

# In the swim for good health and relaxation

By AGRON LATIFI

Aunty Muriel Davis and Beryl Venables never learned to swim as children.

But, the duo are happy to hop into the 28.5 degree heated pool at McKeon's Swim Centre in Unanderra most Wednesdays and Fridays.

Other women looking for a leisurely, low impact workout also drop by on these days to take part in the Fitness for Kooris Aqua Program.

Health worker Yvette Dale said the aqua fitness classes, part of the Illawarra Aunty Jeans Good Health Program, had been running since 1986.

"It is a fun program which assists people to be more proactive in dealing with chronic health issues and also provides a variety of physical activities including resistance training, walking and gentle exercise," Ms Dale said.

"Elders and the younger members of the community can get together, have a laugh and exercise at the same time.

"It's often remarked people say they feel relaxed and happy after they've been in the pool."



**Water activities:** Fitness for Kooris Aqua Program participants enjoying themselves at McKeon's Swim Centre.

■ Information: 4296 4200