

## SWIMMING



Lifeguard, Jocelyn Coates, a Grade 12 student at Clarendville High School contacted Random Age-Friendly Communities to organize a Seniors' Swim at the WAVE Hotel. Knowing the many benefits swimming offers for seniors, from improved mobility to enhanced well-being, Chairperson, Larry Reid was quick to accept the offer.

A 1-hour, 10-Week Seniors' Swim, Monday afternoons from 4 – 5 p.m. began on January 6, 2025. The second 10-week session began on April 28. Twenty seniors registered and there were others on a waitlist to fill in if one of the participants was unable to attend.

Everyone enjoyed their time in the water, whether it was continuously doing laps of the pool, or using floatation devices like kickboards or pool noodles to provide

extra stability, or just taking the opportunity to converse with friends they hadn't seen for some time.

Swimming is not weight-bearing and, therefore, ideal for older adults. It offers a gentle, yet effective workout, helping to ease arthritis pain, increase flexibility, and boost overall well-being. The water makes the body buoyant, removing any pressure and strain on joints. It's an effective full-body workout that will keep the pressure off knees, hips, and spine. With this in mind, Random Age-Friendly Communities was proud to partner with Lifeguard Jocelyn and the WAVE Hotel to offer this great program.