**Friends of Rockbridge Swimming, Inc.**

**Local Community Impact, December 2019**

During 2019, FOR Swimming provided on a weekly basis:

* 56 hours per week of open public lap swimming and family swimming;
* 3 hours of weekly adult instruction/practice for adults in our Master’s Swim program;
* 11 hours of weekly Aquacise classes targeted for the older adults, many for whom regular land; exercise is out of the question.  Two classes were taught by a physical therapist.

In 2019, we had 279 members. In addition to our regular members, we had, on average, between 230 and 250 non-member daily users per month. We employed 18 individuals – 17 from the three localities and one from out-of-state.

The Rockbridge Aquatics Center supported five teams this year– Rockbridge County High School Wildcats *(30 swimmers),* Parry McCluer High School team *(6 swimmers),* STORM (club swimming team affiliated with USA Swimming, primarily for elementary and middle school age children) *(134 swimmers)*, SVU college team, and RCA Masters Swim Team (open to all adult swimmers). We are very happy that the inaugural SVU team has been able to practice at our facility starting in Fall 2019.

Every child enrolled in 3rd grade at Waddell Elementary School receives free swim lessons through our Make-a-Splash program. In Fall 2019, 61 third graders from Waddell participated in the program. Each participant received three one-hour swim lessons, free of charge to the students, during the regular school day. At the conclusion of the program **any** child still considered at risk for drowning *was given free lessons during our regular swim lesson* offerings.

214 Maury River Middle School 6th graders received water safety at The Rockbridge Aquatics Center in Fall 2019.  This program is free of charge for the students. These lifesaving skills guard against accidental drowning throughout their lives.  This program is offered each year before they embark on their annual Kayaking field trip.  This program is free of charge for the students. Through a Cornerstone Bank contribution, we also provided free swim lessons to 83 children in Buena Vista in 2019.

In Summer 2019, we participated in the Healthy Bodies camp. Caroline Coons, Amy Jarrett, Michael Poole and Leslie Ayers (of the Rockbridge Aquatics Center) directed this year's Healthy Bodies at Camp Play. 26 children participated the first week. 27 children participated the second week.

Our Red Cross certified instructor, Leslie Ayers, trained 32 lifeguards this year. Leslie Ayers leads an efficient blended learning course that maximizes opportunity for in person skills training and uses online learning resources to accomplish the mandatory 27 hours of training required for all Red Cross certified lifeguards. The course is rigorous and focused on important water skills and CPR/AED skills over two days to complete the certification. The course is offered twice per year.

This year we hosted the 10th Rockbridge Pie Festival.  This free community event with music, food, games, and of course pie has brought residents together to enjoy food, fun and fellowship.  All the proceeds from the Rockbridge Pie Festival go to help fund learn to swim programs.

The Rockbridge Aquatics Center was voted the Best Gym or Fitness Studio in the Shenandoah Valley by *Virginia Living* magazine in Spring 2019! We are very proud of the pool, the water safety outreach programs, the achievements of the swim teams and our fitness/therapy programs. We have several new programs and initiatives that we will be launching in the new year.

*FOR Swimming Board members in 2019: Valentina Dimitrova-Grajzl (President), Butch Snow (Vice President), Joellyn Schwarzmann (Secretary), Melinda Sulewski (Treasurer), Kar Bisaillion, Joe Borzelleca, Pat Delaney, Todd Jones, John Gunner, Kjrsten Keane.*