

# Munchkin Movement

Katherine M. Schwab

## EXPERIENCE:

- 1980 - 1987      **Student at Acton School of Ballet – Acton, MA**
- Studied ballet, pointe, and jazz
- Summer 1986      **Student at Boston Ballet Summer Dance Program – Boston, MA**
- Studied ballet, pointe, jazz, modern, and character dancing
- 1987 – 1989      **Student at Walnut Hill School for Performing Arts – Natick, MA**
- Studied ballet, pointe, jazz, modern, and character dancing
- Summer 1988      **Student at School of the Cleveland Ballet Summer Dance Program – Cleveland, OH**
- Studied ballet, pointe, and Pilates
- 1993 -1994      **Student and Teacher at Town Hill Dance Academy - Town Hill, ME**
- Studied ballet, pointe, and Pilates
  - Taught ballet to children ages 8-12
- 1994 - 1998      **Ta-Dah! Studio of Dance - Westford MA**  
*Dance Teacher*
- Taught ballet, pointe, tap, jazz, and creative movement to students ages 2 through adult
- 1995 - 1997      **Suburban Athletic Club - Framingham, MA**  
*Head Coach of Swim Team & Aquatics Instructor*
- Taught swim classes to students ages 6 months through adult
  - Coached a Junior Swim Team for ages 4-6 and Swim Team for ages 7-18
- 1997 - 1998      **New England Barracudas - Weston, MA**  
*Swim Coach for local United States Swimming team*
- Coached the 8 and under team
- 2005              **Hockomock Area YMCA – Franklin, MA**  
*Dance Department Coordinator*
- Taught ballet, tap, jazz, and creative movement to children ages 6 months – 7 years
- 1999 – Present      **The Leukemia and Lymphoma Society - Massachusetts Chapter**  
*Head Triathlon Coach for Team in Training program*
- Train adult participants for endurance fundraising events
- 2002 – Present      **Total Immersion Swimming – New Paltz, NY**  
*Total Immersion Teaching Professional*
- Teach Total Immersion swimming lessons to private clients and groups at weekend workshops
- 2002 – Present      **Big Dreams Fitness – Foxborough, MA**  
*Owner*
- Offer private and small group swim lessons, triathlon coaching, and personal training services

## CERTIFICATIONS:

American Red Cross – Water Safety Instructor (WSI)  
American Red Cross - Lifeguard  
American Red Cross - Safety Training for Swim Coaches  
American Red Cross - CPR for the Professional Rescuer  
Commonwealth of Massachusetts – EMT  
National Strength and Conditioning Association - Certified Personal Trainer  
Total Immersion Swimming - Total Immersion Teaching Professional, Senior Coach  
USA Triathlon - Level 1 Triathlon Coach

## EDUCATION:

1995              Bachelor of Arts in Human Ecology  
College of the Atlantic - Bar Harbor, ME