

May - June 2026

Pacífico Vibes

VOL
02

Titi's Ultimate Club
Gold Medalists
for Panama



Be part

of what's happening
in our community

10 interactive sections

to share and discover
stories and activities

Click here and let's co-create

this space together

Ir a versión en español

Welcome

I came to Panama Pacifico looking for a place to continue doing what I love: teach swimming.

What I didn't imagine was everything that would develop around the pool. More than just training sessions, stories began to unfold, families stayed a little longer, and children discovered what they were truly capable of.

Over time, I came to understand that it's not just about swimming, but about building discipline, confidence, and a love for the process.



I'm happy to be part of this edition of the newsletter, a space where our community comes to life. Here, you can discover the latest news, connect with inspiring stories, and learn what's happening around you. But above all, this is a space to participate: **click, share your story, and be part of what we're building together.**

**Francisco "Pancho"
Paez**
Swim Coach

Fco Paez
014

Let's choose together



Thanks to your participation, today we celebrate the name of this space that brings us together:

Pacífico Vibes

Let's keep co-creating this newsletter together!

We invite you to get involved, share the good news, and make this space truly our own. Click here, get involved, and be part of what we're creating as a community.



Voting results

1. Pacífico Vibes - 40.6%
2. Pulso Pacífico - 33.0%
3. Conectados - 14.2%
4. In the Loop - 10.4%
5. In Common - 1.9%

This is us

Growing as a **team, on and off the field**



Panama is back in the World Cup, and Román Torres, a former player on the Panamanian national team, is experiencing it with the same pride, but from a different perspective. “We paved the way. Now the young players are reaping the benefits.” His message to them is clear: enjoy the journey, appreciate the effort, and understand that getting there is the result of a team and a country working together.

For nearly a decade, Panama Pacifico was his home. “I felt the warmth and a very close-knit atmosphere,” he recalls. Today, that connection to the community translates into action, **through his program Educating and Transforming Lives, which supports 100 children in their athletic, emotional, and educational development.**



“It’s about giving back a little of what God has given me. Because on the field and in the community, growth isn’t an individual endeavor; it’s built as a team, with a sense of purpose and the conviction that when one person moves forward, we all move forward.” **Román Torres**, World Cup soccer player.



Would you like to be part of a project that changes lives through sports?

 [+507 6576 4798](https://wa.me/50765764798)

Román has focused his efforts on supporting children and young people who see soccer as an opportunity but who also need the tools to keep that dream alive. Now, the program goes beyond training; it supports personal growth, discipline, and achievable goals.



Today, as Panama once again looks forward to the World Cup with excitement, Román's story continues to unfold elsewhere—a place where impact isn't measured in goals, but in lives that find purpose.

Because if this new chapter makes one thing clear, it is that dreams, when shared, have the power to multiply. And that true triumph does not always happen in a stadium, **but in every life that is transformed.**

Do you have a story to tell?

Share it

Community tips



Juan Ignacio Linares

Resident and Swimmer

Living in Panama Pacifico is great because I study and swim right here.

Since everything is so close by, I arrive at the pool with more energy and make the most of my day.

My trick is to do my homework as soon as I get home, so I can focus on swimming after, which is what I love doing most, and end the day relaxing at home with my family. That way, I really get to enjoy the whole day!

Swimming keeps me going!



Carlota Rifel

Resident and Residential Advisor at L&R

I'm much more mindful of my well-being and the environment. Living and working here has changed my perspective.

Now I recycle; we have a drop-off point at Terpel, I take used oil to Novey or Riba Smith, and I even support neighbors with their health-conscious ventures.

Panamá Pacífico has inspired me and my family to live better, take care of ourselves, and appreciate our surroundings.

We choose to live better!

Share yours

Wellness in motion

Discipline shapes the future

For more than 17 years as a coach, Pancho Paez, a former Olympic swimmer, has dedicated his life to teach children their very first steps in the water, helping them overcome their fears and discover what they are capable of.

Over time, many fall in love with the sport and take the leap to competition. His experience as a national team coach is reflected today in his teaching style, raising the bar and the standards of the training process.

“Over the past seven years at Panama Pacifico, we’ve welcomed around 120 children and adults from the community and other parts of Panama,” says Pancho.

Currently, he coaches more than 60 athletes, fostering the growth of children and teenagers through perseverance, confidence, and character.



**Here, every step forward
counts and every story
matters**

[Share your story](#)

Offline is the **new luxury**

PPT Tennis Club

With 321 active members, they organize tournaments that combine competition and socializing, ranging from the annual “Colors” tournament to social events like the “Just for Fun” women’s tournament or the “Birthday Cup.”

If you'd like to join, you can sign up through Munily or visit PLC to find out about upcoming tournaments and become part of the community.



The court becomes a place to share, challenge each other, and grow!



Book club for adults

Karina Bao is a member of the Adult Book Club. It’s a break in her day that allows her to connect with others and share her love for reading.

It’s a space for sharing, chatting, and discussing life topics in a warm, relaxed atmosphere with good company. Each month, a member suggests a book and hosts the meeting.

If you’d like to join, send her a message:

 [+507 6678 0598](https://wa.me/50766780598)

From playing with friends to the International Gold



What is now Titi's Ultimate Club—a program with more than 50 active children—began with a simple invitation from Enzo Castillo to his children:

“Invite your friends to play Ultimate.”

Through the sport, Enzo encourages this group of teenagers to learn something that seems rare these days: how to be fully present. In Ultimate, there are no referees; they make decisions, resolve conflicts, and listen to one another.

In Panama Pacifico, spaces like these grow. Training sessions, outdoor activities, and spontaneous gatherings where both children and parents take part. In the process, without even realizing it, they **strengthen values such as respect, responsibility, and true teamwork.**

Representing Panama and bringing home gold for the first time in Medellín. It was pure excitement, driving them to grow and achieve it again.

🌿 The real connection happens off-screen 🌿

What activity would you like to share?

Share it

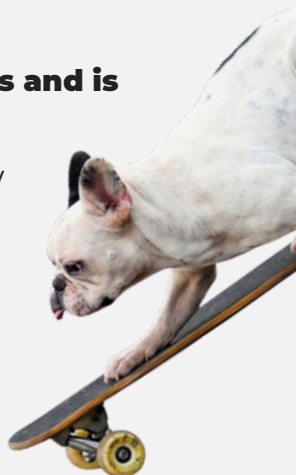
Pet club

The Story of Pluto

A French bulldog that defied all expectations and is now winning hearts

Pluto is proof that the right guidance can transform any dog. At Doggys Kingdom, alongside his owner Luis Rojas, he found a way to channel his energy through activity, play, and training.

At his own pace, through various activities like skateboarding, he developed focus, confidence, and a connection with people.



“Pluto didn’t need to change who he was; he just needed guidance to become the best version of himself.”

Luis Rojas, Owner of Pluto

Now, he not only competes in events like agility, but also wins the hearts of all the children and everyone who meets him. Pluto is a reminder that it’s not about being the best or the most obedient, but about finding your place.

Does your pet have a story to tell?

Share it

Coliving

Crocodiles, silent guardians of the natural balance

“Every species plays a role, even the ones that scare us the most”

Reinaldo Pérez, wildlife ranger

Crocodiles are not an invasive species. They have always inhabited these areas, especially mangroves, rivers, and coastlines. We see them more often today, not because there are more of them, but because we are more present in their environment.

Far from being a constant threat, they play a vital role in the ecosystem; **they regulate the populations of other species, provide shelter for smaller animals, and help maintain the balance of water and soil.**



In the event of an encounter, we have an expert who helps us relocate them: **Reinaldo Pérez, a biologist and the person in charge of wildlife rescue and management at Panama Pacifico.**



“Crocodiles don’t go looking for humans; they prefer to avoid them whenever possible.”

It's not about panicking, but about knowing what to do.

They are primarily nocturnal and avoid contact with humans. When they appear in urban areas, it is usually because they have been displaced or are looking for water and food.

If you encounter a crocodile or another animal:

- Watch it from a distance.
- Do not try to move or capture it.
- Report it to the CSI:
+507 316 3636



It’s possible to coexist with them if we understand their nature:

- Keep your distance.
- Do not feed them.
- Report their presence.

We are part of a living system

What would you like to know about our wildlife?

Share

Growing here



An initiative that redefines veterinary care

Identifying a real need and turning it into a sustainable project doesn't always happen. PAW Clinic was born out of that clarity, from the experience of Noel Calas, who, after encountering a fragmented veterinary system, decided to commit to a comprehensive model.

“When we designed the clinic, we wanted something simple: we wanted everything an animal needs to be in one place and readily available.”

Noel Calas, CEO of Paw Clinic

The result is a clinic designed with operational efficiency in mind. With fully equipped examination rooms, a laboratory, an X-ray suite, an operating room, and inpatient facilities are all housed under one roof to ensure timely, continuous care. This is complemented by a network of specialists that expand our capacity to respond to patient needs without compromising efficiency.



The project stands out for its human-centered approach, actively working with rescue cases, adjusting costs, and providing care for homeless animals, integrating this commitment as a natural part of its operations.

Paw Clinic addresses a need, raises the bar, and demonstrates that purpose-driven businesses can indeed make a real impact without wasting valuable time in high-risk situations.

Do you have a story to tell?

Share it

Connect to transform

CA20-30 Panama Pacifico:
Young People Making a
Difference



Our proximity to communities such as Veracruz has fostered partnerships aimed at making a real impact.

Through its support for CA20-30 Panama Pacifico, this commitment translates into concrete actions by this civic organization, including educational initiatives, health fairs, sports activities, and training programs that have **benefited more than 4,000 people.**

Panamá Pacifico acts as a facilitator, reaffirming that development is built through shared effort. And, above all, understanding that these initiatives require continuity; **continuing to support them is key to sustaining their impact and, as a community, finding ways to pay it forward.**

Do you have a story to tell?

Share it

Best place to live

mover a partner that transforms mobility

We celebrate Mover's recognition at Panama Innova 2025, an initiative that was born in Panama Pacifico and aligns with the kind of community we are building—one that is more connected and collaborative.

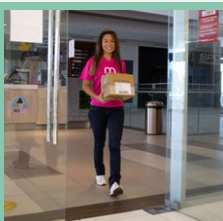
Mover promotes a different way of getting around and working, integrating technology and opportunities into everyday life.

Behind it are women who lead and make possible a reliable mobility service for families and businesses in the community.



Do you need transportation services?

 **Contact them**

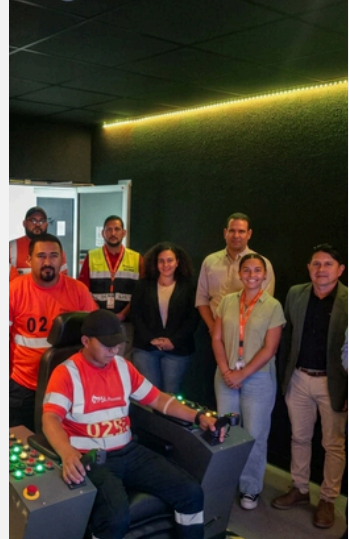


At technical training centers like **INADEH**, new trades—such as heavy machinery operation, which is currently in high demand—are being taught through hands-on training using specialized simulators.

More and more people are coming in search of a different opportunity. This has led to larger class sizes, spots filling up quickly, and even the addition of more training days to meet demand.

Beyond the technical skills, what is valuable is **that people find a clear path to better prepare themselves, work, and open up new possibilities.**

Where Opportunities begin



Renewable solar energy



AR4 Solar promotes a more self-sustainable lifestyle.

With more than 80 systems installed in the community, **solar energy has become a real solution for reducing our environmental footprint, generating savings, and strengthening energy independence**, contributing to a more environmentally conscious, resilient community that lives in harmony with nature.

Do you have a story to tell?


Share it

Stay tuned




Solutions and reasons to enjoy

Chavela Mexican & Grill

A dining experience that brings you the best of Mexican cuisine, combining authentic flavors, dishes full of character, and the perfect atmosphere to enjoy with family and friends.  **Cëntriqo.**



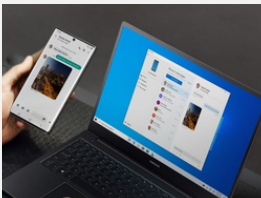
Buena Vista Tap House

A place designed for beer lovers and food to share, where the great atmosphere takes center stage.  **Cëntriqo.**

FedEx

Efficient logistics solutions that facilitate domestic and international shipments with support, speed, and reliability.

 **PH Mosaic.**



Pacific Tech

Comprehensive technology services, including computer, cell phone repair, maintenance, and the sale of accessories.

 **PH Mosaic.**

Stay connected

Click on the icons

 Social media



 Resident

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New! Alert channel



Thank you for being part of our community.

See you in the next edition!