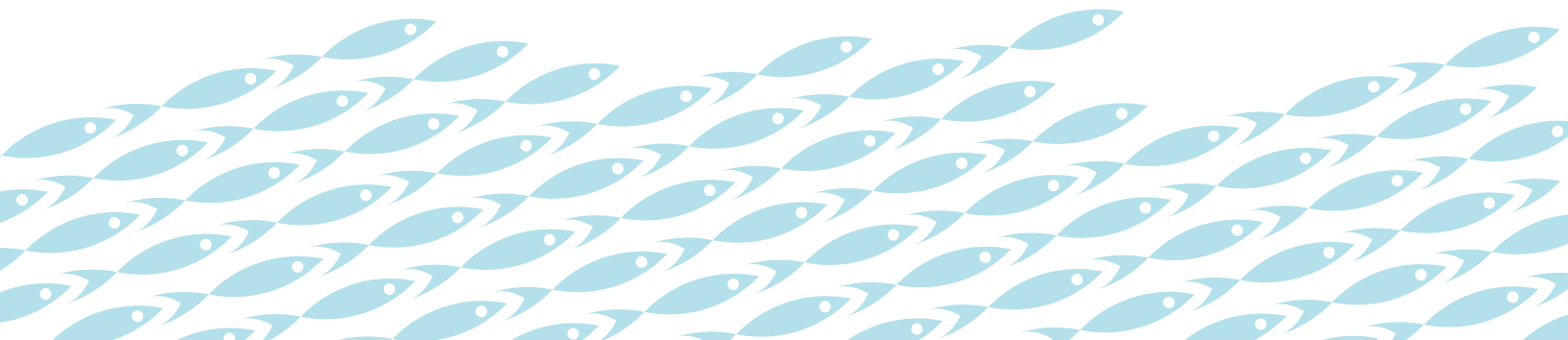




Case for Support

Building an Aquatic Center for Cape Cod

August 2026



**A Community Vision
for Water Safety,
Wellness, and
Connection.**





The Paradox

of Cape Cod

Imagine living on an island surrounded by 500 miles of spectacular coastline and 900 pristine kettle ponds—yet for much of the Cape—having nowhere safe, accessible, and year-round for residents swim.

This is Cape Cod's reality.

For a community defined by water, we face an astonishing gap: the Mid-Cape region has very few aquatic facilities where residents can learn vital water safety skills, enjoy therapeutic wellness programs, or simply swim for joy and fitness throughout the year.

This region—including the towns of Barnstable, Dennis, Yarmouth, Brewster, Chatham, Orleans, and Harwich—has the population, demographics, and infrastructure to sustain a thriving aquatics center. With the nearest comparable facility often 45+ minutes away, this centrally located center represents both a critical community need and a transformational philanthropic opportunity.

National benchmarks* suggest one indoor community pool per 20,000 residents, meaning this market area should support five to six pools. Today it has one public facility in West Barnstable, with a handful of other hotel pools, nothing that compares to our vision for a community aquatic center.

This isn't just an inconvenience. It's a crisis of safety, health, and wellbeing.

*From the National Recreation and Park Association, YMCA and aquatics consultants.

Our Vision

We're building more than a pool—we're creating a vital community hub for water safety, wellness, competition, and connection—spanning generations and strengthening our entire community. An aquatic center that will:



Save Lives Through Water Safety

- Comprehensive Learn-to-Swim programs for all ages and abilities
- Drowning prevention education for our water-surrounded community
- Adaptive aquatics for the needs of all individuals

Promote Wellness Across Generations

- State-of-the-art 25-meter, 8-lane pool for lap swimming and fitness
- Dedicated 30×30 heated therapy pool for rehabilitation and healing
- Partnerships with healthcare providers for aquatic therapy programs

Build Community Connection

- Year-round access with innovative indoor/outdoor design
- School partnerships bringing swimming to every child and enabling more of our high schools to field swim teams
- Multi-generational programs connecting seniors, families, and youth

The Aquatic Center of Cape Cod



By the Numbers

- Drowning is the leading cause of death for children ages 1-4
- Swimming reduces drowning risk by 88%
- Only 1% of Cape Cod children are participating in swimming lessons
- Swimming helps build strength and balance; key factors to prevent falls, a leading cause of injury among adults over 65
- The nearest public pool can be 45+ minutes away

The Human Impact

Nearly 600 families have already expressed their need for this facility. Parents drive almost an hour each way for their children's swim lessons. Seniors forgo aquatic therapy that could ease their pain when water is one of the most effective environments for senior exercise, as its buoyancy reduces stress on aging joints. Athletes lose competitive edge without proper training facilities. Local schools lack swim lanes to field teams.

The Urgent Need

Using borrowed time at hotel pools, 40 children have been taught to swim this year — children who otherwise would enter local waters unprepared. But borrowed pools and limited hours aren't enough.

Our Solution is Shovel-Ready



We Have:

- ☒ **The Location**
A prime parcel in Yarmouth, centrally located and accessible via the Cape Cod Rail Trail
- ☒ **The Community**
600 families ready to join before fundraising has officially begun; only ~1,000 members needed for sustainability
- ☒ **The Vision**
Architectural concepts for a glass-enclosed facility celebrating the natural environment
- ☒ **The Leadership**
A dedicated board and growing coalition of community partners

We Need:

- ☐ **Your investment to make it real.**



The Path Forward

- **Phase 1: Land Acquisition**
Goal: \$3 Million
 - Secure property
 - Complete permitting and site preparation
 - Finalize architectural plans
- **Phase 2: Construction**
Goal: \$20 Million
 - Break ground
 - Build pools and support spaces
 - Install indoor/outdoor features
- **Phase 3: Grand Opening**
Sustainability through:
 - Membership revenue
 - Program fees
 - Corporate partnerships
 - Annual giving

The Swimming Hole in Stowe, Vermont began as a grassroots idea and is now a thriving community hub serving thousands.

Cape Cod deserves the same.

A Success Story

JOIN US IN MAKING WAVES

This is more than a capital campaign—it's a movement to transform how Cape Cod lives with water. Your investment will:

- Save lives through drowning prevention
- Enhance health across all ages and abilities
- Boost our economy through year-round programming
- Unite our community

Three Ways to Dive In:

- 1 Invest:** Make your tax-deductible gift
- 2 Advocate:** Share the mission
- 3 Participate:** Join committees and events



From Our Founders

“Carpool rides, lane lines and flip turns; Some of my fondest memories of growing up were on the pool deck on Cape Cod. This project is about safety and the lifelong sport of swimming.

I never imagined that I would return to the Cape, let alone leverage a non-profit to develop a facility. As a solution-oriented person with a background in executive-level recruiting, an entrepreneurial spirit & a love for doing what’s right for family, I knew that I could build the right team to make a difference in our community. And I have.

What began as a simple rhetorical question “what has happened to the sport of swimming on the Cape” has yielded an answer that is making ripples. We’re finally ready to make a splash in this community! We’re building a community aquatic center on White’s Path in Yarmouth, a vibrant hub for recreation, wellness, connection, and camaraderie.”

Carolyn Burnett



“I love to swim. It is my favorite fitness exercise, a form of relaxation and enjoyment. Living on the Cape in season, I’m fortunate to have 2 pools at my condominium complex to enjoy. It is how I disconnect from work at the end of a day and how I have met many like-minded swimmers of all ages. It became so popular we named it the 5 o’clock swim club.

In the off season, where do we go? With an absence of an aquatic facility in the mid-Cape area, I am currently swimming several days a week in an off-Cape facility where I enjoy easy access to lap swimming and a variety of aquatic classes.

I have fond memories of taking my son to learn to swim classes before he could even walk. Many years later, he made a high school swim team (which isn’t an option for many students on the Cape).

The Cape needs a first-class facility that can enable swim programs for all ages. I have seen the possibilities in so many modern aquatic centers around the country and am passionate about bringing such capabilities to the Cape.”

John Rogol

“At 58, I am a dedicated and competitive swimmer. I build my calendar around the pursuit of water. Yet on Cape Cod, that simple goal is anything but easy. With limited local pool access, I often face long waits just to find a single open lane in Barnstable. More often than not, I end up driving to Wareham — a seventy minute trip each way from my home — just to secure the training time that keeps me healthy, grounded, and connected to the sport I love.

For me, swimming is far more than exercise. It is one of the rare athletic disciplines that supports people across the entire arc of their lives, offering strength, mobility, and community well into older age. I’m living proof of that promise — and a reminder of how essential accessible aquatic facilities are for individuals of all ages.

Upstream Aquatics’ vision to secure land and build a dedicated facility is not just an investment in infrastructure — it is an investment in lifelong health, opportunity, and community. I swim toward that future every day.”

Pablo Parada Pentz



“My mother, who taught on Cape Cod for decades, once shared that at the start of each school year only a few of her students said they had gone to the beach over the summer. Teachers feared what this meant — that our local children lacked water confidence and the basic safety skills every Cape Cod kid should have. As someone born and raised here, who grew up in and around these waters, it deeply saddens me. Our children should not feel afraid of the very environment that defines our community. This is why building a year-round aquatic center is so critical — it restores access, confidence, and belonging.”

Jen Clifford



“As a mother of four who grew up swimming and has always loved the water, I was shocked to learn upon becoming a year-round resident of Chatham in 2023 that there was no place nearby for me or my children to swim. Particularly considering my youngest was still learning to swim, I felt helpless that we were now surrounded by water and the closest swimming school was over an hour’s drive from our home. Recovering from elbow surgery, I needed a swimming pool to start exercising my arm and again my options were extremely limited. I am passionate about our mission as I believe every family deserves a place to gather, grow stronger and create memories together. This isn’t just about building a pool, it’s about building a healthier, safer and more connected community for generations to come.”

Claire Hadden

“While not a swimmer personally, I did raise children who swam competitively in Indiana and Texas in their adolescent years; during which I spent countless hours at swim meets. I have a respect for the character that swimming and swimming training imparts to those individuals who are given such an opportunity. A community pool on Cape Cod with an emphasis on youth development and physical therapy for any age is in part what drives my interest in this facility. As someone who has recently developed a large-scale recreation center in Mashpee, I also see the foundational value that such a facility can bring to the local community and municipal stakeholders..”

Bill Russell



“Growing up on the Cape, loving the water was simply part of being a kid here. I never had any fear of the water, likely due to beach days and boating beginning at a very young age. Perhaps more likely, though, due to a special pool in Dennis Village. Every summer we’d train hard with drills from a beloved Navy frogman: a historical term for members of the US Navy Underwater Demolition Team. The timing of Mr. Tyler’s passing was ironic- it was soon after that when I became part of this group- and also started thinking of swimming again. At a time in my life when running perhaps wasn’t enough, swimming offered me a way to cross train at a deeper level, and push myself more than ever before- and maybe even be more of a kid again too. I’m enthusiastically part of this group to make sure that the love for water can be shared with those on the Cape today, in the way that it was shared with me decades ago.

Jamie Veara



Facility Features

Main Competition Pool

- 25 meters, 8 lanes
- Variable depth
- Timing system
- Seating for 200

Therapy Pool

- 30' x 30' heated
- Accessible ramps
- Rehab equipment
- Dedicated therapy rooms

Support Spaces

- Family locker rooms
- Meeting spaces
- Lifeguard training
- Café and viewing area

Innovative Design

- Retractable roof or glass walls
- Natural light optimization
- Energy-efficient systems
- Rail Trail connection





Ready to make a splash?
Contact us today:
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