

Working Out and having fun in the pool

July 26, 2019



If you drive by the Brookings Municipal Pool first thing on a summer morning, Monday through Friday, you're likely to hear plenty of laughter and see a pool filled with seniors.

The seasonal pool offers morning water aerobics classes as a way to help older citizens keep fit, and to give them a chance to socialize.

Janet Hallowell, 77, of Brookings has been attending the water aerobics class for three years, primarily for the exercise. "It's wonderful," she said. "It wakes you up and keeps you going in the morning."

Hallowell said she also enjoys the socializing. "Everyone is so friendly."

For 90-year-old Reg Dewar of Brookings, being in the water is a way to maintain his flexibility. "It's not difficult to do this," he said. "I've been doing it for about 14 years."

Siena Worthey is in her first year as the Brookings Municipal Pool's aerobics instructor and pool manager, after working at various other positions at the facility over the past six years.

“I began as a lifeguard,” said Worthey. “I also taught swimming lessons and aerobics.

“My father is a physical therapist in town, so I know that mobility is very important,” she said. “In the water, you are weightless, so it is such a positive thing that you can get this type of beneficial workout.”

Once the seniors are out of the pool, youngsters jump in. The pool currently has some 75 kids taking swimming lessons.

“I love watching the kids progress,” Worthey said. “The swimming lessons for children are very important, given where we live. We are surrounded by water and much of what we do for fun is in the water.

“So, for children not knowing how to swim is scary.”

Along with simmering lessons and water aerobics, the Brookings Municipal Pool also offers lap and open swimming. Worthey said average daily attendance at the 25-yard pool is about 150 adults and children.

Residents 18 and younger pay \$2.50 for open swimming. Adults pay \$3, seniors 2.50.

For nonresidents, the cost is \$3.75 for youths, \$4.50 for adults, and \$3,75 for seniors.

For specific details and costs of the water aerobics classes and swim lessons, call the pool at 541-469-4711.

The Brookings Municipal Pool, at 1130 Ransom Ave., is open 6 a.m.-8:15 p.m. Monday through Friday. Saturday hours are 6 a.m.-4 p.m. The pool is closed on Sunday.