

Shannon Ross, AEA
Aquatic Specialist & Therapy Aide



Shannon earned her Bachelors of Science at the University of Idaho in Recreational Therapy with a minor in Outdoor Recreation. Her passion for aquatics developed at a young age and continued into college where she played on the water polo team. She has certifications within the aquatic world and focuses on the many continuing education courses offered through her Aquatic Exercise Association Certification (AEA). Shannon enjoys instructing her aquatic exercise classes as well as teaching swim lessons to all ages.

Shannon has worked in several different clinics that offer aquatics for special populations, for example Fibromyalgia, Parkinson's disease, multiple sclerosis, pre/post joint procedures, etc. She has had seven years experience within the aquatic world. Not only has she worked at pools she has also worked on lakes and rivers in the Northwest. Shannon's true passion is making people smile and enjoying life to the fullest!