

Subject: Brock Centre for Health and Wellbeing partnership – Satellite Site Proposal – Meridian Community Centre

Recommendation:

THAT COMMITTEE receive Report #2019-0127 and recommend to Council:

THAT Brock Centre for Health and Well-being partnership – Satellite Site Proposal – Meridian Community Centre, be approved.

AND THAT the Mayor & Clerk be authorized to sign the proposed Memorandum of Understanding with Brock University.

Background:

Over the past six months, staff have been working with Brock University Faculty of Applied Health Sciences, Brock – Niagara Centre for Health & Wellbeing, in an effort to set up a Satellite Site to offer a 55+ fitness program at the Meridian Community Centre.

The Brock-Niagara Centre for Health and Well-Being is willing to offer a 55+ fitness program involving cardio, strength & conditioning - functional movements for everyday wellness. The program will be a 6 month “pilot” beginning January – end of June, 2020 and will be a “subscriber based” program (where participants sign up for a 12 week session). Sessions will be held twice weekly from January – March and three times weekly from April – June, between 9am-10am, during the 6 month trial period.

The proposed program will be overseen by a part time Brock University staff member who will recruit, train and supervise Kinesiology students in delivering the fitness program. This is similar to the full program offered at Brock. Being that the MCC is our transit hub it is convenient for students to use public transportation to

participate in this program.

The staff will be on location at the MCC from 8:30am – 10:30am on the days that the program is being offered. This will allow prep time for the staff member before each class, as well as set up/take down/clean-up of any equipment and time to answer any questions from participants. Each participant will be screened and will have the option to have a personal fitness tracker sheet and staff will be able to customize their fitness workout to meet their needs.

The registration fee for the program will be the same as the fees charged at Brock-Niagara Centre for Health & Well-being of \$120.00, plus tax, for the 12 week (36 class) program. This works out to be \$40.00 per month or \$3.33, plus tax, per class. Space will be available for up to 30 registrants.

In order to offer this program we will be required to purchase approximately \$7,000.00 worth of equipment including storage racks. The equipment will all be portable and will be stored in the gymnasium equipment room on portable racks for ease of set up and take down. Staff is proposing the equipment be purchased with the savings in 2019 MCC operating budget. The cost of the equipment will be recovered from offering programs over the years.

Analysis:

This partnership is a great opportunity for Brock University, Applied Health Sciences and the Town of Pelham. For Brock, it will give an opportunity for the Students to gain Community experience and it will take some pressure off the Brock-Niagara Centre for Health & Well-being program. In turn, the Town will be able to offer a quality program that will benefit seniors at a reasonable cost and for students to gain experience. The registration fees will offset the staff costs to offer the program, which should result in no extra costs for the Town. The Town will be the only municipality in the Region, to have a Satellite Site of this nature.

Financial Considerations:

Registration fees for 12 week, 36 – 1 hour class program \$120.00, plus tax.
Purchase approx. \$7,000.00 of portable fitness equipment and storage racks.
Funds for equipment purchase from the 2019 MCC operating budget.

Alternatives Reviewed:

Do nothing.

Strategic Plan Relationship: Build Strong Communities and Cultural Assets

Entering into this partnership builds a strong relationship with Brock University; gives students community work experience; and benefits residents that are 55+ to have the opportunity to increase quality of life and everyday health and wellness.

Consultation:

Brock University Faculty of Applied Health Sciences
Pelham Senior Advisory Committee
Teresa Quinlin, Director of Finance
David Cribbs, CAO

Other Pertinent Reports/Attachments:

Draft proposed Collaboration Agreement

Prepared and Recommended by:

Vickie vanRavenswaay, RRFA
Director of Recreation, Culture and Wellness

Prepared and Submitted by:

David Cribbs, BA, MA, JD, MPA
Chief Administrative Officer