



**Margaret McKinnon**

### **I love the water!**

**You're not going to find many 63 year old women that love the water as much as I do! My parents were charter members of the first private pool in my hometown, Lexington, NC. With brothers 5 and 7 years older, it was a perfect fit. I was ushered through elementary and middle schools with swim team, lifeguarded my way through high school and college. In my twenties, I actually guarded here at the Y for a couple of years. I was adamant both of my children go through all levels of swim lessons and both received their life guarding certification In my mid-forties I recertified lifeguarding and Water Safety Instructor and taught swim lessons. For the last 8-9 years, my interest and certifications turned to water fitness. The water aerobics field is exploding with new types of classes for all ages and fitness levels. Here at Randolph Asheboro YMCA, Shawn and his staff have a wide array of morning and evening classes with varying degrees for all fitness levels, and my personal favorite, Deep Water HIIT. The future is bright as the program continues to expand to include youth fitness, Yoga/Pilates and water therapy classes. Grab your swimsuit and see what you've been missing!**