

## A Plea For The Family Y

I started to use the Stauffer pool at the Y 25 years ago, when I could no longer jog or aerobically walk. I am, what we call at the Y, physically challenged. The pool has been my life saver.

Many years ago, the Y moved the bulkhead in the Stauffer pool to create The Shallows. It is used for aerobic classes and for anyone who wants to exercise without having to swim laps. Here I can jog, bicycle, and aerobically walk, things I cannot do on land. Ten years ago, the Y created a program on Tuesday and Thursday mornings for people with physical problems — we have had members who have had hip or knee replacements, Parkinson disease, MD, strokes, recent back surgery, etc.

I believe that my use of the pool three or four times a week has allowed me to function, both physically and mentally, better than most people with MS. There are

times when I have to kick myself to go, but when I get out of the pool, I feel terrific.

My membership also allows me to take, without charge, a pilates class for seniors, yoga for people with MS, and any other classes that I want.

Sure, I would like to see the Y downtown. The opportunity to put the Y and Senior Center together is *gone*. They would have complemented each other. But the town would not and will not accommodate any non-town entity on town-owned property. Westport has an aging population, many of whom I see in the pool. As the exercise-crazed baby boomers start to retire and their bodies give out, they will be screaming to use a pool. Where will they go?

Please tell me where will I go without a Y in Westport?

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