

The Power of Non-Profits Spotlight:

Pottstown Athletic Club

Non-profits play a crucial role in strengthening communities by addressing needs that public services often can't meet. This article is the first in a series that highlights local groups making a lasting impact. The Pottstown Area Health & Wellness Foundation (PAHWF) extends its sincere gratitude to these organizations for their unwavering commitment to improving the lives of everyone in our community.



One such organization is the Pottstown Athletic Club (PAC), founded in 1992 and located at 263 King St. PAC is a multi-sport youth & family community center helping individuals overcome challenges like financial hardship, addiction, trauma, and chronic disease. At the heart of its mission is CrossFit Pottstown Resurgence (CPR), serving over 4,000 participants annually with free fitness classes and group sessions for those in recovery. Additionally, PAC is expanding its offerings to include Adapted Athletics, which is available to any age and Master Class Athletics, supporting individuals over 50 years old.



"I've been to a lot of meetings over the past years, but this is by far the most helpful, most meaningful that I've been to," said S. Calvanese, a former coach and mentor at Resurgence. "Most of us struggle with anxiety, depression, eating disorders—and we can talk about all that here so it's a really nice safe place. It's life changing."

CrossFit International recognized the club's hard work and dedication with a community service award and featured PAC as a premiere wellness destination. Athletes from across the region, including Philadelphia and New Jersey, travel to and train in Pottstown because of the club's holistic approach to community wellness and inclusive programs. PAC's environment fosters both personal growth and team success, as seen in the accomplishments of the Dragon Warriors, the club's Dragon Boat racing team, whose members have won numerous gold medals nationally and internationally.

By being accessible and supportive, PAC helps individuals rebuild their lives, regardless of circumstances. Affordability is paramount to PAC's mission. The club ensures that financial barriers don't prevent anyone from accessing wellness opportunities. Whether improving fitness, shifting mindset, or connecting with others, PAC inspires transformation from "I can't" to "I can."

Since 2013, the Pottstown Area Health & Wellness Foundation has proudly supported the Pottstown Athletic Club. Together, we're working to create a healthier, more vibrant community — one person, one family, and one success story at a time.

For more information, visit: pottstownathleticclub.com



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