



Coastal Seniors of South Walton Brings Back Weekly Water Aerobics Classes

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<https://southwalton.lifemediagr.com/coastal-seniors-of-south-walton-brings-back-weekly-water-aerobics-classes/>



The popular water aerobics class is being held in the pool at Watersound Fountains, an independent living community in Inlet Beach. Coastal Seniors of South Walton (CSSW) has found a new home for its weekly water aerobics classes. The local senior group has partnered with Watersound Fountains, a new independent living community in Inlet Beach, to host four weekly classes for local seniors. The classes are held on Mondays and Wednesdays at 9:00 a.m. and 10:15 a.m.

The group relaunched its popular water aerobics class in May when Watersound Fountains opened its doors to residents. The class was previously held at a local apartment complex pool. However, when the ownership changed, the group was left without a place to meet.

“Water aerobics is our most popular program, so when we stopped offering it in October many of our members started driving 45 minutes to Panama City Beach to attend classes there,” said Sonia Roth, Program Manager for CSSW. “Since we’ve started meeting at Watersound Fountains, every class is full. We’ve launched an online scheduling tool to make it fair to those who want to attend.”

Coastal Seniors of South Walton currently meets at the Walton County Commissioners Office in Santa Rosa Beach and hosts events throughout the community. For years, they have petitioned the county for a dedicated senior

center to allow for larger classes and events. Those plans may come to fruition if the county purchases the Boys & Girls Clubs of the Emerald Coast in Santa Rosa Beach. Roth said there has been talk of using part of that building for a senior center.

The organization provides a community for active seniors and focuses on personal health, social, recreational, volunteer opportunities, and life-long learning. Classes include exercise, chair yoga, Tai Chi, watercolor painting classes, and pickleball sessions. The organization also regularly hosts guest speakers.

On June 14, CSSW hosted a Bicentennial event in Santa Rosa Beach. Watersound Fountains donated food for the event. The community will also host the CSSW's member appreciation event this fall.

Walton County Commissioners will discuss the purchase of Boys & Girls Club of the Emerald Coast at the June 20 meeting at 9:00 a.m. Roth and Clausen are asking local seniors to attend the meeting and share their support in favor of creating a dedicated space for seniors and the CSSW.