



# Media Release

10 December, 2020

## **Cockburn ARC swim teacher wins national award for inspiring water confidence in her young students**

Popular Cockburn ARC team member Mel Holst has been named the AUSTSWIM National Teacher of Infant and Preschool Aquatics for 2020.

Since Cockburn ARC opened in May 2017, it is estimated that Mel has given about 4,000 lessons to a about 32,000 young participants!

The local resident was one of seven national nominees, after also taking out the WA title.

Cockburn ARC Manager Brett McEwin said the centre's well-known Swim ARCADEMY instructor was much loved by junior swimmers, their parents and team members alike.

"AUSTSWIM recognised Mel for her approachable, easy going nature, and for creating an encouraging learning environment that inspires students to be happy and confident in the water," Mr McEwin said.

Mel has more than five years' experience, having also worked at South Lake Leisure Centre before it closed, and has mentored several new instructors since she began at Cockburn ARC when it opened three years ago.

"I took my son to lessons and I loved it so much and I thought I'd like to do this rather than work in an office. I absolutely love it," Mel said.

"I've developed a great bond with the kids, I love all of them and that I can teach them water safety skills and show them how to do new swimming skills each week and see their progress from week to week and how far they've come.

"I'm lucky to have found a job that I actually love so it's, easy for me coming to work each day, it's a great attribute.

"Love what you do, be passionate about it, give it your all, and if you're not sure ask, there's plenty of us around that want to help and teach you to become the best swim



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teacher you can be.”

Cockburn ARC was named AUSTSWIM’s Recognised Swim School Centre for WA in 2018 and fellow current Cockburn ARC swimming instructor Gloria Heuvink was named AUSTSWIM WA Teacher of Swimming and Water Safety in the same year.

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