

# Warren Daugherty Aquatic Center (WDAC): What Cottage Grove Residents and WDAC Patrons say (2025)

## TESTIMONIALS BY RESIDENTS WITHIN CITY LIMITS

*My family has used the pool for over 35 years. We moved here from a town that had just closed their pool and have always felt blessed that Cottage Grove has its own community pool. I use it for recreational enjoyment as well as a way to keep healthy. Now that I'm a senior, I use the therapy pool to keep fit and to relax; without it I experience a lot of back pain. — H. S.*

*We have enjoyed having the beautiful resource of our community pool over the past 31 years living in Cottage Grove. Now that we are seniors our needs have increased to beyond lap swimming for exercise. We depend on both pools for inexpensive physical therapy rehabilitation, strength and balance exercise as well as structured therapy classes. All have been ways to stay connected to others in our community which is so important as we age. The pools are invaluable for all ages in our community. — C. & J. B.*

*Before moving to Oregon, my husband and I investigated a lot of cities and towns in this state. We finally settled on Cottage Grove for a lot of reasons, and the pool was a very big one. My husband loved to swim for exercise. When I broke my back a few years ago, I went to physical therapy for several months and regained some ability to walk and exercise, but then, at the recommendation of my physical therapist, I started doing exercises in the therapy pool. Finally I could take off my brace and start to participate in life in a more normal way. I was still unsteady, though, and I had several falls until I started the Ai Chi class at the pool about 2 years ago. My balance was restored and I could walk and go up and down stairs without a paralyzing fear of falling. I need to continue with this class because when I miss class for a week or more, I begin to get unsteady again. Please keep the pool open! — N.M.*

*I am a disabled senior living here in Cottage Grove. Currently, I am swimming laps at Warren Dougherty pool 6 days a week at the recommendation of my doctor. My disability prohibits me from most other forms of exercise. I appreciate having a community pool in town as I would not be able to travel to Eugene to swim. — N.B.*

*I am a 75-year-old with severe arthritis. Swimming in the lap pool is about the only exercise I can do without injuring myself, and exercises in the warm pool help my flexibility, strength, and balance. So, the facility is very important to my physical well-being, which would be negatively impacted if I could not use it. Many other seniors who use the pools would be similarly affected if they were not available to the general public. — D.L.*

*CG pool allows me and my father, a CG retired police chief, to get out of the house and exercise in a pain free environment. The instructors are fun-loving, knowledgeable and nonjudgmental. All six of my grandchildren have learned (and continue to enjoy) the Cottage Grove Pool. — B.G.*

*My husband and I moved to CG May 2024 after living in Eugene for 21 years. I made sure there was a good lap pool before we moved. I have been swimming laps M/W/F before work for 15+ years. I do it to help manage chronic pain and depression. I wouldn't have moved here if there wasn't a pool. It literally saves me. — L.I.*

*I'm going to the pool as physical therapy after knee replacement and to supplement gym workouts, MWF Gym, TTH pool. I swim about 20+ laps. Trying to stay 75 years young. — D.C.*

*As a senior, 77, the pool has been a lifesaver for me due to my health and multiple arthritic surgeries. I started going to the warm water pool when it was in the community center. The other swimmers quickly became a social group and I've enjoyed hosting them in my home and meeting at a restaurant after class. — C.K.*

*As a lifelong CG resident, I have been coming to the WDAC since I began swimming lessons at age 4, have been a lifelong water lover and have returned to the pool as a senior. Swimming is a sport that can last a lifetime. This is clearly the case given the number of adults and seniors who make regular use of the pool. They come for exercise, therapy and use the pool as a fun family activity. The pool is an asset to CG and the surrounding area by enhancing relationships and deepening the sense of community felt by all those who use it. — J.F.*

*I have been unable to do aerobics because of repeated muscle strains to my back. I am able to do laps without any injuries. 40 lengths twice a week. Thank you for funding the pool. — L.C.*

*I find access to the pool one great benefit to living in Cottage Grove. I am retired and over 70 years old with extensive arthritis. The access to the therapy pool helps relieve the pain from the arthritis. Access to the lap pool helps give me the cardio workout I need to stay active and healthy both physically and psychologically. Friends I have made there are a plus! — K.R.*

*I am a disabled senior, a resident of Cottage Grove who is a member of Warren H. Daugherty Aquatic Center. I have a spinal cord injury and depend on the exercise I receive at the pool to keep me strong enough to continue walking and avoid confinement to a wheelchair. The pool is also useful in improving my balance, which helps to avoid falls. My physical therapist recommends the pool as the best form of exercise for my particular condition. —N.F.*

*As a massage therapist, I see many people with pain and have experienced for myself how huge of an impact water fitness has on improved mobility, decreased pain, increased balance, and overall wellbeing. The pool has also increased my social connections here which helps me to feel a stronger sense of belonging to this Cottage Grove community.*

*Anna, N. 19<sup>th</sup> St., Cottage Grove*

*The reason I attend the pool is to improve my health. In preparation for knee surgery, I had to lose over 100 pounds and lost over that amount because of the classes that I attended 5 days a week. The surgery was successful and I was referred for physical therapy. Post physical therapy the doctor recommended I attend Aquacisers classes. Three years after my surgery, I am still attending classes and keeping the weight off. — S.C.*

*I am a working resident of Cottage Grove who uses the pool for exercise and therapy. I have undergone several major surgeries and use the pool for exercise and recovery. When I am in the pool, my mobility increases and I am better able to exercise. It is a valuable resource that I anticipate will be very helpful for recovery after my upcoming hip surgery. — C.*

*I have been going to the pool for the last 5 years. I arrive in the mornings to do my lap swim. Getting my hourly swim in has benefited me a lot. Both physically and mentally. — T.H.*

*As a regular swimmer over the past ten plus years, I share some benefits I have witnessed:*

- *Senior citizens regaining mobility and developing a new more active and social life*
- *People regaining strength after major surgery*
- *Babies learning to self-recover without fear if they go underwater*
- *Fear of water being replaced with a new sense of self-confidence*
- *People who start off being painfully shy only to end up being someone who initiates a conversation with another swimmer.*

*The pool has become a place of community. We have built new friendships. We are happy to see each other. It's a community of respect and genuine kindness for each other. I have never seen anyone come to the pool regretting being there. We look forward to it. For some of us, it's our only connection to the outside world. — B.*

*I have referred patients to therapy pool classes for the benefits of physical fitness. It also becomes a place to connect with community, which is good medicine for our mental health, as well. Certainly, for patients with health challenges, including joint pain, arthritis, overweight and isolation, this water therapy is the best place to find movement opportunity and to relax. Please know that I see this as a valuable resource for the health of the community. — Dr. K.D.,*

*I am a lifetime citizen of Cottage Grove and an active real estate broker. Many times over the last 16 years, I have worked with out-of-town buyers, and the swimming pool has played a significant role in the buyers' final decision to make Cottage Grove their home. The ability to have a pool for recreational use is a very important factor. I grew up as a competitive swimmer, and the importance the pool played in my life is huge. — J.D.*

*I am a recovering cancer patient who has undergone several major surgeries. My aqua aerobics class with Carol has helped restore my right leg use almost to pre-surgery status.— L.B.*

*I love swimming at the pool! I average 3-5 miles a week there. My job is very hard on my body and back; swimming helps keep me flexible and maintain a quality of life. I have also made lots of local friends from the pool because of our almost daily workout routines. Closing the pool would be devastating to my physical and social life. — T.S.*

*In April of 2023 I moved my dad to Cottage Grove because he has Stage 4 Parkinson's Disease and could no longer live alone and care for himself. He can still try to remain as physically active as possible to help stave off the harsh toll that Parkinson's takes on the body. He started swimming at the pool. Not only has swimming multiple times per week helped his physical health and breathing abilities, it has also greatly helped his mental health. In the pool, he is free to move his body without falling down and hurting himself. Losing access to the pool could usher him quicker into the decline that comes with Parkinson's.*

*I grew up in the Fern Ridge area. The City of Veneta closed their pool several years ago due to lack of funding. It took over a decade and many failed attempts for them to regain the funding to remodel and reopen their pool.*

*Here in CG, the pool has touched multiple members of my family, in different powerful ways. It provided not only my husband and his siblings with swimming lessons in the late 1970s, the pool provided swimming lessons to my son when he was in elementary school at Bohemia Elementary. My son not only took swimming lessons there and spent countless hours playing and swimming with his friends, he was also on the swim team. My husband's grandfather was a lifeguard at the pool when it first opened in 1955.*

*To lose a public space where children, adults and senior citizens alike can go for both pleasure and health and well-being would be a tragedy and a great loss to this community. — D.D.*

## **TESTIMONIALS BY RESIDENTS IN SLSD & 97424 ZIP, BUT OUTSIDE CITY LIMITS**

*I'm 74 and have deep ties to Cottage Grove and the community. (My great grandfather was David A. Mosby.) I've been coming to the pool for exercise for two-and-a-half years. It provides many challenging exercises and promotes a well-rounded senior community. Communication and activity are both very important to the aging process. The need to feel connected to the community and get excellent exercise is fulfilled daily at the pool. — L.R.*

*As a supporter and dedicated user of the pool for decades I consider the pool essential to my continued mobility, strength and quality of life. As does my medical team. Over the years I have observed the pool create its own community of patrons who are there for exercise, socialization, recovery and always to help each other. Our CG community as a whole benefits tremendously by having engaged, dedicated, healthy citizens in our midst. — L.B.*

*I was raised in Cottage Grove and took swim lessons at the pool before it was covered. The pool provided healthy and wholesome activities to share with friends and family throughout my youth and our children's youth. Having a recent knee injury I was referred to the therapy pool/aquatic exercise program and have been thrilled to be active again! I can't imagine not having access to our community pool that provides an activity that can be enjoyed from childhood through our senior years. — J.F.*

*I swim laps a couple times a week. I have helped raise money in the past for the pool with swim-a-thons. I have also volunteered at a couple regional swim meets hosted by the pool. I am 63 yrs old and this is important for my health and a sense of community. — C.H.*

*Whenever we travel, the first criteria for a motel is: do they have a pool? As a lifelong swimmer, I have enjoyed our WDAC pool off and on for 50 years. However, it has been an essential part of my week since the doctor recommended knee replacement surgery. Physical therapy taught me exercises to do in the water and classes and laps round out my workout. A fellow swimmer has put off knee surgery for 12 years by swimming! What an inspiration! I intend to avoid surgery by swimming like she has! — G.H.*

*My husband and I moved from Anchorage, Alaska, to Oregon in spring 2024. We settled on Cottage Grove in June 2024 for a number of reasons, one of which is the local pool. Just 5 minutes from my home, the WDAC makes regular swimming possible, which absolutely improves my physical health and mental well-being. — S.W.*

In the year 2023, my life took an unexpected turn as I underwent two major surgeries. Prior to these significant medical interventions, I utilized the city pool for exercise and health, a practice that greatly contributed to my physical preparation for surgery. Being able to move in the water without pain prior to surgery provided an invaluable way to build strength, improve cardiovascular health, and increase overall stamina, making me more resilient to the challenges ahead. Following my surgeries, my journey was far from over. Six weeks after the procedures, I returned to the city pool, now facing a minor disability as a result of the operations. Despite the challenges, I remained determined. I looked forward to the warm waters of the therapy pool and the comradery of new friends, enabling me to gradually rebuild my strength and stamina. Today, as I continue to exercise 4 to 6 days per week, I reflect on the profound impact the city pool has had on my recovery. Without this resource, I would not possess the strength or stamina that I have today. The pool has been more than just a place for exercise; it has been a cornerstone of my health journey, offering physical support and emotional solace.

The city pool has played a pivotal role in my health and recovery journey. My experience underscores the importance of accessible public facilities that support health and well-being, and I am deeply grateful for the benefits that water exercise has brought to my life. — J.W.

### **TESTIMONIALS / LOCAL SPENDING BY PATRONS OUTSIDE COTTAGE GROVE**

*Every week I drive to Cottage Grove from Eugene to attend classes in the Warren Daugherty therapy pool. One of the reasons I do that is that this beautiful pool is far more organized and clean than any pools I have attended in Eugene. It's well organized and run professionally in my opinion. Since I have been coming to the pool, my husband has been golfing in town and we often hike here too. While here, we often dine in town at the local restaurants.*

*I buy my gasoline here, get gardening supplies and plants at the local nurseries. I get pedicures, do grocery shopping and even some clothes shopping. We have spent \$687 in the last three months here in town. I like CG's Grocery Outlet better than Eugene or Springfield's. Also, I have met a group of local women whom I have become very good friends with.*

*Since I have been coming to the pool for several years, I have seen a significant improvement in my once chronic back and hip pain. I am 71 years old and I am virtually pain free. My physician told me the warm pool classes I attend are key to this improvement in my quality of life. It would be a sad and great loss to those of us inside and outside the Cottage Grove community to lose a valuable asset that has improved the quality of life for so many seniors. — G.R., Eugene*

*I have arthritis in most joints and the pool has helped me stay ambulatory and avoid knee and hip replacements. Since I attend the pool, I buy gas, propane, food, and other household items, as well as dining out. If I didn't attend the pool, I would likely go to Costco, WinCo, and Jerry's in Eugene. The pool encourages me to consider Cottage Grove as my center of trade. — L.I., Drain*

*I would like to thank the city for providing the wonderful asset of the aquatic therapy pool. I live in Yoncalla and drive faithfully the half hour every three days to attend the various exercise routine classes at the Cottage Grove pool. This pool has improved my health, to include my physical and mental well-being immensely, it is an important part of your local community and the folks at the pool have become a community in and of itself.*

*Sure, I can take my business to the YMCA in Roseburg and City of Roseburg proper, driving the same amount of distance, but I prefer Cottage Grove due to my attending the beneficial exercise classes and friendship(s) at the pool.*

*Due to attending classes at the pool, I also shop at the local stores to include getting gas for my various vehicles. I've attached three months of credit card purchases made in Cottage Grove, not including what I've purchased using cash exploring the local restaurants. — D.B., Yoncalla*

*I AM A SENIOR Creswell resident using your wonderful facility. The pool availability is a huge factor for me as caregiver to my veteran husband suffering dementia. The classes not only provide critical exercise (I suffered a stroke in 2021), but a social outlet with friends all with the same goals of bettering our health.*

*While in Cottage Grove on days I swim, I bank at Northwest Community Credit Union, shop at Safeway and the Flower Basket, and get food at McDonald's for a lunch treat. —S.W., Creswell*

*I began coming to Water Aerobics at WDAC therapy pool several years ago. I had my left knee replaced in February 2024 and the WDAC Water Aerobics class has been crucial to my full recovery as well as maintaining general health at age 74.*

*I do most of my shopping in Cottage Grove at Grocery Outlet, Walmart, BiMart, Walgreens and Safeway and buy gas, amounting to over \$500 per month purchases. If not for WDAC water aerobics, I would go to Eugene/Springfield for water aerobics and shopping. — D.D., Drain*

*I live in Yoncalla. I've been doing all my shopping in Cottage Grove since I've been coming to the pool in January. I've never been in such good health since I've retired. The pool classes have strengthened my bad back. I'm doing things I couldn't do for years. My hands are even stronger. My doctors have never been this happy with my numbers. My plan is to come to the pool the rest of my life! I feel so much better. Since I go to the pool, I've been shopping more here than Roseburg, about \$1500 per month. — D.C., Yoncalla*

*The pool has been invaluable to us after the Creswell pool closed. While in Cottage Grove, we often go to McCoy's Pharmacy which provides excellent service. Please figure a way to keep the pool open. — L.C., Pleasant Hill*

*My life would be seriously altered if there were no warm water pool in which to do Ai Chi. Ai Chi relieves more pain than any pill can. I leave the pool feeling like a warm and cozy wet noodle. My insurance does not cover pool fees, which I gladly pay cash for. — M.H., Eugene*

*I have been attending water aerobics classes at WDAC since the pool closed in Creswell. I've found it convenient and pleasant to do my regular shopping at Walmart, BiMart, and Safeway in Cottage Grove and try to always buy my gas there because it's less expensive than in Eugene or Springfield.*

*I drive 45 miles each way to make use of your facility and have no interest in changing to Willamalane, even though it is so much closer. I like your staff, the coaches, and the facility and would be terribly disappointed if we lost access. In 2025, I gave a \$255 donation to South Lane School District to purchase new noodles for the classes at your facility. — L.L., Dexter*