



Shannon Roen

Shannon Roen is a 42-year-old mother of three girls who swims with the YMCA Calgary Masters. Before having the birth of her children she was a middle school math and science teacher, but now, most of her time and energy is focused on her daughters.

Shannon swam competitively for a few years when she was young, but the early morning practices became too much for her and she decided to call it quits. Now, all these years later, she feels great being back in the pool and getting back in shape after having children. Shannon still finds it extremely to drag herself out of bed at 5 AM, some things never change, but she always feels great at the end of the workout. Swimming in the mornings energizes her for the day and gives her the strength to keep up with her girls.

With three active kids, Shannon's family has a very busy schedule. She and her husband always joke that they only get to see each other on weekends because their weekdays are so hectic. Their youngest daughter is only 3, so days are spent going to preschool, visiting the zoo, and of course, going swimming. She already loves the water. The couple also has 10-year-old twins. One of them plays Tier 1 soccer and has practices and games several times a week. She's very dedicated and Shannon admires her work ethic. The other has started swimming with a club in Calgary and is a natural in the water. Shannon has a feeling it won't be long before she is faster than her and she can't wait for that day! Shannon loves sharing the bond of swimming with daughter.

Shannon swims to stay healthy for her children and to inspire them to lead active lifestyles. She also loves the fun of competing against herself and the challenge to swim just a little bit faster. But most of all, when she's in the pool, it's only for herself and she's not worrying about what to make for dinner, or which child needs to get to what activity next. Swimming is her "Me Time" when she gets to focus on just on herself.