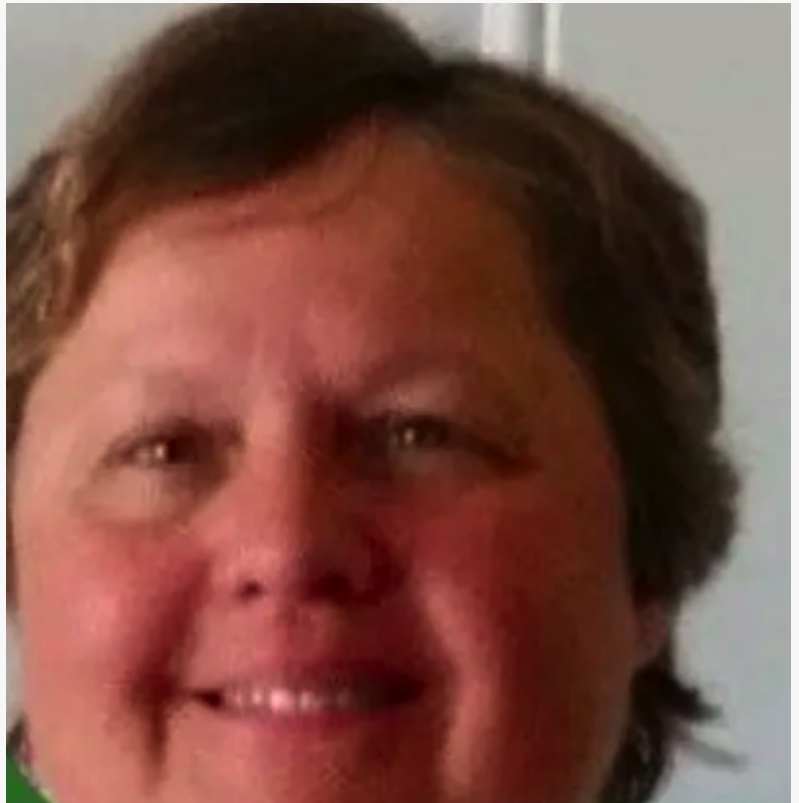


Influential Women Distinguishes Artemis Malos For Advancing Aquatics, Wellness, And Water Safety Education

BARTLETT, IL, UNITED STATES, August 12, 2026 /EINPresswire.com/ -- Bringing Nearly Three Decades of Swim Instruction and Coaching Experience to Empower Individuals Through Confidence, Safety, and Lifelong Well-Being

Artemis Malos is an aquatics and wellness professional based in Bartlett, Illinois, with nearly 30 years of experience dedicated to swim instruction, water safety education, coaching, and community wellness. As the CEO of Chicago Swim 4 Wellness+, Artemis leads a reimagined continuation of her long-standing swimming enterprise, combining traditional aquatics training with a holistic approach to health, fitness, and overall well-being.



Through her work, Artemis is committed to helping individuals of all ages build confidence in the water while developing lifelong wellness habits through movement, discipline, education, and personal growth. Her approach extends beyond teaching swimming skills—she believes aquatics can serve as a foundation for empowerment, resilience, and improved quality of life.

Throughout her extensive career, Artemis has served in a variety of leadership and instructional roles across aquatics and recreation. Her experience includes serving as an Assistant Swim Coach with the Carol Stream Park District, as well as holding multiple coaching, supervisory, and instructional positions within community swim programs and park district systems.

Her dedication to water safety and community education has also been demonstrated through

her long-standing involvement with the Boy Scouts of America, where she provided instruction in swimming, lifeguarding, CPR, and first aid. Through this work, Artemis helped young people and community members develop essential safety skills, confidence, leadership abilities, and a deeper understanding of responsibility in and around the water.

Artemis continued to expand her professional knowledge by obtaining a Master's Degree in Sport and Fitness Administration/Management at American Public University with Honors. It was conferred on August 1, 2026. Her academic journey reflects her ongoing commitment to strengthening her expertise in sports leadership, program development, and wellness-focused initiatives.

Through Chicago Swim 4 Wellness, Artemis continues to advance her vision of integrating aquatics education with holistic wellness. Her programs are built around personalized instruction, community impact, and the belief that physical activity and wellness practices can positively influence individuals throughout every stage of life.

Artemis attributes her success to her tenacity and resourcefulness. Throughout her career, these qualities have enabled her to overcome challenges, adapt to changing circumstances, and find effective solutions in both professional and personal settings. She believes resilience and the ability to approach challenges creatively have been essential in helping her grow as a leader and continue making an impact within the aquatics community.

The best career advice Artemis has ever received is to do what she loves. She believes that when individuals are genuinely passionate about their work, they are more likely to remain committed, persevere through challenges, and find long-term fulfillment in their careers.

For young women entering the aquatics, wellness, or coaching industries, Artemis encourages them to be prepared to stand out and develop a strong sense of individuality while taking the time to fully understand their field. She believes earning the necessary certifications early in one's career is essential because they provide a strong foundation for professional growth, credibility, and continued success.

Artemis also emphasizes the importance of lifelong learning and sharing knowledge with others. Throughout her career, she has supported fellow coaches by providing resources, encouragement, and guidance to help them become more well-rounded professionals. Even if those individuals eventually surpass her achievements, Artemis views that as a positive reflection of mentorship and leadership.

She believes that building genuine relationships within the community, maintaining professionalism, and leading with respect and kindness are essential qualities, especially in competitive environments. For Artemis, success is not only about personal accomplishments but also about helping others grow and succeed.

Looking toward the future, Artemis believes the greatest challenge and opportunity in her field is identifying and pursuing new ways to support, develop, and inspire others. She recognizes that continued progress requires adaptability, curiosity, and a willingness to explore innovative approaches that create meaningful impact. Through her leadership at Chicago Swim 4 Wellness, Artemis remains focused on expanding access to quality aquatics education while encouraging individuals to embrace movement, confidence, and wellness as lifelong priorities.

At the core of Artemis's personal and professional life is her faith in YeHoVah (God) and Yeshua HaMaschiach (Jesus), which serves as the foundation of her values and guides how she approaches her work and relationships. Her faith inspires her to continually strive for excellence while treating others with the same respect, kindness, and dignity she would want for herself.

Through nearly three decades of service, Artemis Malos continues to make a meaningful difference by helping individuals become safer, stronger, and more confident both in the water and throughout their lives. Her commitment to education, wellness, and community empowerment reflects a lifelong dedication to helping others reach their fullest potential.

Learn More about Artemis Malos:

Through her Influential Women profile, <https://influentialwomen.com/connect/artemis-Malos>

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