

# Adult water fitness class strengthens body and spirit



By Cindy Weeldreyer  
For The Sentinel

Fun, fitness and friendship are the bonds shared by participants in Paula Mance's shallow water aerobics class three mornings a week from 7:30-8:30 a.m. at the Warren H. Daugherty Aquatics Center. It is one of three adult fitness classes offered at the pool each week, the other two are in deep water. Marjie Vaverka teaches the early morning class on Mondays, Wednesdays and Fridays from 5:45-6:30 a.m. and Pam McReynolds teaches the evening deep water class on Mondays and Wednesdays from 6-7 p.m.

The pool opened in 1956 as a community response to an alarming number of youth drownings in area lakes and rivers. For nearly 70 years, the school district owned facility has taught children to swim, trained championship teams, offered fitness classes, provided

recreational hours for families to spend quality time together and birthed an untold number of special memories and life-long friendships.

Nadine Kelley, 57, is a semi-retired bookkeeper and community volunteer who moved to Cottage Grove in 2005. She joined Mance's class three years ago for fitness reasons.

"The class has definitely improved my health and it also gives me the opportunity to socialize while I exercise," Kelley said. "Paula is an excellent instructor and there are different levels so your workout can be as intensive as you want it to be."

Terry Noah joined the class nine years ago and, like Kelley, she was motivated to get in the water early in the morning to accomplish personal fitness goals.

"I come to keep my body moving at this stage of my life. It takes a lot of dedication to get up this early three days a week," the 67-year-old retired nurse said. "I have this great feeling at the end of each class that I've accomplished something good and then I go home and rest."

Kelley and Noah enjoy the camaraderie that is the hallmark of their class. On the last Friday of the month most go out and enjoy breakfast together and socialize at a local restaurant.

"Coming here I get exercise and a connection with people I probably wouldn't have met otherwise," Kelley added.

Former City Councilor Pat Patterson has long been a supporter of the municipal pool and considers the City of Cottage Grove's annual contribution to pool operations to be a life-saving investment for all ages. He strongly believes every child should know how to swim. After more than three decades as a Pacific Power lineman, today his 89-year-old body has its

challenges.

"I'm the pollywog of the class because I joined only three weeks ago," Patterson said. "I'm here because my daughter and my physical therapist encouraged me to try it to improve my balance after a back injury – and it is helping me."

As a child, Patterson learned to swim in the ocean in Redondo Beach, Calif. in the 1930s. He spent much of his life in the water playing water polo, teaching Boy Scouts how to swim, and supporting his kids who were high school swimmers. He enjoyed family swims in the same pool that now, in this season of his life, provides him with therapeutic relief for his stiff joints in the morning.

"Of all the physical sports such as football, track, basketball, even golf, you can still dip your toe in the water and exercise long after you're unable to participate in these other sports," Patterson added.

He believes if more transportation was available, more seniors could take advantage of the therapeutic benefits of the local swimming pool.

Mance attended this class off and on for seven years under the direction of her predecessor, Mary Williams. Last year, Williams wanted to retire and personally recruited Mance to take over the class because she believed Mance's 43 years as an occupational therapist would be a great asset to the class participants.

An occupational therapist works with people of all ages, who need specialized assistance to live as independently as possible and to enjoy life to the fullest.

"The water adds support that allows a person to move his or her body in less stressful ways," Mance explained. "I have three instructional goals for each class I tailor to meet the specific needs of people in my class: a cardio workout, a gentle aero-

bic workout and exercises that encourage a functional range of motion for joints. This type of exercise is great for folks with soft tissue problems and for those with a sedentary lifestyle, which is common as we age and become less active," Mance said.

Attendance in her class ranges from 7-15 students. The classes are affordable. Adults pay \$4.50 and Seniors (62+) pay \$3.50 per class. A 30-day fitness pass can be used for classes and lap swimming. The pass is \$30 for adults and \$25 for seniors. Annual passes offer greater discounts on pool use. The first class is always free. The pool has purchased a new boiler, which now keeps the water temperature steady at a comfortable 83-84 degrees.

"Since the first class is free, I would love to have more people come and try it," Mance said. "They will be impressed with how friendly, engaging and inclusive our group is. They eagerly support new people and help newcomers learn the different body movements. They are all just terrific people to spend an hour with three times a week."

## WATER SAFETY DAY

The Douglas H. Daugherty Aquatic Center will be holding a water safety day on June 3 from 10 a.m. to 12:30 p.m.

Learn valuable water safety lessons and Hands Only CPR. Bring your old life jackets to be fitted or exchanged with Lane County Sheriff Search and Rescue. Free swim for the whole family!



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## Lorane News

Tonight, Wednesday, May 31 is senior recognition night at 7 pm, showcasing their accomplishments and joys the last four years. Come share with them.

Next, Thursday, June 1 is the Crow HS Spring concert at 7 pm. Friday, June 2 is the seniors last day. The day begins with the All School Awards at 8:20 am.

On Sunday, June 4, join the seniors for their Baccalaureate at Crow Nazarene Church, near the school, at 6 pm.

Graduation for Crow High School seniors is Friday, June 9 at 7 pm in the gym. Everyone is welcomed to wish them well.

## NOTICE TO CUT OR REMOVE TALL GRASS – HAZARDOUS VEGETATION – COMBUSTIBLE MATERIAL



Notice is hereby given that property owners or persons in control of property are required in the City of Cottage Grove to cut or remove tall grass, hazardous vegetation and combustible materials during the fire season from **June 15<sup>th</sup> to November 1<sup>st</sup>** (CGMC 8.12 Nuisances).

Tall grass and hazardous vegetation includes wild blackberry bushes; weeds & grass more than 12 inches tall anywhere on your property including public lands out to the street. Vegetation that is likely to endanger buildings or other property should it catch on fire must also be cut or removed.

During the fire season inspections will be made and property owners notified that they must cut or remove the hazardous vegetation. Failure to cut or remove the grass or vegetation will result in the City having to abate the problem. The cost of abatement will be charged to the property and if unpaid will become a lien against the property.

Property owners are reminded that they must keep hazardous vegetation and tall grass cut less than 12 inches until **November 1st**. Questions can be answered by the Public Works & Development Department at City Hall, by calling 541-942-3340 or by email: [planning@cottagegrove.org](mailto:planning@cottagegrove.org).