

EXECUTIVE SUMMARY

Agency on Aging of South-Central Connecticut: FY 26 Golden Swimmers

City of New Haven Department of Elderly Services

September 21, 2025

Funding request: \$15,316.00

The City of New Haven Department of Elderly Services seeks funding from the Agency on Aging of South-Central Connecticut to provide swimming lessons and water aerobics for senior citizens.

Funds will be used to:

- Cover costs associated with staffing 1 Aquatics Director, 1 Lifeguard and 3 Swim Instructors, SUTA for aquatics staff and indirect cost assumed by the contractor; but not limited to entertainment, food, rental fees, and transportation.
- Offer a platform that promotes water safety, physical wellness, increases cognition, and recreational engagement for older adults.

Reports have shown that swimming is vital in urban communities for promoting water safety, providing accessible recreation, physical activity, fostering social interaction and community engagement, especially for those who may not have access to natural water bodies. Swimming pools and urban swimming initiatives can serve as gathering places, fostering social interaction and community building by providing spaces for people of all ages and backgrounds to come together and enjoy shared activities. Ensuring equitable access to swimming opportunities is important, as certain communities, including minority groups, may face barriers to accessing swimming lessons and safe swimming spaces, leading to higher rates of drowning. Swimming offers numerous benefits for senior citizens, including improved cardiovascular health, enhanced muscle strength and flexibility, reduced risk of falls, and boosted mental well-being, all while being a low-impact exercise gentle on joints. Swimming helps improve balance, coordination, and proprioception, which are important for preventing falls and related injuries.