

A Treasure Among AbilityFirst Claremont Aquatics Program



July 2, 2014 Ivy Smith steps out of the dressing rooms prepared for her 1 hour warm water exercise aquatics class at the AbilityFirst Claremont Center. However, it's not just an ordinary day of aquatics class for Ivy and her friends that join her at the pool 3 times per week, today is one day after Ivy's 100th birthday. Ivy attributes her health and fine age to her water exercise aquatics class and her morning bowl of oatmeal.



I met Ivy before she entered the pool to introduce myself and let her know I would be taking some photos and asking a few questions, she greeted me with a warm smile and with modesty in her tone she replied, "I'm Ivy born July 1st 1914 and though my name is Ivy, I'm much more of a violet." Popular among her peers at the pool, she joined the rest of the group and began her warm water aquatics exercise.

Ivy is a treasure at the AbilityFirst Claremont Center she is there three times out of the week before the doors even open gently tapping her key on the glass sliding doors excitedly waiting for her class to begin. "I love the warm water exercise program and I have been coming here for over 23 years. I enjoy a nice shower after a swim – opens up the pores on your skin after the warm water and you just never get the same shower at home," commented Ivy.

Ivy was joined by friends who she's known for many years - friends such as Irene and others who accompanied Ivy to celebrate her 100th year birthday with cake and fruit. A visit from her 74 year old son David from Virginia has been a treat as her celebration of another year continues. "We plan to celebrate her 101st birthday on route 101," said David.

Spry, delightful and magnificent Ivy emphasized how important swimming is in her life and how she wishes doctors would recommend it more to everyone. "I really think this type of program should be more recommended by doctors. It's really contributed to my good health and as you can see, my fine age," said Ivy.

