

Alumni Pool News and Information

By Pamela G. Milling

The incoming students and athletes are intuitively inquisitive with curiosity about the pool. In their visits to the pool, they have discovered important information and news about usage.

- **Students did not know they could come FREE in-between the PED water fitness classes.**

This is most important in today's economy and provides a splendid Christian service to our students. If a student cannot register for the classes then they can attend FREE in-between class times. Daily FREE hours are available and posted on the inside of the stairwell next to the Piazza fountain. The pool staff will work with each one until they know how to use the steps, bells, belts, saddles, cuffs, bikes, and treadmill read **Excel with a Hydroider**.

- **Students were not aware water fitness is different from swimming and therapy.**

The only thing water fitness, swimming, and therapy have in common is water. In order for any of these to be effective, they should be held in different pools. Each one is poles apart in temperatures, benefits, exercises, cost effectiveness, and they use the properties/principles in a different way; these are but a few of the differences. For a deeper insight into this subject matter read **One Degree**, pages 1-7.

- **Students were not certain where Alumni Pool was located.**

Alumni Pool is at the rear of Alumni Hall. Both pool entrances are covered by green awnings. Students may enter either via the Piazza or via College Street.

- **Students wanted to know what type of exercises could be performed.**

Most exercises are performed with the head above the water and the body near vertical such as: aerobics (PED105), interval training, tether running, liquid abs, plyometrics, volleyball (PED114), power step, walking and biking (PED113), treadmill, running (PED106), weight bearing exercises for athletes, applied voice (uses water pressures on chest in MUS132), and instrumental conducting (uses water buoyancy to lift arms in MUS324). The 2 night classes are scuba (PED128) and fundamentals for NON-swimmers PED107). Lap swimming is held in other pools.

- **Athletes wanted to know how often they should perform water fitness.**

During season, they need to mix weight bearing water fitness **1-2X** with land **4-5X** each week to get the superior benefits that transfer to the field, court, and track. The recent good news about the acceptance into the Division II membership means in 3 years the pool can return to being filled with coaches and athletes see picture on page 8 of **One Degree**.

- **Students did not know there was a difference in the cleanliness of a water fitness pool, a swimming pool, and a therapy pool.**

Water fitness pool cleanliness is different than swimming/therapy pool cleanliness. For example: most swimming and therapy pools allow hair to be free flowing in the pool. Water fitness pools have back to back classes and teach muscle strengthening exercises that require there not be any loose hair floating in the water. The goal is to

keep the water as clean for the first class as for the last class since pool filters and strainers do not remove the loose hair as quick as needed.

- **Students wondered if taking the classes would help them locate employment.**

Yes. MC graduates are teaching full or part time water aerobics at fitness gyms and Disney pools while the scuba certification creates job employment opportunities in fields such as Marine Biology and underwater touring.

- **Students did not know Alumni Pool was only for students (faculty and staff attend special times).**

Alumni Pool's focus is on programs for the majority of our currently registered MC students. Forty (40) MC athletes, vertical with their head above water, can exercise in Alumni Pool during the same hour. It is also the place for students to have fun, fellowship, and gain superior physical fitness benefits, see picture on page 8 of **One Degree**. The community attends different pools around the area.

- **Students were not aware how classes were handled during storms.**

When lightning cells are nearing a 10 mile radius the water part is closed and reassessed each hour. Lifeguards have students exit to the classroom and class is continued with a presentation on water fitness.

- **Students did not know they could arrange usage of Alumni Pool for their organizational meetings and special events.**

It is not necessary to get into the water to use the pool. For **Free** reservations using the water, deck, or both, the first step is to check with the pool office to see if the date and time requested is available since pool employees have to be on duty during any usage of water or deck then the student representative would need to contact Mrs. Laura Ann Hoffman, Campus Coordinator for Scheduling.

- **Students were not certain how they could obtain a student worker position at Alumni Pool.**

Student workers have lifeguard certifications. They are hired the semester prior to actually working. For example, hours issued for fall 2014 will be filled in the spring of 2014.