

Jan 26, 2010

Before moving to Maine in 1994, I lived in Los Angeles. Three times a week I swam in a Master's Class at the local Y.M.C.A. One of the few things that I don't like about living in Western Maine is that I have no access to an Olympic size swimming pool and neither does anyone else. I used to sometimes watch the swim team workout, as they swam before my class. More than one parent told me about their over-active kids, and how good swim team was for them. They enjoyed it, and it even made them tired! I love to swim. Running was never my cup of tea, but I get a swimmer's high from swimming. I love being in the water, and our lakes provide for wonderful swimming in the summer. But not during the rest of the year. I also enjoy water aerobics. So do many people, of many different ages. There are limited opportunities for water aerobics in our area, but it's not like it would be if we had a first rate aquatic center, the kind envisioned by the WMAF. I have problems with my neck, but it feels so much better when I swim! Ask any physical therapist and I'm sure they will enthusiastically tell you about the therapeutic benefits of swimming and water exercise for their clients. I am thrilled to be able to write this letter in support of the White Mountain Aquatic Center. An aquatic center in our area would be an enormous asset to the community, and a benefit to people of all ages.

Margaret