

# Meet the Instructor/Coach

Rob Bruendl (pronounced Brun-dL) is the main “Adult Swim Group” instructor/coach at the Draper Recreation Center.

Rob is a lifelong swimmer and will tell you that his credentials for coaching begin with the swimming pool being his “happy place.”

Rob has recently retired from being the Pastor of Trinity United Methodist Church in West Valley City, UT. Though he has been swimming with the “Adult Swim Group” at the Dimple Dell Recreation Center for a number of years, it was the tragedy of Trinity UMC’s youth group leader (Noni Mo’unga) drowning at a church event that has brought him back to his passion for teaching and coaching swimming. Rob became a certified instructor for U.S. Master’s Swimming’s “Adult Learn-to-Swim (ALTS)” program shortly after the accident. Trinity UMC was subsequently awarded a grant from U.S. Master’s Swimming for the church’s “Swim for Noni” program that teaches the youth and young adults of Trinity UMC to swim with the goal that they will never again have to mourn for one of their own.

With the success of Trinity UMC’s “Swim for Noni” program, Rob also began coaching on a substitute basis for the “Adult Swim Group” at the Dimple Dell Recreation Center. Rob is currently certified as a Level 1 & 2 Master’s Coach by U.S. Master’s Swimming and has attended their Stroke Development Clinic Course for Coaches.

Rob is thrilled to be coaching the “Adult Swim Group” program at the Draper Recreation Center, which opened to the public for the first time on July 1, 2020. He is looking forward for you to join him for that early morning or afternoon practice. Whether you swim for exercise and would like a structured workout time as a competitive swimmer or tri-athlete, or just because the pool is your “happy place” as well.

Read more about Rob’s efforts with Trinity UMC’s “Swim for Noni” program by clicking on one of these links below...

<https://www.usms.org/fitness-and-training/articles-and-videos/articles/rob-bruendl-helps-congregation-swim-through-loss>

<https://kutv.com/features/inside-the-story/inside-the-story-kearns-pastor-saving-souls-and-lives-at-church-and-in-the-pool>

