

TOWN OF WINDSOR AGENDA REPORT

Senior Citizen Advisory Commission Meeting Date: April 15, 2025

To: Chair and Commissioners
From: Jenni Fleish, Recreation Program Supervisor
Subject: 2024 Aquatics Summary Report

Recommendation:

Receive a summary report for 2024 aquatic programs offered at the Windsor Senior Recreation Center pool.

Background:

The Town of Windsor offers an extensive aquatics program, administered by the Parks and Recreation Department, at the Windsor Senior Recreation Center (WSRC) Pool located at 9231 Foxwood Drive. The 56,000-gallon pool measures 30' x 60', and includes a 1,600-gallon spa, a deck area with shade canopies and available seating.

Senior, adult and youth programs are offered to residents through a variety of healthy, affordable and water safe activities from May 1 to October 31. The senior and adult pool programs are available to those 50 years and older as well as patrons 18 years and older with a medical prescription from their physician. Time is set aside in the pool schedule each year to provide youth swim lessons and limited family swim activities. These programs are funded by the General Fund and are offset by fees for service.

Discussion:

The following programs were offered at the WSRC pool during the 2024 season.

Senior and Adult Pool Programs

Senior Open Swim:

The Senior Open Swim program is an opportunity for patrons to walk, use aquatic weights, kickboards, swim noodles and most importantly, participate in positive social interaction. Grandchildren are welcome to join their grandparents during the first hour of this program.

Senior Lap Swim:

The Senior Lap Swim program includes an opportunity for participants to safely walk, kick or swim laps.

Water Aerobics Classes:

Water aerobic exercises for seniors involve less joint impact than land-based exercises. Water's natural buoyancy, resistance and decreased joint impact make it an ideal exercise medium. Health ailments such as diabetes, arthritis, cardiovascular problems, back problems and osteoporosis can all benefit from water aerobics.

- Water Fitness: The water fitness class is filled with fun aquatic exercise activities which use the resistance of water to provide strength training and aerobic conditioning for people of all fitness

levels. This type of aquatic exercise class can improve strength, endurance, flexibility and overall well-being.

- **Aqua Pilates:** Aqua Pilates combines the core-strengthening benefits of traditional Pilates with the supportive, buoyant environment of water, making it perfect for those with joint issues or physical restrictions. The water's natural resistance enhances muscle toning and increased flexibility while reducing strain on the body. This low-impact workout improves balance, coordination, and strength.

**(Table updated 4/10/2025 due to typographical error)*

2024 Senior & Adult Aquatic Program Summary	Classes	Resident	Non-Resident	Units of Service (UOS)
Senior Open Swim	232	3,950	963	4,913
Senior Lap Swim	120	312	159	471
Water Fitness Exercise	58	483	409	892
Aqua Pilates Exercise	5	62	11	73
Total	415	4,807	1,542	6,349

Total revenue for senior open and lap swim is estimated at \$14,159 and total revenue for water fitness and aqua pilates estimated at \$8,369 for a grand total of \$22,528.

Youth Pool Programs

Youth Swim Lessons:

Youth swim lessons were offered during the morning and evening hours to accommodate families' varied schedules. Sessions included four to six swimmers attending eight classes over a two-week period. Children are encouraged to move up to the next level as they accomplish the skills in their current level. Private and semi-private lessons are also available for an increased fee.

2024 Swim Lesson Summary	Sessions	Resident	Non-Resident	Total Participants	Units of Services (UOS)
Youth Group Lesson	110	435	22	457	3,320
Private Lesson	75	69	9	78	156
Total	185	504	31	535	3,476

Total revenue for youth group lessons is estimated at \$24,754 and total revenue for youth private lessons is estimated at \$8,472 for a grand total of \$33,226.

Vamos A Nadar - Let's Go Swimming:

Vamos A Nadar is a free swim lesson program offered in English and Spanish for children ages five and

older. While the children attend this free program, their parents attend a water-safety class. Each child receives a \$15 swim lesson coupon from the Sonoma County Regional Parks Department to use at any participating swim lesson program in Sonoma County. The *Vamos A Nadar* program was held on Sunday, May 5, 2024.

Swim Birthday Parties:

The WSRC offers the opportunity for families to host their child's birthday party at the pool. Eligible attendees are between the ages of five and thirteen. These birthday parties are scheduled on Sundays, from 4:30 pm to 6:30 pm. The Birthday Party Program resumed this year, hosting two successful parties.

Summer Camp Swim (Camp Windsor):

Camp Windsor is the Windsor Parks and Recreation Department's summer camp program held at the Windsor Community Center for children ages five to ten years old. During the summer approximately 45 children walk from the Community Center to the WSRC pool once a week to swim with their camp counselors.

Water Babies Swim Lessons:

This in-water class is designed for parents and their children aged 2 and under. This engaging program aims to help infants and toddlers feel at ease in the water while fostering essential swim readiness skills. Through enjoyable and confidence-building experiences, young participants embark on a journey of water discovery and skill development with their parents.

Adaptive Aqua Explorers:

The immersive nature of water fosters unrestricted movement and joyful play which has proved especially beneficial for children with special needs. This specialized swim program designates a specific time for children to enhance their balance, coordination, social skills, and overall confidence safely with their parents being present. This program aims to cater to a diverse range of special needs, including Autism Spectrum Disorder, Attention Deficit Hyperactivity Disorder (ADHD), Cerebral Palsy, Down Syndrome, Sensory struggles, and other physical challenges. Lifeguards will be present, and additional aquatic staff will provide either supervisory oversight or interactive engagement with both children and parents. The staff's primary focus will be on teaching water safety skills, and they will also supply pool noodles and toys to create a lively and engaging water play environment.

Summary:

Combined these programs provided approximately 10,331 units of service (UOS) for the 2024 season. A UOS represents "each time an individual uses the facility and participates in the program" rather than equating to the actual number of attendees

Units of Services (UOS)	Summer 2024
Senior Open Swim	4,913
Senior Lap Swim	471
Water Fitness Exercise	892
Aqua Pilates	73
Swim Lessons	3,476
Water Babies	67

Adaptive Aquatic Explorers	49
Camp Windsor Swim	360
Birthday Parties	30
Total	10,331

2025 Aquatic Pool Schedule

The 2025 Aquatic Pool Schedule (Attachment 1) reflects the full pool season from June – August, the Spring/Fall schedule will be a reduced version of this base schedule. The 2025 Aquatic Pool Schedule May (Attachment 2) reflects this reduced version of the base schedule. At any given time, the schedule is subject to change with the availability of lifeguards and/or changes to programming. For example, if lifeguard staff with daytime availability are hired in the spring, the schedule will be adjusted to include additional day time programming. Additionally, if the roster of lifeguards is reduced and lifeguard availability becomes limited, programming may be reduced. Staff continues to evaluate the lifeguard staffing availability and the pool programming to ensure the pool community is being served as efficiently as possible.

Fiscal Impact:

There is no change to the budget as a result of the implementation of the 2025 Aquatic Pool Schedule.

Attachment(s):

[2025 Aquatic Calendar- Peak Season](#)

[2025 Aquatic Calendar May](#)

[Correspondence \(Distributed 4/14/2025\)](#)

[Aquatics Report PowerPoint \(distributed 4-15-2025\)](#)

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