



**THEME** Pool

**VISION**

A pool that can be utilized by older adults for leisure, exercise, and therapeutic purposes.

**Key Elements:**

- Ideally an intergenerational space for all ages to benefit from
- Accessible location for the wider community, ideally near the arena



**WHY IT MATTERS**

A community therapeutic pool space would contribute to the overall health and wellbeing of older adults and the community at large. It can contribute to:

- Increased mobility and fitness, which can aid in fall reduction
- More opportunities for socialization
- An increase in mental and physical wellness which could lead to decreased hospitalizations



**GETTING STARTED**

Research the following areas:

- Regulations for an indoor/therapeutic swimming pool
- Insurance and legal/liability forms
- Determine who is responsible for costs and fees
- Determine potential partners
- Conduct a survey to identify potential class instructors or physiotherapy resources



**REQUIRED RESOURCES**

- Funding (federal, provincial, municipal, charitable, corporate partnerships, citizens)
- Steering Committee to plan and implement:
  - Land acquisition
  - Architecture
  - Funding



**AVAILABLE RESOURCES**

- St. Andrews Inn & Suites (indoor pool)
- The Algonquin Resort (indoor pool)
- Instructors for aquatic programs
- The Passamaquoddy Lodge
- For constructing a community pool:
  - Partnerships with federal, provincial, and municipal governments
  - Community organizations who may donate land and funds



**CONSIDERATIONS**

- Community versus private option
- Accessible/affordability of the pool
- Accessible/affordable transportation



**MOVING FORWARD**

- Conduct the research to gain further insights (see "Getting Started" sections above)
- Pursue key partnerships (see "Available Resources" sections above)
- Consult with the Town Recreation employee
- Identify local qualified swimming instructors and physiotherapy professionals

- Seek out possible transportation services

