

SBCA Health & Fitness Committee Meeting Minutes October 6, 2022

Attendees: Dean Rosenthal, Barb Sweet, John Sweet, Jeanette Hanson, Randy Edwards. Also Christine Spagel, Steve Gardaner, and Kate (new staff).

1. Meeting called to order at 11:00 a.m.
2. Determine Quorum 5/6
3. Agenda approved Dean/Jeanette
4. Minutes approved Dean/Jeanette
5. Captain's Reports

Aerobic Room: Dean Rosenthal – Nothing to report.

Weight Room: Dean Rosenthal - Nothing to report.

Pool: Barb Sweet/Jeanette Hanson. Nothing to report.

Floor Exercise: Barb Sweet. No report.

Fitness Classes: John Sweet. John demoed *The Breather*, a device that can help improve the respiratory muscles and aerobic fitness. Can be ordered from Amazon for about \$30.00.

There are a number of new classes being offered, some are paid for by SBCA. Watch eblasts and SBCA website to keep up to date.

Locker Rooms: Dean Rosenthal/Jeanette Hanson – plan is to bring them up to the same standard as the rest of the building with some cosmetic changes and making more handicap accessible. Bob King from facilities committee is working on design ideas.

Courts: Bushes were cut back at a cost of \$600 - \$800.

Communications: John Sweet – See report on *Communique* later on agenda.

Outdoor Fitness: Dean Rosenthal. Non exists.

6. Old Business

*Status of placement of TV Screen in Pool. Awaiting electrician to put in wiring and locate the outlet. After install the remote will be available at the front desk to check out.

*Status of tennis courts maintenance and pickleball court striping in tennis courts.

The Department of Community Development has been contacted about zoning. Advice from DCD is to go ahead. They would offer a conditional use permit but if noise complaints come in it could be shut down. SBCA may not want to invest in striping if it would be shut down.

John Sweet took a decibel sound test reading at the courts one day when 16 people were on four courts. The reading average was 53 decibels, which is less than a normal conversation (60-70) or a household refrigerator (55).

77 of the 130 members of the Port Ludlow Pickleball Association are South Bay members.

SBCA may be having discussions with LMC regarding this as the two groups are meeting. The next meeting of the SBCA may determine the status of the pickleball issue.

* Status of eblasts to fitness group signees. A new eblast template is being prepared to facilitate this issue.

*Status of locker room remodification design. The space needs could be restructured due to wasted space and lack of space. Original design may not have utilized most efficient use of the space available.

* Status of purchase of : Fractional Weight Plates for Dumbbells, Slant Board, Barbell bar. In process.

7. New Business

*Next Communique topic. Seasonal Affective Disorder. Positive comments are appreciated.

*Brainstorm and compile present and future considerations for the Health and Fitness related programs and infrastructure. See Dean's report attached.

9. Comments - Barb asked for best way to get chair yoga as an amenity. Instructor needs a minimum # participants to be successful. Barb suggested using Communique to announce option and will ask Mark if he can field responses.

Mark will use Bob Kent's drawings for locker room remodel to redraw in a more user-friendly form for H&F and Facilities committees to use to detail out for construction estimates.

Randy will take weight room wall request to Facilities. He will also keep the pressure on for Pickleball mitigation including striping costs and other related costs with the assistance of Jeanette.

Discussed increasing associate memberships. Associate members look for fitness amenities when considering joining.

Landscape architect has been hired to give amenity options for Bay Club land.

10. Next Meeting: November 3. 2022.

Present and Future Considerations

Facts:

The Bay club has increased but still limited space for exercise equipment.

We have a decent variety of exercise equipment but could improve utilization of space and offer more barbell utilization (safe bench presses and squats), dip platform, landmine option .

We will need some aerobic equipment replaced; step climber, elliptical, and one treadmill.

Demographics are changing. Younger members have joined, some with families. We have to adapt for these folks. They have more gym experience than older members thus we need to keep up fitness trends, including equipment and group exercise options.

Covid is still present and indoor gatherings may still be hazardous. We do not offer too many outdoor fitness options.

A persistent problem still exists with members needing guidance with their fitness programs and not finding answers.

Our survey results show higher interest in flexibility instruction, Yoga, access to personal training, water aerobics, having onsite tennis/pickleball courts, low impact aerobic classes, utilizing beach front for water activities, and strength training.

Financial resources are a constant hurdle to jump when considering upgrades to the fitness center.

The locker rooms need refurbishing.

Having two community centers dilutes the variety of viable fitness options for the residents of Port Ludlow and no single entity to coordinate and lead activities.

Improve coordination with the Activities Committee when it comes to health and fitness related programs.

Possible Solutions:

Consider fund raising options for fitness related programs and equipment.

Replace folding partition in weight room with wall. Can add rack for safe squats, bench presses, dips which have been requested by newer members.

Replace the step climber with an arc trainer and replace the elliptical and treadmill with new, commercial grade machines.

Mark has done a nice job mitigating hang-ups to attracting fitness instructors and has added Tai Chi, Qigong, Yoga classes to the fitness group exercise repertoire. Perhaps a Pilates class could be an addition.

Outdoor fitness equipment would be an option for those who are hesitant to workout indoors.

Recommend "Activities Director" shared by both community centers.

Activities and Health and Fitness work together to present more fitness lectures and demonstrations.

Refurbished Locker rooms to accommodate those with disabilities and increase dressing space.

Future Considerations:

1. Trail system around entire Bay Club property including shoreline. May include ground level deck for Tai Chi, Yoga etc. in quiet location and a landscaped meditation area.
2. Shoreline ramp and dock for launching available canoes, kayaks, paddle boats.
3. Tennis/Pickleball/badminton/volleyball court onsite including Bocce ball court and Cornhole court.
4. Outdoor fitness equipment either behind building and/or along trail system.
5. Basketball court lines scribed in area of parking lot.
6. Sauna/steam in pool area.
7. Refrigeration units for retail drinks.
8. Directory of local personal trainers.

9. Email blasts to fitness users.
10. Longer versions of "Communique" allowed.
11. Continue with balance/fall prevention programs, strength training programs.
12. Offer "Tonal"-like equipment.
13. Continue with Jefferson County Healthcare lectures etc. and Physical Therapy related lectures/demos.