

Minutes of the Seniors' Gym Committee Meeting held on Thursday May 30, 2019 in the Village of Fruitvale Council Chambers.

Present:	Mayor/Chair: Councillor:	Steve Morissette Lindsay Kenny
Staff Present:	Staff Liaison:	Kelli Tuttle
Others in Attendance:	Seniors' Representatives:	Rick Hammond Shannon Girardo Gae Kyle
	Juniors' Representatives:	Kayla Crockett Tina Feddersen Tracey Grayson

### **CALL TO ORDER:**

Mayor Morissette called the Committee Meeting to order at 5:30 pm.

### **ADOPTION OF THE AGENDA**

MOVED Kenny / SECONDED Crockett

THAT the agenda be adopted as presented.

CARRIED

### **NEW BUSINESS**

#### **a. Information collected to date by committee members**

Salmo Gym Visit:

- Salmo facility was toured by 2 committee members.
- Gym Data:
  - Funded by the regional district and pay for use,
  - Approximately twice the size of the Fruitvale Seniors' Gym,
  - Open three days/week for eleven hours with the remaining days at four hours,
  - Hours:
    - M-W-F open 6 am to 11 am and 4 pm to 8 pm
    - The break between 11 am and 4 pm is for special use by seniors with a trainer brought in to assist seniors
    - T-Th 8 am to 11 am
    - Sat. 8 am to 11 am
    - Sun. Closed

- Just under 2000 sq. ft.
- Attendants are on site
- Membership is unknown at this time
- Fees:
  - Monthly membership, fees are displayed on the back page of the leisure guide
  - \$2 Drop in fee
- There has been no abuse of the equipment,
- Attendants perform regular cleaning and a monthly contract is in place for floor cleaning,
- The facility does not make a profit,
- An equipment replacement plan is budgeted each year,
- Classes are offered,
- Equipment is mostly commercial grade with a few lower quality pieces,
- The number of machines is approximately equal to Fruitvale's Seniors' Gym.

## **OPEN DISCUSSION**

### **Pros and Cons of a partial opening of the gym to non-seniors**

- The Village of Fruitvale has no money budgeted for equipment maintenance or replacement.
- The Seniors Gym is only suitable for light users and not athletic training.
- Age restrictions should be put in place to ensure only light users are using the facility, maybe age 21 and up.
- Younger users are willing to pay fees.
- Seniors' Concerns:
  - There is no idea how many people would want to access the gym if it were to be open to the public and seniors are concerned that if the numbers are high enough this could lead to extended hours for non-seniors that would start cutting into the seniors allotted time,
  - Machines may not stand up to high usage,
  - The capacity of the gym is only 7 or 8 people working out.

### **Other Interests, Concerns and Suggestions**

- Put out a poll to see how many people would use the gym if it were open to the public.
- Public money pays for the gym's operating costs so maybe it should be open to the public.
- If the gym were open to the public it would only be a few hours per day?
- There is no maintenance or replacement plan and budget.
- Currently seniors do all the maintenance and cleaning.
- Would the gym still be free to use by seniors?
- Fees could pay part of the maintenance and replacement costs.

- Seniors have had the gym for free for three years and may be able to pay something, but some seniors may quit if they have to pay and the gym was started to promote an age friendly community that promotes aging well, mobility and seniors' health.
- Don't lose sight that the initiative to start the gym was to get seniors active.
- Would the Village office control the keys and could a new card system be installed with a reregistering and payment process?
- Most small community gyms are open to the public.
- New Horizons Seniors, the majority grantor of the gym, has given their approval to open the gym to the public.

### **NEXT STEPS**

- a. Village of Fruitvale to report the current costs of operating the gym (electricity, cable, etc).
- b. Village of Fruitvale to report the costs of rekeying the cards or implementing a new card system that can be programmed to allow only certain hours of entry for certain cards.
- c. Committee to consider if a trial period is possible.
- d. Next Meeting: Wednesday, June 19, 2019 5:30 p.m.

### **ADJOURNMENT**

The meeting adjourned at 6:38 pm.

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Committee Chair

Certified Correct:

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Chief Administrative Officer