

# Annette Hudson

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## Employment History

### Adult Aquatics Exercise Instructor

*Aquatic Exercise Association Certification  
CPR, First Aid Certification*

Crenshaw Athletic Club  
1985 – present

The Hills Fitness Center  
1989 – 2016 (permanently closed)

Dell Jewish Community Center  
2015 – ~~present~~ 2022

- Design each class through choreography and music selection
- Work with participants ranging in age from 18 to 99, developing relationships, helping people achieve their personal fitness goals
- Teach classes of up to 20 participants
- Adapt lessons for students with mobility considerations and different fitness levels
- Experienced in several different formats, from aqua fitness, focusing on mobility and strength, up to high intensity interval training
- Familiar with use of many types of aquatic equipment
- Responsible for preparing pool area – laying out equipment, setting up sound system, ensuring pool climate, greeting participants, recording class size

### City of Rollingwood Park Commission

2009 – ~~present~~ 2019

- Serving as Chairperson 2011- ~~present~~ 2019
- Oversee all the activities of the city park, recommending improvements, creating budget and securing money from donors
- Schedule and organize community-wide events
- Conceive and undertake beautification projects
- Draft ordinances as needed to regulate use of park, including fields, pavilion, etc.
- Liaison with civic and commercial entities that use the park

### Education

Bachelor of Arts, University of Texas at Austin

*References available upon request*