring the pool water has been tested and is good for swimming, ensuring all lifeguards are aware and ready to work and performing their tasks, conducting reviews of Lifeguard activity; correcting of improper practices; checking the pool, locker rooms, and pool equipment for possible safety hazards or repairs; and coordinating the maintenance and repair of pool facilities.

Work/life balance is so vitally important, what are some things you like to do away from the Rady?

Away from the Rady Centre I enjoy spending time outdoors finding various activities to do. Biking has always been a very enjoyable and stress relieving sport for me and has allowed me to find a balance between work and physical health. Along with biking, I enjoy many other forms of physical activity such as running, swimming and weightlifting.

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TRAINER VIDEO



Check out Rady Manager of Fitness and Health Morrisa as she goes over the proper technique to using the Matrix S-Drive machine.

THE DEEP END



Check out the NEW updated and easy to read **pool schedule**. The schedule is now colour coded to signify pool availability, classes, limited times and closures. The current schedule runs till December 7.

[Pool Schedule](#)

Winter Swimming lesson sessions registration

will take place in December. Member and non-member registration dates will be announced in the coming weeks.

MORRISA

Rady JCC
Manager
of Fitness
and Health



Join Morrisa as she takes you through a full body workout that you can try on your next visit to the Rady.

[See workout](#)

PILATES IS BACK!

We are so excited to announce that Pilates sessions will be back at the Rady starting in November. Our instructors **Rose, Treasure** and **Alan** are anxious to welcome everyone back to the Pilates studio. Registration is now open.



[Schedule](#)

SPORT & REC



Register today for these programs: Basketball Club, Badminton, Soccer and Floor Hockey

[Register](#)

ACTIVE LIVING

Check out the expanded line-up of classes!

[Classes](#)



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