

List Poem

Ai Chi Postures in the Public Pool

1. **Contemplating** how to deal with the news the showers are running cold today.
How many unlocked lockers will you need to explore
before you find one you can lock?
2. **Floating** in the pool are black orts of undetermined origin.
What lurks in the murky depths?
No detritus from swim diapers reported to close the pool....yet.
3. **Uplifting** air smooshed by arctic cold blasts from overhead vents.
The suspended plastic whale is spinning, our weathervane.
Blue Mondays. Get blues when it's cold in warm water pool.
4. **Enclosing** pool chemicals into pores. Absorb swampy smell.
What concoction brews today?
Grateful the crew is not dumping chemicals around the rim
and running the loud machine to slurp up overflow.
5. **Folding** the chill from too cold water into bones does not bode well for arthritis.
You keep body under water as much as possible.
Air above is colder. Move swiftly.
6. **Soothing** the discordant sounds from the dysfunctional tape player
which rasps along with several simultaneously screeching
instructors requires concentration.
7. **Gathering** the sounds of the swim team splashing in adjacent cold pool
with the barking of their swim coach.
their slam-bam music undulates in the waves.
8. **Freeing** focus from surroundings to creating a virtual more tranquil reality.
Free of thoughts of attaining a meditative mood here.
9. **Shifting** attention from the harping, shrill, mic-ed blasts of another instructor.
Her comments on her personal life tend to be inappropriate yakety-yak.
10. **Accepting** the fact the swim suit water extractor is on the blink
and dripping suits can't wring dry. Soggy suits.

11. **Accepting with Grace** the next hour, our cheerful therapy exercise instructor is sick and the harpie will be carping to the class so you will be leaving.
Also no comical crone water volleyball today.
12. **Rounding** out the complaints of the day. the pool bottom grit needs vacuuming.
You are glad you wear swim shoes and they matched today.
13. **Balancing** disappointments with laughter from pool humor as the class adjusts.
A pool mate discovers she has put her swim suit on backwards.
14. **Flowing** limbs lead into collisions as they float out of position.
Agility whacked.
15. **Reflecting** on pool management maladjustments.
You know complaint slips do not work. Time to contact higher level?
16. **Encircling** you as you dress is freezing air from above the locker room.
The toilet seats are wet like the slippery floor.
You dress quickly to avoid becoming a popside.
17. **Surrounding** you is clammy bodies on seats slimed with lotions.
Clothes clutter every surface. Swim team teens giggle.
You find a patch to start the tedious re-dressing process.
18. **Nurturing** your anxiety is the chatter about the illness of a mutual friend.
19. **Suspending** belief all this is happening...
Or your pool membership.

List Poem:

1. Also called Catalogue Poems.
2. Can be rhymed or unrhymed. Numbered or not.
3. Can be compiled in any form
4. A good way to organize your ideas.
5. Play with images and sound patterns.