

**Pam Allen- Swim Instructor**

Pam has a Bachelor's degree from Southern Connecticut State University and a Masters in Sports Medicine from Ashland University in Ohio. She taught physical education and health for 37 years, elementary through high school. Pam also taught various classes at Ohio University.

She has been a competitive swimmer for 53 years and is still at it! I has taught swimming at all levels and to all ages ranging from infants and toddler's safety around water and introducing them to the water to stroke with older children and at the adult level. It's never too late to learn to swim!

