Amirhossein Heidari

School Swimming Teacher & Coach

Swim England qualified • Safeguarding & CPR certified • Lifeguard

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Scan for my lesson videos & portfolio



PROFILE

Swim England-qualified swimming teacher and coach with **10+ years** of experience teaching, coaching and safeguarding swimmers — including **500+ children** across multiple pools — from **first-time, nervous beginners** to **competitive squads**. BSc in Sport Sciences (University of Tehran) with a strong grounding in motor learning and child development, and a former **Iran National Water Polo Team** player. I run structured, safe and fun lessons that build water confidence, correct technique and a lifelong love of swimming — children who complete 10 lessons with me show clear, visible progress. I am now looking to bring this to a school swimming programme in Dubai — curriculum lessons, squads, galas and ECAs.

10+	500+	10	13+
years teaching, coaching & lifeguarding	children taught across multiple pools	lessons to clear, visible progress (before/after videos)	national titles as an athlete; Asian U18 bronze

WHAT I BRING TO A SCHOOL

- **Learn-to-Swim & water confidence** — patient, step-by-step teaching for beginners and anxious swimmers
- **Water safety & lifeguarding** — safe supervision, rescue drills, emergency action plans
- **Squads, galas & teams** — preparing students for inter-school competition
- **Water polo ECA** — can start or develop a school water polo programme
- **Stroke technique** — all four strokes, starts, turns and stroke correction
- **Lesson planning & assessment** — progression levels, swimmer tracking and reports
- **Parent communication** — clear progress updates and goal setting with families
- **Team player** — experience leading and mentoring coaches and lifeguards

TEACHING & COACHING EXPERIENCE

Founder & Head Coach
2026 – Present

Flui Swim Academy, Dubai, UAE

- Created the academy's Learn-to-Swim curriculum and age-appropriate lesson plans, from water confidence to stroke development.
- Designed swimmer assessment levels and individual progression plans; track and report progress to parents.
- Film before/after videos to show families real progress — clear, visible change within 10 lessons.

Private Swimming Coach
2025 – Present

Independent coach — lessons at Hamdan Sports Complex, Dubai, UAE

- One-to-one and small-group lessons for children and adults focusing on confidence, technique and water safety.

Head Coach & Aquatics Manager
2023

Shahid Eraghi Pool, Tehran, Iran

- Led a programme of **300+ swimmers**, supervising **9 swimming coaches**, **4 lifeguards** and 5 operational staff.
- Developed young athletes who progressed into Premier League and national team pathways.

TEACHING & COACHING EXPERIENCE (continued)

Head Swimming Coach 2022
Iran University of Science & Technology (IUST), Tehran, Iran

- Led recreational and competitive swimming programmes and mentored assistant coaches.

Swimming & Water Polo Coach 2016 – 2019
University of Tehran Pool (2019) • Tarbiat Modares Pools (2017–2018) • Nofallah, 9 Dey Olympic Pool & other centres — Tehran, Iran

- Taught **500+ children** across Learn-to-Swim and competitive groups at multiple pools.
- Took swimmers from fundamentals to competitive technique; ran youth water polo programmes.

WATER SAFETY & POOL LEADERSHIP

Aquatics Facility Manager 2024
Helios Tower – Garden Pool, Saadat Abad, Tehran, Iran

- Managed operations, water quality and hygiene; ran risk assessments and emergency procedures.

Head Lifeguard 2022 – 2023
Shahid Eraghi Pool (2023) • IUST Pool (2022) — Tehran, Iran

- Led lifeguard teams and scheduling; enforced safety rules, ran rescue drills and maintained emergency readiness.

QUALIFICATIONS & CERTIFICATIONS

Swim England Swimming Coach (L1 & L2)
Swim England • 2026

CPR
Swim England • 2026

Certified Water Polo Coach
Iran Swimming, Water Polo & Diving Federation • 2025

Safeguarding & Protecting Children
Swim England • 2026

Certified Swimming Coach
Iran Swimming, Water Polo & Diving Federation • 2025

Lifeguard Certification
Lifesaving & Diving Federation of Iran • 2017

EDUCATION

Bachelor of Sport Sciences 2016 – 2020
University of Tehran, Iran

Relevant courses: Motor Learning & Development • Kinesiology • Biomechanics • Physiology of Training • Sports Injuries

ATHLETIC BACKGROUND

Former **Iran National Water Polo Team** player (junior & senior) — a positive role model for young swimmers.

- **International:** Bronze medal, Asian U18 Water Polo Championship (2015); FINA World U20 Championship (2016); national team camp, Belgrade (2016); runner-up, Asian Club Championship (2017).
- **National:** 13+ championship titles; Premier League champion (2018); university & armed forces swimming gold medals (2018, 2021).

ADDITIONAL INFORMATION

Languages: English — professional working proficiency (B2); Persian — native

Visa: UAE residence visa (own company) — no sponsorship needed

REFERENCES

Available on request.