



**Favorite stroke:**

**Front Crawl**

**Fun Fact:**

**Sue volunteers at the  
CI National Park and  
Marine Sanctuary!**

## **Sue Miller**

With over 15 years of experience as a swim instructor and lifeguard at the YMCA, Sue is passionate about helping swimmers of all ages gain confidence and skills in the water. She specializes in making new swimmers feel comfortable and safe, and is known for her clear communication and ability to connect with students of all ages. Whether someone is just learning to float, preparing for Jr Lifeguards, or training for competitive swimming, she loves tailoring lessons to help swimmers meet their goals.

Outside of the YMCA, you might find Sue aboard the Condor Express spotting whales and sharing marine knowledge with visitors. In her spare time, she enjoys swimming, hiking, biking, and spending time with her two doodles, family, and friends..

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**Favorite stroke:**

**Free Style**

**Fun Fact:**

**Carrisa's favorite show is  
Rick and Morty!**



## **Carrisa Krejdovsky**

Carrisa has always loved the water; swimming competitively and playing water polo all four years of high school before coming to teach at the Y. She has been teaching lessons for two years now while earning her bachelor's degree.

Carrisa is great at making kids feel comfortable and excited to get in the water from one year olds to twelve year olds. She is happy to be there and it is clear to see through her positive energy and encouraging engagement with the kids. With her swim background, she is excellent at helping kids continue to grow their skills into more specialized stroke techniques as they get better and more confident.

When Carrisa is not at the pool you will find her hanging out with friends, painting, listening to music outside or watching her favorite tv shows.

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**Favorite stroke:**

**Butterfly and  
Back Stroke**



**Fun Fact:**

**Naomi swam Alcatraz!**

## Naomi Perl

Naomi lives and breathes the water—whether she’s teaching at the YMCA, soaking up the sun at the beach, or competing in water polo and swimming at Dos Pueblos High School. For Naomi, the water isn’t just a passion; it’s a way of life. A proud Senior at DPHS, she’s always making waves, both in and out of the pool!

Naomi is passionate about teaching others something she loves. Her approach to teaching allows for her students to build excitement and connection to the water. Her patient and encouraging teaching style ensures that every student feels supported and motivated to reach their full potential.

When Naomi isn’t making waves in the pool, you’ll find her in the kitchen, crafting delicious breads and baked treats. She’s honing her skills, preparing for her next big adventure: Culinary School!

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**Favorite stroke:**

**Breaststroke**



**Fun Fact:**

**Lucas began solo  
traveling internationally  
at age 16!**

## **Lucas Pieper-White**

Lucas has been teaching swimming for 8 years and serves as the Aquatics Coordinator. He specializes in teaching infants, toddlers, and students preparing for competitive swim pathways. Lucas also trains swim instructors and lifeguards, and is studying Math & Finance at UCSB.

When he is not in the water at the Y, you'll find him on the golf course, playing guitar, or playing baseball and hockey.

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## Thomas Li

Thomas has been a swim instructor and lifeguard for three years since joining our Y, which is also when he started learning technical swimming, himself! He enjoys swimming at our pool and continuing to learn the best methods to improve his strokes.

Thomas has enjoyed teaching children of all ages and is ready to meet them at any stage of swimming, from fear of the water to the fine tuning of strokes. He also applies his background as a behavioral interventionist in his instruction of those with Autism Spectrum Disorder in our Adaptive Swimming Lessons.

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**Favorite stroke:**

**Freestyle**

**Fun Fact:**

**Fred did not learn how to swim correctly until he was 33!**



## **Fred Maggiore**

Fred has been teaching the adult swim classes at the Y for 3 years. He is a long-time endurance athlete (triathlons, marathons, open water swimming), and currently a US Masters Swimming certified coach and previously a USA Triathlon certified coach.

He works with those afraid and fearful of the water to help them overcome their fears or insecurities in and around the water, while teaching them how to relax in the water and to eventually learn to swim to the best of their ability. He also takes people that know how to swim and helps them fine tune their stroke and body position to be as efficient as possible, while trying to make this fun for everyone.

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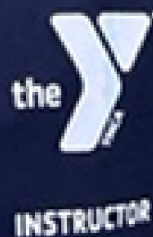


**Favorite stroke:**

**Front Crawl**

**Fun Fact:**

**Clarissa is on her school's  
rowing team!**



## **Clarissa Hom**

Clarissa has been teaching swim lessons for four years and loves to be able to help kids go from shy to enthusiastic about the water. She swam on her high school team and still finds time to get in the water for triathlons! She started teaching at the Y in February and has loved the encouraging and safe environment.

She enjoys teaching kids their first skills like front float and back float and seeing their confidence grow with every accomplishment.

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