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# Golden years go 'swimmingly'

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**T**hey say it is never too late to teach an old dog new tricks.

This old saying is personified at the Parow North Swimming Pool in De Grendel Road during weekdays when between 30 and 40 seniors, all the way from Durbanville, Morningstar and further afield, take to the pool to learn how to swim, or to learn about water safety. This training forms part of the senior aerobics and Learn to Swim programme hosted by the swimming pool.

The youngest attendee is about 50 years and the oldest nearly 90, says facility officer, Elisha Sayers.

During a visit to the pool last week one of the seniors, Theresa Klasen (70) from Parow, told *TygerBurger* the programme running at the swimming pool is wonderful.

"This is the best programme and the exercise we do make you feel like a different person."

"This is really amazing," says Klasen who joined the programme in January earlier

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SWIMMING POOL TO LEARN  
HOW TO SWIM**

this year. Klasen encouraged other seniors to join.

Roger Cannon, Ward councillor, added that the facility is very safe and secure, and that he is proud of Sayers for running the programme. He added that the pool and area around it is clean, that there is ample parking outside and that it is safe, and that lifeguards are always on duty. Employees of the City of Cape Town's Expanded Public Works Programme (EPWP) are responsible for the upkeep of the pool and the area around it.

Cannon says other programmes are also hosted at the swimming pool during the school holidays and on public holidays.

Classes take place on Mondays and Wednesdays from 09:00 to 10:00.

Sayers says it is good to see seniors take part in the programme which has grown in numbers since it started.



Ward councillor Roger Cannon, Theresa Klasen, a senior who is part of the swimming programme, and Elisha Sayers, facility officer and lifeguard, at the Parow North Swimming Pool.