

Dear Chairs Girod and Holvey, and members of the committee:

My name is Jill Pridgeon and I live along the Yaquina Bay Road between Toledo and Newport. I am writing in support of the Greater Toledo Aquatic and Community Center.

I am an enthusiastic user of the Toledo Pool. Before and after my hip surgery the forgiving medium of water enhanced muscle tone, strength and sped recovery. More importantly to me, I simply love to swim, I love water activities. Lap swimming is a meditation and my body and mind are really only at their best when I have regular access to a pool. With a history of depression, anxiety and autoimmune disorder, lap swimming is more than a preference, it's a medical necessity in my mind.

I love the community at the pool. Chit chats in the shower room with people I regularly see are probably part of why swimming at the Toledo pool has been so restorative. Our community has lots of seniors and a (warm!) pool really serves the needs of us aging baby boomers.

My son had swimming lessons when he was very young and I am delighted that the Greater Toledo Pool drown-proofs so many little kids. Our watery world at the coast makes it imperative that we all swim confidently for our own safety and the peace of mind of moms. After I swim laps sometimes I stay to watch the children that have been bused in for lessons. It's delightful.

Expanding services to include a fitness center and community room is brilliant. Toledo has a rich history but sometimes feels like a bedroom community now. The expansion and improvement provide a way to build a sense of home.

Thank you for considering our need for a Capital Construction grant.

Jill Pridgeon