

My name is Rosalie Byer, and I'm a kinesiology major, and we're hanging out in the TWU indoor pool.

I decided to apply as a kinesiology major here at TWU, and then I saw the pool, I realized that it was in my building I was gonna take classes at, and I just got so excited, I'm like I have to swim in this pool. Every single day I passed by I'm like alright, I'm gonna swim in it, and finally I did, and I actually really enjoy swimming here. Once I get in the pool, all the thoughts of school just get out of my mind, and I'm able to just focus on swimming. It always does that. It's always like a clean slate. It's like, okay, I can refresh, 'cause usually I go to class, I swim, and then I go to work, so it's like a nice break, and swimming kinda helps me just open up and de-stress a little bit to where I'm like okay, now I can handle it.