

Michel's Y Story

What started as early-morning pool walks during the pandemic turned into something much deeper. With water fitness classes on pause, a small group showed up anyway, walking the pool, swimming laps, and finding connection in the in-between moments.

Michel says they checked in on one another, noticed when someone was missing, and made sure everyone felt seen and cared for.

Those connections didn't fade when schedules changed, or life pulled them in different directions. They stayed connected, celebrated milestones, and even gathered for Saturday breakfasts, sharing stories, laughter, and the simple joy of being together outside the pool.

"Sometimes, friendship isn't about close, personal relationships, but the joy that greets you when you come to the pool for exercise," said Michel.

Beyond the friendships she's built, it's the everyday moments with familiar faces that continue to shape Michel's experience at the pool.

There's Mary, who's the greeter, gliding through the water and welcoming each new face with playful joy. Allison follows with steady encouragement, offering a smile and kind words. And along the pool deck, another familiar presence is quiet but constant by lifting a hand in recognition, reminding each person they're seen.

"It is the joy they share that makes each session a delight," Michel reflects.

It's the friendly greetings and the familiar faces that welcome you the moment you walk in. Sometimes it's a wave, a smile, or a shared routine. Michel can always count on her community at the Y.