

## **MELISSA MERRAN CV**

### **TEACHING QUALIFICATIONS :**

**CITY AND GUILDS** Adult Education Teachers Cert 730.

**RSA/YMCA** Exercise to Music Teachers Cert.

**YMCA** Fitness Training Teachers Cert.

**BAWLA** British Amateur Weight Lifters Assoc Teachers Cert.

**REEBOK STEP** Teachers Qualification.

**BAGA** Teachers Cert.(Grade 5 Gymnastics).

**BITA** British Ice Teachers Assoc Teachers Cert.(Ice Skating).

### **TEACHING EXPERIENCE :**

**1988-89 SEQUIN PARK LADIES GYM.ISLINGTON.**

Duties : **Aerobic and Body Conditioning Classes and Reception work.**

**1989-92 MICHEAL SOBELL SPORTS CENTRE.HORNSEY.**

Duties : **Ice Skating/Fitness and Weight Training Coach on the Schools Program.**

**Aerobic/Body Conditioning/Step Classes-Adult Classes.**

**Private one to one Ice Skating lessons.**

**1989-93 LINGFIELD HEALTH CLUB.BELSIZE PARK.**

Duties : **Aerobic/Body Conditioning/Step Classes and Personal Training.**

**Reception work and Accounts Assistant.**

**1992-94 LONDON CENTRAL YMCA TRAINING AND DEVELOPMENT DEPT.**

Duties : **Assistant Course Director on Exercise to Music**

**Courses.(Lecturing,Practical Teaching and Examining).**

**1993-98 THE BODY FIRM. HARLEY STREET.W1.**

Duties : **Personal Training.**

**During 1989-98 I also taught Aerobic/Body Conditioning and Step Classes at:**

**Jubilee Hall.Covent Garden.**

**The Espree Club.Tower Bridge.**

**The Armoury.Hampstead.**

**2001 AYR ICE ARENA.SCOTLAND.**

Duties : **Off Ice Fitness Coach for the British Ice Skating Squad.**

**2001 THE CIRCUS SPACE.LONDON.**

Duties : **Static Trapeze and warmup teacher on the Adult Program and the young**

**Peoples project.**

**2003-2010 THE BODY FIRM. HARLEY HOUSE.NW1.**

Duties : **Personal Training.**

**2003-07 THE CIRCUS SPACE.LONDON.**

Duties : **Teaching;Swinging Trapeze/Static Trapeze/Aerial Hoop/Tissu-Silks/Cloudswing/Aerial Conditioning and Stretch and Extension Classes on the Circus Arts Foundation and BA Hons Degree Course.**

**2005 FEDEC : European Circus Schools Teaching Federation.**

Duties : **Presentation on Aerial Basics/Conditioning for Static Trapeze.(Representing The Circus Space,London).**

**FEDEC MANUAL : Wrote and demonstrated photographically Static Trapeze and Tissu-Silks.**

**2006 TOULOUSE,FRANCE.LIDO CIRCUS SCHOOL.**

Duties: **Workshop for Static Trapeze and Aerial Conditioning.**

**2007 to present THE CIRCUS SPACE.LONDON.**

Duties: **1 to 1 teaching of swinging trapeze,static trapeze,aerial hoop and tissu-silks.**

**2009 CIRCO RALUY.SPAIN.**

Duties: **Taught basics and created choreography for syncro hoop act.**

**2010 DANCING ON ICE**

Duties: **Aerial advice and silks teaching for Torvil and Dean's 2010 "Bolero" ice/silks routine.**

**2010 to present.**

**Freelance Personal Training.**

**2011 to present. SPRINGHEALTH,BELSIZE PARK.**

Duties: **Aerobic/Body Conditioning/Stretch Classes.**