

SBCA Health and Fitness Committee Minutes

November 3, 2022

Attendees: Peggy Ponto, chair; Dean Rosenthal, Barb Sweet, John Sweet, Jeanette Hanson, Mark Torres, Gil Skinner, Christine Spagel, and Deanna Richards.

Absent: Randy Edwards and Maureen Black

1. Meeting called to order at 9:28 a.m.
2. Determine Quorum – Yes.
3. Approval of Agenda – Motion to approve Hanson/Rosenthal. Carried
4. Approval of Minutes for October 6, 2022 – Motion to approve Rosenthal/Janson. Carried.
5. Captain's Reports:

Aerobic Room - Dean Rosenthal: Elliptical machine is squeaky.

Weight Room - Dean Rosenthal: Some new pieces include bar and collars, incremental plates and slant board. Items on replacement schedule for include the elliptical, treadmill and stair climber.

Pool - Barb Sweet/Jeanette Hanson: TV install is in progress awaiting electrician.

Floor Exercise - Barb Sweet: No report.

Fitness Classes - John Sweet: Mark reported that another pool exercise class is upcoming.

Locker Rooms - Dean Rosenthal/Jeanette Hanson: Reviewed Locker room remodel concept with several suggestions.

Courts: Trees over-leaning the fence need to be trimmed back. SBCA is talking to LMC how playtime for SBCA members can be increased with perhaps a financial consideration and how the Port Ludlow Pickleball Association is running the organization. Gil Skinner stated that "SBCA is committed to pickleball and tennis. SBCA is interested in pickleball and do best way for association. SBCA working diligently for access." The zoning issue was also discussed with the Department of Community Development saying remedy is a conditional use permit until someone raises a noise complaint then the fine would be \$100 pe day. A copy of the SBCA noise ordinance was distributed.

Outdoor Fitness - Dean Rosenthal: No report.

6. New Business:

Status of eblasts to fitness group signees – this is in progress with a new eblast template being put into place.

Future considerations for priority projects – (see minutes from October 3).

1. Outdoor exercise area/Gazebo trail and shoreline ramp and dock for launching canoes, kayaks, paddle boats.
2. Tennis/pickleball/badminton/volleyball/bocce ball/cornhole courts on site with low voltage lights.

3. Outdoor fitness equipment behind building and/or along trail system.
4. Sauna/steam in pool area.
5. Refrigeration units for retail drinks.
6. Tonal Equipment – which is a wall screen with magnetic resistance.
7. Rinse off shower in pool.

Prioritize these items at the next meeting.

7. Comments – LMC is inviting us to their polar plunge on December 31.
8. Next Meeting is December 1. 2022.
9. Motion to adjourn Sweet/Sweet at 10:30 a.m.