

# Penny Pantano, R.N., B.S.N.

Owner of Swim-in Zone, Inc.

## Education

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1995	School Nurse Certification, Cedar Crest College, Licensed Professional Nurse
1994	B.S.N. Cedar Crest College, Summa Cum Laude
1969	Graduate Nurse Presbyterian-University Hospital School of Nursing, Pittsburgh, PA.

## Employment in Nursing

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2002-2003	KidsPeace National Hospital for Kids in Crisis
1989-96	East Penn School District
1969 -71	Full time nursing, ICU Ohio State University Hospital

## Employment/Volunteer Aquatics

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2004-present	Water Safety Chairman for Safe Kids Coalition
2002-2003	Swim School Consultant for Rodale Aquatic Center at Cedar Crest College - marketed, developed, supervised, organized and trained instructors
1998-present	Chairman of Safe Kids Family Water Safety Day, Allentown
1993-2002	"Gus and Goldie Water Safety Program" - developed, marketed, instructed and supervised this nationally franchised water safety program for Lehigh Valley
1993-1998	Safety Chairman Emmaus Aquatic Club
1993-1995	Mid-Atlantic Division of USA Swimming Safety Committee
1990-present	Boy Scouts of America, merit badge counselor for swimming
1989-present	Am. Red Cross Instructor Trainer for Water Safety and Lifeguard Training
1989-1996	Meadow Pool Assn. 8 & Under coach
1989-1999	Rodale Aquatic Center Development Committee
<b>1984-2002</b>	<b>Emmaus Aquatic Club - founded, developed, coordinated, instructed and supervised the Emmaus Aquatic Club Swim School</b>
1984-2002	Emmaus Aquatic Club swim coach
1983-1985	Lehigh Valley Aquatic Club- developed, coordinated, and supervised lesson program
1982-1985	Member Red Cross Water Safety Committee
1981-1984	Owned and operated swim school in Emmaus, PA
1980-present	Am. Red Cross Lifeguard Training Instructor
1980-present	USA Masters Swimmer
1979-1996	Meadow Pool Assn. developed, and supervised summer swim lesson program
1979-1981	YM/YWCA Allentown, instructed swim lessons
1977-present	Adaptive Aquatics instructor including adults and children with blindness, Down's syndrome, muscular dystrophy, cerebral palsy, autism, spina bifida, & deafness
1964-1979	Various jobs and volunteer activities with Red Cross, Salvation Army, YMCA, YWCA, Camp Brashear teaching swimming and lifesaving to adults and children

## American Red Cross Certifications

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Lifeguard Training	1964-present
Water Safety Instructor	1966-present
Lifeguard Training Instructor	1966-present
Adaptive Aquatics Instructor	1988-present
Lifeguard Training Instructor Trainer	1989-present
Water Safety Instructor Trainer	1989-present
USA Swimming Coach	1989-2003
Safety Training for Swim Coaches	1989-2003
Professional CPR Instructor	1991-present
First Aid Instructor	1991-present
Professional CPR Instructor Trainer	1994-present
Oxygen Administration Instructor Trainer	2001-present
Oxygen Administration Instructor	2001-present
Oxygen Administration	2001-present
Automatic External Defibrillator	2000-present
AED Instructor	2001-present
AED Instructor Trainer	2001-present
Preventing Disease Transmission Instructor Trainer	2001-present

## Other Certifications

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Basic Canoeing Instructor	1978-1996
River Canoeing Instructor	1987-1991
National Pool and Water Park Training	1988-1989

## Activities

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1997- present	Member of Allentown and Bethlehem Area Safe Kids Coalition
1980-present	Member of Faith Presbyterian Church Choir, Emmaus PA
1990-94	Member of Red Cross Health and Safety Committee
1989	Safety for Lehigh Valley Triathlon
1989-90	Delaware River Safety Patrol
1988-93	Race Chairman Lehigh Valley Canoe Club
1985-86	President of Lehigh Valley Canoe Club
1983-84	Instruction Chairman for Lehigh Valley Canoe Club
1981-85	Red Cross Small Craft Committee
1979-82	Cub Scout Den Mother
1979-96	Canoe racer - Nationally Ranked C-1W in '84 and '85
1972-73	Developed and taught baby sitting course for JCC in Ohio
1973-76	Girl Scout leader

## Memberships

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1977-2004	Lehigh Valley Canoe Club
1980-2004	American Canoe Association
1989-2002	Coach member of United States Swimming
1992-present	Member of United States Swim School Association

## Awards

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1997	Sigma Theta Tau Nursing Honor Society
1994	Cecilia C. Ryan Award for highest GPA- Cedar Crest College
1993	National Swim School Association Outstanding Teacher
1993	Delta Pi Chapter of Alpha Sigma Lambda Scholastic Honor Society
1991	Lehigh Valley Chapter of Red Cross Volunteer of the Month

## Presentations and Publications

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1995	Safety Day at Air Products and Chemicals, Inc. "Safety on Moving Water"
1997	National Swim School Association Spring Seminar "Teaching Breaststroke"
1998	Pantano, Penny, Doctor's Forum: July/August "Water Safety, Observations of a River Safety Patroller" pgs 49-51
1999	Articles on drowning, boating, tubing, rafting for Allentown and Bethlehem Area Safe Kids Coalition Resource Handbook
2000	National Swim School Association Spring Seminar "Exhaling, the Secret to Breathing While Swimming".
2001	National Swim School Association Spring Seminar "Balanced Swimming for Beginner Swim Team"
2001	Pennsylvania Public Health Convention Speaker, "Family Water Safety Day, A Community Approach to Drowning Prevention"
2001	Community Services for Children Seminar on "Pool Safety for Children" for Nursery and Day Care personnel who take children to community pools.
2002	<i>The Press Focus Article "Safety First is Priority at EMAC" written by Diane Roberts Tatum. Article is about Parent/Child class taught at EMAC by Penny Pantano</i>
2002	ABC News Philadelphia with Anita Brickman, "Safety Tips for Preschoolers"
2004	Presentation to United States Swim School Association Spring Seminar "Teaching the Reluctant Child" Feb. 2004
2005	Curious Parents Magazine, May 2005, "Swimming is More Than Fun- It's a Skill That Can Save Your Child's Life"
2006	Lehigh Valley Sports Extra, November 2006 "Swimming, a Gift for Life"
2007	Lehigh Valley Sports Extra, June 2007 "Drowning is Preventable"
2007	Morning Call, "The Family Project" Expert on Water Safety invited to be a member of the Topic Team because the topic was safety issues involving a pool swim party
2007	Saucon Valley News, August 2007 "Are You Afraid in Water?"
2008	Editorial in Morning Call, June 9, 2008, "Lack of Lifeguards is an Invitation to Danger"
2009	Lehigh Valley Sports Extra, January 2009, "Minority Swimming"

## Personal

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Married for 38 years, 3 children, 6 grandchildren, enjoys skiing, hiking, scuba diving, quilting, canoeing, traveling and swimming.