

SBCA Health and Fitness Committee Meeting Minutes, October 3, 2024

Attendees: Randy Edwards, Dean Rosenthal, Jeannette Hansen, John Sweet, Mark Torres, Lloyd Olson (guest)

Absent: Barb Sweet, Carolyn O'Keeffe

The meeting was called to order at 9:30 am

A quorum was present.

Motion to approve Minutes: Dean/Diane. Passed

Motion to approve Agenda: Jeanette/John. Passed

Captain's Reports

Aerobic Room: A new Matrix treadmill and recumbent machine were added. Dean is enhancing user instructions. Positive feedback thus far.

Randy is working on fixing the glitch with the recumbent bike hand grips. The Life Fitness elliptical machine is making noises again after having it repaired. Whether it is parts or unplanned budgetary replacement, Mark is aware of the problem, and it is on his radar. Concerns were raised about lighting in the cardio room. Mark is also addressing this.

Weight Room: All feedback has been upbeat with a new room layout and chest press machine. Randy donated high-quality weight plates which is a sizeable donation. Airflow is more suitable now that the windows are accessible.

Pool: A rousing cheer for the pool. Members expressed their appreciation, especially after the week-long closure. A comment was made about a slick edge, but it was a non-issue as the same paint was applied.

Floor Exercise: No Report

Fitness Exercise: Diane plans to continue free strength and balance classes through the end of the year. TJ (group fitness instructor) has expressed an interest in teaching a strength and balance class, possibly another day during the week. Diane will visit with her before the next meeting. Diane is also open to turning the program over to TJ if she wants it.

Locker Rooms: Another rousing cheer for the locker rooms. The consensus is they are noticeably cleaner.

Communications/Communique: John is working on ideas for November, possibly on the healthy value of gratitude. Many compliments have been shared regarding the topics and members' enjoyment.

Old Business

Pool Issues: A lengthy discussion ensued with Lloyd Olson about pool rules and possible alternatives to avoid future confrontations. Jeannette has written up a draft which Mark will review. Much of the problem stemmed from a "perfect storm" when there was a brief absence at the front desk and tempers flared between swimmers. Lloyd recommends checking in with the front desk and placing "reserved" signs at the lap swimming lane. Jeannette hopes that posted rules (and a pool schedule) in several visible locations will solve most of the problem. Mark emphasized that signs or no signs, he feels

management can deal with the challenge by ensuring the front desk is always covered. Mark is coordinating staff to cover the early morning swimmers, lunchtime, and potential gaps at the front desk. Jeannette has observed members failing to check in and bypassing the front desk. If ever a conflict arises, members can ask questions or report their concerns to the front desk. Mark said he would take care of the controversies. The health and fitness committee is adamant about not adding more work at the front desk as it is. There was consensus that the key is for people to check in when they enter the club. Dean moved to include pool walking with lap swimming reservations, post new rules (including a pool schedule) as soon as the board ratifies, and revisit the process in two months. Jeannette seconded. The motion passed unanimously.

Reserving the weight room for exercise classes was deemed impractical and Diane dropped the suggestion.

New Business: Dean handed out an Eblast highlighting the Matrix recumbent bike, the Matrix treadmill, the Body-Solid converging arm bench press (there is a mouthful), new attachments for the Hoist cable-column machine, new resistance band options, squeeze balls, and an effective tool for hip thrusts.

Suggestions for Active Life monthly educational programs were tabled until the November meeting.

Manager's Remarks: Mark addressed earlier discussions regarding equipment, the pool, and staffing coordination. He mentioned the possibility of a full-time maintenance person to cover our ongoing equipment problems.

There being no additional comments, Diane moved to adjourn. Dean seconded. Happy Halloween everyone. See you November 7, 2024.

(Recommended pool rules follow.)

Recommended Pool Rules

1. Pool Schedule posted with designated times for Lap Swim*, Lap Swim & Walk/Exercise*, Virtual Pool Exercise, Aquarobics, AquaZumba**, and Open Swim.
2. ** (on Pool Schedule) Signifies Instructor led class – fees may apply (contact Instructor for info).
3. * (On Pool Schedule) Signifies Reservations required.
4. Lap Swim times are available only through reservation with the front desk. Only 3 people (one per lane) are allowed in the pool during Lap Swim times. Members can begin making reservations on Friday morning at 8 AM for the next week. Reservations will only be made for the member who is calling or coming to the desk in person. Please do not leave notes or emails or voice mail for the front desk with your request prior to this time. As a courtesy for other members, if you do make a reservation for a Lap Swim Lane and are unable to come in, please cancel as soon as you know. There are some very popular times in the pool.
5. All members using the swimming pool must check in with the front desk.
6. Reservations are not required for Aquarobics, Open Swim, Virtual Pool Exercise, and AquaZumba.
7. Bathing suits must be worn to use the swimming pool or spa. Cut-offs and other street clothes are not acceptable in the swimming pool or spa.
8. All users must take a cleansing shower using soap prior to entering the pool or spa. Running is not permitted in the pool/spa area. Diving is not permitted. Food and beverages are not permitted in the pool/spa area. No radios or electric corded devices of any type are permitted in the pool/spa area without written permission from the Bay Club Manager. Infants not yet “potty trained” are required to wear “swim diapers.”
9. Members should act respectfully towards one another and if any conflicts arise, bring them to the front desk.
10. Only SBCA members and their guests are allowed to use the pool or spa.

Additional rules are posted in the Pool/Spa area.