**Community**

The Region of Waterloo Swim Club (ROW) has been an active member in the community for decades, and it is this club that instills in our youth the practice of a healthy lifestyle, life-long friendships, and a competitive attitude. These life skills are instilled in their swimmers through hard work, and training. ROW appreciates the support of the community and looks for opportunities to give back to the community. ROW's community involvement includes:

* Kitchener-Waterloo Food Bank
* Community Tree Planting
* Terry Fox Run

At ROW's Fall First Try meet, the club contributes pounds and pounds of food as part of our PB&J drive, plus raises extra money through concession sales (Starbuck's Coffee) for the Local Food Bank.

Members of the ROW Swim Club are concerned with the environment. Each year, the club participates in a community tree planting event, most recently at Bechtel Park.

The ROW Swim Club also participates in the annual Terry Fox Run raising funds for cancer research.