

To: Dearest Lori.



Thank you very much for teaching me how to swim. You were patient, always on time, flexible and very motivational.

Thank you very much for your time, Energy and professionalism. May God bless you always.

Thank You

From: Vania with love.

### Lessons with Adrian

[Roxana Gheorghe](#) Lovely experience with Adrian, former Romanian Olympic swimmer. He helped me overcome my fear of water, fear I'd had since I was 5 years old. I could swim for a full hour in the open sea after one lesson with Adrian. I'll go to AquaSkills again.... Thank you, Adrian!

April 13 at 8:17am · Like · [1 person](#)

### Lessons with Adrian

**I have just completed a series of six lessons with Adrian Ginju of AquaSkills and would thoroughly recommend him as a swimming instructor.**

**I had never received any swimming lessons before, but I was comfortable in water and able to swim after a fashion. However, my technique was non-existent and I would be exhausted and out of breath even after swimming short distances of twenty yards or so.**

**Adrian took me back to first principles and identified the many bad habits I had acquired. By focusing on the basic components I came to understand the mechanics of each stroke (freestyle and breaststroke) and gradually apply them in the pool. At the same time Adrian helped me overcome my biggest difficulty - an inability to breathe properly - so that with my improvement in technique I was able to increase the distance and duration of my swims.**

By the end of the course I was able to swim much more proficiently. By focusing on the lessons and tips that I learnt from Adrian I feel confident that my swimming will continue to improve and my endurance increase.

John Davies  
daviesrich@hotmail.com  
05/08/10

### Lessons with Adrian

Adrian Ginju from Aqua Skills has been training my ten-year-old son, Johnny, competitive swimming skills since April. As a result, I have noticed a tremendous improvement in Johnny's performance and I attribute this improvement to Adrian's excellent training. I understand that you have been difficult regarding his operation at your location and I wanted to let you know that I believe you are making a big mistake. Initially, I was interested in Aqua Skills training for Johnny because of Adrian's Olympic credentials. But I know now that Adrian is not only a great swimmer himself, but he is also a great coach. It really shows in all of Johnny's improved swim strokes. My wife and I are very excited because Johnny has competed in state level competitions prior to his training with Adrian and we are looking forward to his improved skills getting him to the national level in his upcoming swim season.

We will have Adrian train Johnny every year with Olympic aspirations. Our Olympic goal for Johnny is only seven years away and it will bode well for Adrian and Aqua Skills, but not for New York Health & Racquet club. We will remember that you were not too facilitating of Johnny's endeavor. On other hand, my hope is that you will be able to settle the differences you have with Aqua Skills to prevent any ill will that is inevitably long lasting. Feel free to contact me if I could explain myself further. I can be reached at (732) 680-9443

John Piccinic  
07/ 24/2010

### Lessons with Lori

Hi Lori,

Thanks for the certificate -- I will go to a copy shop to print in color. And thank you for the swim lessons. You are a wonderful teacher and a beautiful person inside and out!

I hope Elle does well in her swim lessons. It's so much more than just about the act of learning how to swim. It's opening up a new world, a whole new plethora of possibilities, and learning how to move our bodies in a different medium. I plan on going to a water park this summer and this time I won't be hesitant to ride on a flume that lands me in a pool over 5 ft deep! LOL.

Hsien- Kai-Tan  
Hsienkai328@yahoo.com  
05/31/2010

### Lessons with Lori

Lori was very patient instructor. She worked with me slowly and helped me achieve my goals. I highly recommend her if you want a instructor who is knowledgeable and understanding. I would definitely recommend her to others.

William Wu  
Wwu625@yahoo.com  
06/05/2010

### Lessons with Lori

Dear Lori

You are the greatest physical instructor I've ever had in my short life, and you're top-shelf with me Lori---I have to make sure you aren't out of pocket for any of the time we've arranged.

Let's meet on Wednesday morning 9:30, it may be our last session. Let me know what I owe you (COMPLETE with the make up one I missed) so I can bring payment.

Nigel Alleyne  
03/03/08

### Lessons with Lori

"Hands down, I think Lori Paillet is quite a find for swim students for more reasons than one. With Lori, I'm learning to be a confident swimmer. Swim lessons are fun as she mixes up exercises that incorporate a variety of swim techniques. Since I'm a beginner, her positive attitude and encouragement has helped me love swimming more. And finally, what makes her unique is her ability to diagnose and correct what I'm doing wrong which speeds up my learning process. I definitely highly recommend Lori as a swim instructor!"

Deborah Dee  
07/21/2007

From: [adrian.kunzle@jpmorgan.com](mailto:adrian.kunzle@jpmorgan.com)

Sent:  
Mon 4/23/07 2:30 PM  
To:  
agaquaskills@hotmail.com  
To Whom It May Concern

I and my wife have used Adrian Ginju's Aqua Skills lessons for the last 3 1/2 years, first with our daughter Alexandra, and more recently with our son Tristan. Tristan started with Adrian when he was 3 (he is now 5), and through Adrian's great swimming experience, "can do" attitude, and fun approach to the lessons, can swim properly, and loves being in the water.

Adrian doesn't mess around in the lessons. They are serious affairs, where learning good swimming skills are the most important thing. However, he inspires confidence in the swimmer, and is very caring. Tristan has never been frightened during the lessons, has never had to step out, and is in fact rather hard to get out of the pool each time.

We have had a couple of issues with bookings being confused, and one missed appointment, but this side of things is easily taken care of with regular phone calls, and totally eclipsed by the quality of swim instruction that my two children have received. I can recommend Aqua Skills without hesitation to everyone who really wants to learn how to swim properly, and have fun doing it.

Regards

Adrian

Adrian Kunzle  
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## Amber Ward reference

From: [Sprklbrbie@aol.com](mailto:Sprklbrbie@aol.com)  
Sent:  
Mon 4/23/07 10:39 PM  
To:  
agaquaskills@hotmail.com

To whom it may concern;

For the past two years Mr. Adrian Ginju, president of Aqua Skills, has given my young daughter swimming lessons. As most parents in the city, I have brought my daughter to a variety of lessons over the years - dance, music, sport. While all of these classes have filled time, given my daughter valuable social interaction and provided loads of enjoyment, scant few have been a good investment from a results point of view. Time with Mr. Adrian is different. He is wholeheartedly committed to his students learning to swim and loving it. I consider every lesson with him money well spent.

With an engaging and enthusiastic personality, Mr. Adrian is a terrific motivator. Balancing his obvious personal drive is an extremely kind and generous heart which makes everyone, especially young children, feel safe and at ease. In addition to time with my daughter I have had the opportunity to observe Mr. Adrian with other students, both children and adults. On these occasions I have been impressed with how he can change his "coaching" style to fit different individual personalities, needs and goals. He is a smart teacher without being overt.

Giving his all to each and every lesson means he really pays attention to the student, what they need that day, how hard they can work, what is the attention span. We all have better days than others, Mr. Adrian is able to see through that and get the best out of the time spent. Last but certainly not least is his pure joy for swimming and zest for life. He clearly loves what he does and that makes all the difference in the world.

Regards,  
Amber Ward

## Re: Adrian @12:00

From: [hgifford@nyc.rr.com](mailto:hgifford@nyc.rr.com)

Sent:

Wed 10/06/04 7:34 PM

Reply-to:

hgifford@nyc.rr.com

To:

Adrian Ginju (agaquaskills@hotmail.com)

"A thousand calls to make and return, wondering about strategies for meetings, and wondering why I scheduled a swimming class of all things, in the middle of the day of all times. Making mental lists while undressing, but then the water covers my body and soon all I think about is my stroke, keeping water out of my nose, and trying to do what Adrian tells me. I dress calmly and return to work focused, with my priorities all sorted out."

Henry Gifford, NYC Real Estate Executive

March 12, 2007

To Whom It May Concern:

I will highly recommend Mr. Adrian Ginju for his ability to communicate and teach advance swimming techniques. Mr. Adrian has great knowledge into what it takes to work with highly competitive swimmers and he is able to get them to cut those last seconds that will take them to the next level. My son has been swimming for 6 years now and I have watched many of his practices and I believe what my son gets from his session with Adrian is lot more than what other coaches have ever offered and achieved. Adrian cares and he is not just a coach; he is a mentor. He has help in building my son confidence to be able to dream. I am grateful that Adrian shares all his little secrets that he generously teaches my son and I am surprised when Adrian gets so excited to see him improve.

The only problems I have had with my son's practices are finding a right pool, but Adrian is working to find a swimming pool that would be available to do his practices.



Jasmine Javaheri.

## Re: Swimming Lessons

From: **donald** (donald@filimon.com)  
Sent: Fri 4/27/07 2:12 AM  
To: Adrian Ginju (agaquaskills@hotmail.com)

Hi Adrian,

I went to your site to post a testimonial but I am not sure what webpage I should go to. Here is what I want to say:

"Swimming is the most effective weight-loss method I ever tried. Let's face it! There is no effective weight-loss product on the market. In a effort to loose weight, I decided to sign up for one sports activity a day, seven days a week including swimming, boxing, tennis, soccer, weight lifting, rollerblades.

I did not have much to write home about until I met Adrian Ginju two weeks ago. Adrian was a Former member of the Romanian Olympic Swim that needs no introduction to sports. I was a total beginner two weeks ago. After four one-hour swimming sessions with Adrian, I was able to do 15 free-style laps and I am in my way of learning other styles. Adrian's patience and dedication to work with one at my level is admirable.

At the end of the days when I went to the pool, I was 1Kg. lighter then that morning. It is usually the other way around. Instead of dealing with pain, injuries and dragging though the other sports every day, I found swimming more rewarding and pleasurable. Stress reduction and improved blood circulation are other benefits which I noticed as a result of swimming exercise.'

Regards,

Don

## Re: Lori Swim Instruction Aqua Skills

From: **Gregg Berger** (gregg.berger@gmail.com)  
Sent:  
Fri 4/20/07 9:14 AM  
To:  
Adrian Ginju (agaquaskills@hotmail.com)

To whom it may concern-

Lori was my son's private swim instructor in late 2006. My son was 2.5 years old at the time. Lori was an exceptional instructor and my son had a great time. When he first started with Lori he was afraid of the water and now he loves swimming. Her teaching techniques were very kid-friendly and her patience was excellent. She's great with children and I highly recommend her services.

Regards,

Gregg Berger (Kaden's dad)

# Recommendation

From: [OlssonJ@martinandosa.com](mailto:OlssonJ@martinandosa.com)

Sent:

Mon 4/23/07 1:22 PM

To:

agaquaskills@hotmail.com

To Whom It May Concern,

I am highly recommending Lori Paillet as a swim instructor. Her program / teaching style for my 3 year old son was much better than the personal classes he took last summer in Southampton. We are planning to have Lori visit us in Southampton this summer to continue his classes.

Best Regards, Jimmy

**Jimmy Olsson**  
**VP Merchandising / GMM**  
**Martin + Osa**  
**917-326-2349**

Visit us at <http://www.GoCityKids.com>

Comments on Aqua Skills Swimming Lessons

Average parent rating: ★★★★★ Rated by 1 parent

[Add your own comment or rating](#)

★★★★★ **Great for all ages**

Expert training lots of value instructors love kids Adrian is a Romanian polar bear good for parents Lori can give you a good work-out water aerobics for kids just special

**Written by** john 8/11/06

Also visit us at <http://www.Timeoutkids.com> under After School activities