



WAVERLEY OAKS
ATHLETIC CLUB

EMILIA BOHAC

Take Water Fitness Class with our Group Fitness Instructor of the Month.

January



In the water, on land or on snow, Emilia is a mover and a shaker.

She leads an energetic class, with positive vibes and diverse music. She's thrilled to frequently teach Pre-K through Seniors on the same day – both on land and in the water. This gives

Emilia unique insights on body movement and teaching progressions. In over forty years of teaching swimming, she's seen all ages, abilities, and mobility's gain benefits from increased buoyancy and resistance in the pool.

Emilia's love of movement began at age five with ballet. Ballet expanded to classes in pointe and modern dance. Not one to be put in a box, she also competed in western style square dancing and contra dancing! Teaching swimming was her second love, and began while she was in junior high. Next her interests grew to include soccer, leisure education, recreation, and boating.

Emilia has led both "the go getter" and "the tentative" to success while teaching a variety of activities including kayaking, Nordic skiing, sailing, and canoeing. Currently she coaches middle and high school sports, and also teaches Physical Education.

Additionally she has spent many years as a waterfront director, aquatics consultant, and lifeguard trainer. Athletes of all ages, from around the world, find success with her fun creative teaching style.

Emilia considers herself an educator and a coach; developing people's potential and actualizing their goals is her passion. Emilia's commitment to helping people make the most of life's experiences shines forth in her leadership. Whether you exclusively prefer a water workout, or like to change things up once in awhile – come join her at the pool!



Water Fitness Classes

Tuesdays

Loud & Proud 7:00pm

Saturdays

Loud & Proud 10:00am