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The FCAAE Insider

-Volume 7, September 2024-

**FCAAE is a program for ALL...
Please help to make it a program for ALWAYS!**



The Value of Community

I recently read an insightful **article** written during the pandemic by **Tracy Brower, PhD**, which addresses the importance of being part of a *community*. The pandemic certainly taught us what it's like *not* to have one. And we longed for it.

This article led me to ponder FCAAE's connection to our community of learners and instructors. Brower explains that health and happiness are "inextricably linked" to our connections as they provide a sense of belonging and self-worth. Belonging to a group provides a sense of kinship, camaraderie, and a link to the world. Our connections add value to our lives.

Communities take care of their members and members *create* community. As our FCAAE community evolves, so does our program. We adapt to the needs and wants of our learners - and all adults - by caring, listening, and working hard to offer new classes to answer new interests. We strive to nurture personal growth, which strengthens community.

At FCAAE we value you, we welcome you, and we exist to serve you. Together we work to create healthy, strong communities. Enjoy our varied and ever-changing offerings, enrich your life and the lives of those around you, and ensure the vibrancy of this community nonprofit which is a true gem for adults from all backgrounds.

Sue Goodwin
Executive Director, FCAAE

Brower, Tracy PhD. "How to Build Community And Why It Matters So Much." Forbes.Com, 25 Oct. 2020, www.forbes.com/sites/tracybrower/2020/10/25/how-to-build-community-and-why-it-matters-so-much/. Accessed 20 Aug. 2024.

Get to Know Our Unique Swim Program

"I've learned so much [as a swim instructor]. I've learned kindness and patience never go out of style. I've been surrounded by beautiful diversity. I've taught students from almost every continent! I've learned more about other cultures, languages, and people just by interacting with my students during their swim lessons. Knowing many of them are scared, I want to...help them conquer their fears. I love this work, I love the people. There is no greater joy to me than to see a student succeed." Emily M., Swim Instructor





Annie Kayser, Swim Program Manager

FCAAE was lucky to find the perfect Swim Program Manager in Annie Kayser. She has been involved in aquatics for over 30 years. Annie is a certified Aquatic Professional with [The Aquatic Education Association](#) (AEA), an affiliate of [The Arthritis Foundation and Aquatic Therapy and Rehabilitation Institute](#) (ATRI).

Annie's career in aquatics began with the YMCA. While there her succession of roles led her to their aquatics program. She worked on the development of a senior aquatic exercise program, a precursor to the Silver Sneaker Program! She helped to develop one of the first Wet Vest/Deep Water Exercise Programs, and she worked with the Red Cross in running a lifeguarding and First Aid class. Beyond the YMCA, she worked in physical therapy using aquatic therapy to work with patients recovering from surgery, doing pre-surgical therapy, or a myriad of other physical challenges such as arthritis, Multiple Sclerosis, Parkinson's, paralysis caused by head/neck injury, and fibromyalgia.

But even with all of her qualifications, Annie is quick to point out that she is not doing this alone. "Sue Goodwin, FCAAE's Executive Director, is the backbone of this program. She and I work together to ensure that our aquatic program is unique. In the pool, Emily McNeil is my right hand girl. She is an invaluable instructor and we are happy to have her. We also have a great group of students who work as our lifeguards, a critical role which I am always looking for. I couldn't run the aquatic program without their assistance. I also want to give a shout out to the wonderful team from the [Flying Fish Heads Masters Program](#), who also provide great instruction."

Emily McNeil explains that her "...biggest thrill is when I have a swimmer who has graduated from my lessons to adult lap swim. I feel so proud to see the student gain skills and confidence." And Annie adds, "We are here for the enjoyment of all and doing our best to serve all levels of proficiency and alleviate fears."

When asked about her successes, Annie explains, "I am most proud of how much my exercise classes have evolved. We now offer three different types of classes. My newest class is held on Sunday afternoons and is done completely in the deep end. It combines HIIT with cardio, muscle toning, and conditioning. It sells out the first day or so of registration which always amazes me."

You can find Annie and her amazing staff at the FCAHS swimming pool four days a week, September-May, injecting her professionalism, skill, and enthusiasm into the FCAAE swim program.

"...had it not been for you offering this class and Annie's welcoming support during the class, I would not be on this path towards improved health. Please know that what you do does make a real impact on people's lives - and I wanted to express my sincere thanks for the positive impact on mine." Joyce D.



Private Lessons

"Class rating - 5 extremely satisfied. I found the class to be great and Emily to be an excellent

and patient instructor." Chris N.



Instructors Cory and Katie from [Flying Fish Heads](#)

"Katie and Cory are the best. They have

been very supportive and patient with me....I have



Aqua Fitness

"Always enjoy Annie K.'s Aqua Exercise class. Well run. Great exercise, reasonable price."

Richard K.



Family/Individual Rec Swim

"My family absolutely loves family [Rec] swim. Emily and Annie are amazing and personable. Emily worked with my daughter on going under water." Dana L.



Lap Swim

"[Lap Swim] was wonderful! Annie and Emily were so friendly and welcoming. This was my first experience with any FC event and I have to say I was thrilled. I'd

rate this a 5. I would take this again." Abigail L.

Only FCAAE offers access to the FCAHS pool and our lessons and classes sell out fast. Register early and if classes are full, put yourself on a waitlist. They work!!

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We are excited to start another new year. We hope to see you in the classroom, on Zoom, and around town ♥



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