

Spring 2019 Edition

Happy Spring to everyone! The sun is shinning, buds are forming, and before you know it, flowers will be blooming! We are so happy to be celebrating the end of a long, long, long, Winter!

**Easter Break**

Before you know it, Easter weekend will be upon us. The Villa Pool will be closed Good Friday to Easter Monday (April 19-22). Hope the Easter Bunny is good to you! Easter Blessings from the Villa Pool Staff.

**New Community Services Facebook Page**

Ever wondered what other services are offered to the community at St. Joseph’s Villa? Community Services at St. Joseph’s Villa has a new Facebook page. Community Services is the umbrella which includes The Villa Pool, Adult Day Program, S.I.M. Gym, Community Outreach Clinic, and Volunteering. For more information on any of these programs, please visit them on Facebook at *Community Services at St. Joseph's Villa*

(The St. Joseph’s Villa Pool Facebook page will continue to post notices just for the pool)

**OBSERVATIONS FROM A ’SEASONED’ WATERFIT INSTRUCTOR**

As told by Michele Purdy

1. Is your 45-minute aqua fit class a time for socializing or exercising? It’s both, but we notice and accept that it might be one or the other on any given day for you, after all it is your class!

2. Consistency + commitment = RESULTS (Don’t take my word for it…check that out for yourself!).

3. Connection + community = the Villa’s greatest strength!

Current research finds feelings of loneliness and disconnection are impediments to a joyful and healthy life. I witness, on a weekly basis, our members extending spontaneous and warm welcomes to new and long-time patrons as they enter the pool! Joy and enthusiasm are contagious!

4. Shoes are more important than your choice of bathing suit! Why? Shoes worn on the deck prevent falls and protect your body from surface bacteria entering through the minutest portal on your skin. The cleanest of foot traffic surfaces will have bacteria. Shoes worn in the pool increase the surface area factor (SAF) on the foot offering better grip against the pool floor and enhanced resistance while moving your legs. By simply wearing shoes you will intensify the benefits of your aquatic class.

5. Water retention a problem? Working out in water may help alleviate this. Water “weighs” 1000 kg/cubic metre while air has a density of 1.29 kg/cubic metre. Standing, shoulder or chest deep in water, one is surrounded 360 degrees by hydrostatic pressure, affecting body systems including circulation and respiration. Think of it as a total body massage, squeezing excess fluid from the tissues.

6. Music motivates us (instructor, participant alike), energizes our spirit and makes us happy.

7. From the instructor’s viewpoint, music enhances the choice and flow of the exercise program (compare the music in an aerobics class vs a mindful movement class). Music is invaluable in setting a cadence for the reps and sets of a movement. Did you notice instructions to change sides or move come at a natural break in the music/chorus?

8. In any given class, we are all “teachers” and all “students”. The statement “if you want to learn something, teach it” was and continues to be, true for me.

9. Working out in the water is generally safe for most, provided you work at your ability, within your comfortable range of motion (ROM) and at your pace (one exception is during a cardio segment where you want to challenge yourself by speeding up or doubling your pace).

10. Every”body” that comes into a class has its own unique strengths, weakness’ and composition. We all enjoy the warmth of our heated pool and do not relish exposing too much skin to the cool air; however, optimum depth in aquafit classes is waist to chest depth (the one exception is the Ai Chi Mindful Movement class which is a neck deep class). An easy and effective compromise to stay warm: wear an old T-shirt (dedicated to just pool use), long or short sleeved over your bathing suit.

Maintaining or improving your fitness is our goal. We are doing aquatic exercise to strengthen our muscles, improve our mobility, stability and balance on land NOT in water. Your health and safety is of utmost priority to the pool staff and we remain committed to our mission and to you.

**Had to Share!**

As told by Erin Savard

A few weeks ago, I was swimming lengths at the Ancaster Pool, I got talking with the woman with whom I was sharing a lane, we talked about swimming, I mentioned that I worked at the St. Joseph’s Villa Pool. When I said that, her face immediately lit up. As it turns out, she had only started swimming 12 years ago. Back then, she wasn’t a very good swimmer, her kids laughed when she tried to swim a length at their family pool. At work, she had overheard parents talking about this pool in Dundas where their children were taking private swimming lessons, she inquired! Five swimming lessons were had with our very own Chris Marshall, with the goal of learning how to and when to breath effectively with her strokes.

12 Years later, this woman now swims 100 lengths twice weekly! She had beautiful form and was a very graceful swimmer! Bravo to the client for facing the challenge rather than turning from it, and bravo to Chris, keep up the great work!

**Looking for a swimsuit that will last 2-5 years? 100% Polyester!**

Helen Hunt of Kreations Actionwear and Bodycare has a retail location in Cambridge where she custom designs and custom fits a variety of swim suits for all sizes. Her suits have been lasting regular aquafit clients 2-5 years. For more information you can contact her at 336 Eagle St. N, #1D2, Cambridge, ON

Email: helenhunter@rogers.com

Store-519-650-8989

Cell- 519-572-3067

Helen is willing to set up a “pop-up” shop at the pool for those who would like to shop with her, if you are interested, please reply to this email to let us know, so we can organize a day!

