



## HEATHER OTTO

### HEALTH

**Where are you from?** I was born in Whittier and grew up in Irvine.

**What is your educational background?** I graduated from Saddleback College with an AA and transferred to San Jose State University for my BS and minor in Sports Psychology. I then went to Azusa Pacific University to get my Masters of Education Degree, with an emphasis in Physical Education.

**Where have you taught other than Saddleback College?**

I started coaching the men's swim team at Saddleback after I graduated there. Since then I've taught at Saddleback in the Kinesiology Department, and I started teaching for Santiago Community College this past spring. This fall, I will also be teaching for the Irvine Valley College Emeritus Institute.

**When did you discover your passion for instruction?** I fell in love with aquatics coaching and helping others learn to swim/water activities during high school.

**What is your favorite aspect of your chosen career?** I would say it's the "people aspect" of what I do. I love engaging with others and getting to know them.

**What quality do you feel best describes you?** That I'm passionate about my love to teach others and care deeply about others.

**What other interests, hobbies and pastimes do you enjoy?** I love spending time with my husband and our five kiddos.

**What do you think you'll like most about teaching for the Emeritus Institute?** I'll enjoy working with the students and teaching different exercises in the pool.

**What message would you like to send to Emeritus Students about what to expect from your classes?** Be ready to have fun, become more knowledgeable about aquatic fitness... and meet new people!

**What are some FUN FACTS about you?** I have five kiddos -- ages 23, 20, 17, 14, and 8 -- all of which I have homeschooled their entire lives. In addition to working at the colleges, I teach private swimming lessons in Orange County and am very busy with that during the year too.