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Where have all my old friends gone? Day 11

Wednesday, May 18, 2016

The law of unintended consequences is usually invoked when describing an unexpected outcome of a project. My original goal was to check in on old friends, reconnect with those still active and maybe discover why others had disappeared.

Yesterday I read about a friend's swimming activities. This ignited something in me. I know how to swim. I think I'm actually better than average, at least for my age, but I don't do it because I don't like being cold and wet or having to gather special gear. In addition, the pool only has limited lanes available for lap swimming and it's discouraging to arrive and discover that they are already occupied. The regulars don't "share" well.

Back in the 70s I insisted that my 3 children not only take swimming lessons but achieve junior (later senior) lifesaving status. They had a choice as to whatever other activities they preferred, but swimming was non-negotiable. Since I was a total NON swimmer who had never even put my face in the water, I signed myself up too.

Yesterday, DH was already at the pool, so I dug out a bathing suit, cap, goggles and nose-plug (chlorine burns my sinuses) and off I went. SURPRISE DH! Look who's here! The look on his face was priceless. I haven't been there in 5 years.

I took it easy and gradually, the way I approach all things. 30 lengths took me 40 minutes, alternating breaststroke and freestyle. I had to stop every 50 yards to dump water out of my goggles. They are pretty old. I think I'll buy a new pair since my plan is to do this once a week. It's good to change up our workout routine and this is a big change for me.

If I hadn't stumbled across an old swimming friend, I doubt this form of workout would ever have crossed my mind. To my surprise I enjoyed it. The water was quite warm and pleasant. I was told that they keep the temperature higher now because of the arthritis and water aerobics classes. Also, I think over a year of consistent weight training helped my swimming form.

I've heard people joke that they will only run if a bear is chasing them and I would reply that I will only swim if the boat is sinking

There's a cartoon that shows 2 hikers.

#1 "We can't outrun that bear!!"

#2 "I only have to outrun you"

Aside from the dark intention expressed, I think the moral is to be prepared.

Enough about me, now for today's data.

9 Active 11 Inactive/Missing - 45% still active

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95 out of 190 are still actively sparking - 50%

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JEANKNEE

Chlorine is hard on my body too. But, I love the water! We used to have acces to open water for swimming. We no longer do. I am going to look for a pool this summer. But, I have doubts my skin can handle the chlorine.



Smiled as I read you surprised DH.
1845 days ago



WATERMELLEN


Love the idea that you managed to surprise your DH!!
1850 days ago



ONEKIDSMOM


Yep, I may have to force myself to the pool, but I always feel relaxed and virtuous when I get out! Enjoy your new "once a week" cross-training! Swimming is an excellent running recovery




exercise!
1850 days ago



CD4114015

 I sure LOVE these blogs...can you do MINE next just to keep them going?



1850 days ago



DOVESEYES



1850 days ago



LIVEDAILY

I love swimming, but there is no where around me that has a pool available when I want to use it. The Y is only available early mornings and is expensive. The town pools are outdoor and are expensive. I'd love to swim again if it was available to me.
1850 days ago



CD16633328

Great blog again!
1850 days ago



GINIEMIE

I would like to get back to swimming, I went to "early" vote yesterday at the park and Erik rode with me-I'm not leaving him alone much. He found the pool and was all excited. Maybe he and I need to find a time he can be lowered into the pool. I'm not good at it but it is great exercise for us lightly aging people...gentler on the knees and hips and it works other muscles than walking or




running.



1850 days ago



50YEARSWIFE



1851 days ago





PHOENIX1949



1851 days ago



PHEBESS

YAY for swimming!!!!

I have to add, I learned to swim in the Hudson River; this was when it was still quite polluted. I got eye infections every summer because our day camp took us there for swimming. My mom finally told me to just swim on my back, so I became quite proficient at the backstroke. During college, I was still swimming only backstroke, up to a half mile a day and one mile on weekends. Finally, in my 30s, I took a swimming class and re-learned how to swim with my face in the water.

1851 days ago



SUBMOM2

Good for you! I got into lap swimming almost 3 years ago and I love it. Enjoy!

1851 days ago



HELEN_BRU

It's been years since I swam. Loved it! Enjoyed reading about your experience. So healthy!

1851 days ago



MISCHAKEO

That is a good reminder for me to start swimming again!

1851 days ago



KEERAKYRAM

I love swimming I need to get back into it. Thanks for bringing it up.

1851 days ago



HOLLYM48

I am not a fan of swimming pools but your blog intrigues me! Have a great Wednesday and I am glad to hear that 50% of your friends from the beginning are still sparking.

1851 days ago



NELLJONES

I'm with you on the swimming, I hate to have to wash and curl my hair in the middle of the day.

1851 days ago



BBEAGAN

I need to start swimming again.... I learned in my mid 40s, and I still am not very good, and don't much like it.... but it is SUCH good exercise, and so very portable!

1851 days ago



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