

Example CV Two

A **17 year old** applying for a job with a Health Club and Spa

Julek Pawlak

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I am a fit and enthusiastic young person who is dedicated to the field of health and fitness. I enjoy working with customers and helping them make effective use of their time and the equipment. I am very keen to continue with my training and take on additional responsibilities.

Employment

- ♦ **2008-present:** part time Leisure Centre Assistant at Bridge Road Leisure Centre. Checking sports equipment, setting up the sports hall, handling payments and taking bookings on reception.
- ♦ **2008-present:** part time pool supervisor at King's Bridge Water Centre. Advising on water safety and monitoring activities in the pool.
- ♦ **2007-2007:** Saturday job at Bellmore's Builders' Merchants. Unloading and shelving stock, stock control, advising customers and customer service.
- ♦ **2007:** holiday job at Ashton's Garden Centre. Watering plants, displaying new stock, helping customers, packing goods and plants.
- ♦ **2007:** work experience [one week] at Barrett's Lane Fitness Studio. Setting up equipment for classes, showing new members how to use the equipment safely and effectively and helping the instructors with fitness assessments.

Education & Achievements

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|------------------------------|--|------------------------|
| 2007-2008 | City College [full time] | |
| ♦ Sport [Exercise & Fitness] | BTEC First Diploma | Distinction |
| 2006-2007 | City College [part time as part of Year 10/11 programme] | |
| ♦ Sport & Leisure | BTEC Introductory Certificate | Merit |
| Youth First Aid | St. John Ambulance | Passed |
| 2007 | Wick Swimming Pool | |
| ♦ National Pool Lifeguard | Life Savers UK | Units 1 & 2 |
| 2007 | Wick Swimming Pool | |
| ♦ Swimming Challenge | Amateur Swimming Association | Bronze & Silver Awards |
| 2003-2007 | St Michael's Secondary School | |
| ♦ English, ICT Art & Design | GCSE D | |
| Maths | GCSE E | |
| 1998-2003 | Elm Grove Primary School | |
| ♦ Personal Survival | Amateur Swimming Association | Level 1 & 2 |

Interests

- ♦ Keeping fit and active through team and individual sports - football, weight training and swimming
- ♦ I'm a keen supporter of Wick FC
- ♦ I enjoy going to the cinema

References

- ♦ Details of two referees are available on request