

**THE INTERNATIONAL CENTRE GOA**  
**Goa University Road, Dona Paula - Goa**

Greetings from The International Centre Goa!

**FREE SWIMMING GUIDANCE by WALTER MASCARENHAS**

*(Training is FREE. However, ICG will charge a Fee of Rs. 50/- per session towards Maintainance)*

**First Session:** Friday, March 9<sup>th</sup> 2012 at 6:00 pm

**For confirmation**, please call or SMS Walter (+919822911161) or write to him on [waltermasc@gmail.com](mailto:waltermasc@gmail.com)

Summer is the best time to brush up your swimming skills and to stay healthy. If you have always wanted to get better at swimming or you want to start from the beginning, guidance is near at hand.

Walter is taking this opportunity to help one and all to get good at swimming. He is available on Friday evenings (in March) at The International Centre Goa - Dona Paula, Goa. **Please bring your own swimming kit (costume, swimming goggles & swimming cap-for people with long hair)**

**About Walter Mascarenhas:**

Walter is an Engineer (Gold Medalist) & a Post Graduate in Management, a thorough professional with over 24 years of work experience in human resources, business & management consulting;

An Ex-Squadron Leader- Indian Air Force; a certified NLP Practitioner (UK). Served as General Manager & other Executive positions in Corporates.

He has personally coached several hundreds of people in achieving their goals & is a true enabler, coach, guide & mentor to many.

He is a certified advanced SCUBA diver; an adventurer- parasailing, river-rafting, paragliding, cross-country driving (India, US & Jordan); a Skydiver (with over 300 jumps) & a golf enthusiast; an expert swimmer (coached over 300 people- some had to overcome their fear of water).

He has extensively travelled- USA, UAE, UK, India, Germany, France, Denmark, Austria, Sweden, Jordan and Netherlands. He has worked in multicultural environment with several nationalities.

Walter lives in Goa & works internationally. He is a regular speaker & trainer for Corporations & leading professional Colleges & Institutes, giving guidance, lectures & motivational talks.

He runs several businesses in the field of - IT Recruitments; Soft skills Training; Lifestyle Coaching; IT Solutions; Residential/Housing Design projects in Bangalore, Goa & Dubai.

He is also Life Member of The International Centre Goa.

One can find more details about his professional life on his LinkedIn Profile.

<http://ae.linkedin.com/pub/walter-mascarenhas/2/468/570> & on Facebook with [waltermasc@gmail.com](mailto:waltermasc@gmail.com)