TOWN OF WINDSOR
AGENDA REPORT

Senior Citizen Advisory Commission Meeting Date: April 21, 2026

To: Chair and Commissioners
From: Jenni Fleish, Recreation Program Supervisor
Subject: 2025 Aquatics Summary Report

Recommendation:
Receive a summary report for 2025 aquatic programs offered at the Windsor Senior Recreation Center Pool.

Background:
Administered by the Parks and Recreation Department, the Town of Windsor offers an extensive aquatics program 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. These programs are funded by the General Fund and are offset by fees and charges.

Discussion:
The following programs were offered at the WSRC pool during the 2025 season.

<u>Senior and Adult Pool Programs</u>
<u>Senior Open Swim:</u>
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.

<u>Senior Lap Swim:</u>
The Senior Lap Swim program includes an opportunity for participants to safely walk, kick or swim laps.

<u>Water Aerobics Classes:</u>
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
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- 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.

2025 Senior and Adult Aquatic Program Summary

	Classes	Resident	Non-Resident	Units of Service (UOS)	Revenue
Senior Open Swim	287	3660	1064	4724	Open Swin and Lap Swim Totals combined below
Senior Lap Swim	254	526	84	610	$14,752.00
Water Fitness Exercise	48	522	197	719	Water Fitness and Aqua Pilates Totals Combined Below
Aqua Pilates	30	344	100	444	$ 9,228.00
Totals	**619**	**5052**	**1445**	**6497**	**$23,980.00**

<u>Youth Pool Programs</u>

<u>Youth Swim Lessons:</u>
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.

2025 Swim Lesson Season

	Sessions	Classes	Resident	Non-Resident	Total Participants	Units of Service (UOS)	Revenue
Youth Group Lessons	101	800	487	13	500	4000	$27,803.37
Private Lessons	65	130	54	4	58	116	$6,082.00
Totals	**166**	**930**	**541**	**17**	**558**	**4116**	**$33,885.37**

<u>Vamos A Nadar - Let's Go Swimming:</u>
Vamos A Nadar is swim lesson program offered in English and Spanish for children ages five and older. While the children attend this 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 4, 2025.

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, featuring 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 are present, and additional aquatic staff provide either supervisory oversight or interactive engagement with both children and parents. The staff's primary focus is on teaching water safety skills and supplying pool noodles and toys to create a lively and engaging water play environment.

Summary:
Combined these programs provided approximately 10,953 units of service (UOS) for the 2025 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 Service (UOS)

	Summer 2025
Senior Open Swim	4724
Senior Lap Swim	610
Water Fitness Exercise	719
Aqua Pilates Exercise	444
Swim Lessons	4116
Camp Swim	280
Birthday Parties	60
Totals	**10953**

2026 Aquatic Pool Schedule

The 2026 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. This schedule is subject to change with the availability of lifeguards and or changes to programming.

Fiscal Impact:

There is no change to the budget or additional funding being requested through the implementation of the 2026 Aquatic Pool Schedule. At the January 2026 meeting of the Senior Citizens Advisory Commission, commissioners discussed the fees for pool programs and made recommendations for a number of fee increases. Town staff are currently working on a comprehensive, department-wide cost recovery study and will include the recommendations as part of that study. Upon completion of the study, a cost recovery policy will be recommended to the Town Council and may result in other fee increases. To prevent community confusion, all fees will be increased at the same time.

Environmental Review:

The recommended action is not subject to review under the California Environmental Quality Act (CEQA).

Attachment(s):

1. 2026 Aquatic Pool Calendar
2025 Aquatic Power Point Presentation (distributed 4/21/26)

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