

Come On In, the Water's Fine! Vista's Remodeled Indoor Pool is a Big Hit with Residents

Whether it's swimming, aquatic exercises, physical therapy or a friendly but spirited game of volleyball, Vista del Monte residents give the community's newly remodeled in-door pool an A+ rating.



Vista residents enjoy a game of volleyball.

"I think it's the classiest pool in all of Santa Barbara," said resident Bill Boyd, who can be found enjoying water exercises on Tuesdays and Thursdays. "It's a tremendous asset for this community. It's one of the main reasons my wife and I moved in."

The 16.5 X 8 meter indoor pool is consistently heated to around 88 degrees so no matter what time of year, residents can experience maximum enjoyment and comfort. The pool, hydrotherapy pool and adjacent fitness center, known collectively as the Vista del Monte Fitness and Aquatic Center, debuted about 20 years ago and in 2021 received a major remodel.

Much of the infrastructure was replaced including the heating, ventilation and air conditioning system. The pool floor and walls were resurfaced and retiled. A durable non-slip surface was applied to the surrounding deck and a new lift has been installed for those needing help entering the water. Two large murals depicting ocean waves were added to the interior walls. Residents can enter the pool either by stairs, ramp or lift.

"Our goal was to transform the pool into something that you might see in a nice hotel or spa," Executive Director Douglas Tucker said. "We want the Fitness and Aquatic Center to not only appeal to residents but to guests in the surrounding community as well. Resident Ardis Rowley said the pool helps her with physical therapy twice a week and that her husband, Don, is a big volleyball fan.

"We both thoroughly enjoy it," Ardis said. "The gentle pool exercise classes are a big help to me and Don just loves the volleyball."



Vista residents enjoy aqua aerobics.

Another volleyball fan is resident Marjorie Elkin, who has been using the pool for 20 years, even before she was a resident. “Water volleyball is my game,” she said enthusiastically. “And the way it’s designed with the tiled walls, murals and ceiling is very calming, fresh and nice.”

The Fitness and Aquatics Center is staffed by a team of specially trained fitness and wellness professionals. Supervised classes include strength training and balance classes, water aerobics and arthritis aquatics. The pool is also equipped for outpatient rehabilitative therapy. It is accessible by stairs, wheelchair accessible ramp or lift.