

SBCA Health and Fitness Committee Meeting Minutes

March 6, 2025

Committee Members present : John Sweet, Dean Rosenthal, Jeannette Hanson, Barb Sweet – Carolyn O’Keefe arrived during meeting.

SBCA Members present : Steve Doob, Kare Sargent, Christine Spagle, Gil Skinner, Mark Torres.

1. John Sweet called the meeting to order at 9:30 AM
2. Quorum was determined.
3. Agenda was Approved.
4. Minutes from last meeting (12/5/2024) approved
5. Captain’s Reports:

Aerobic Room – Dean – no issues

Weight Room – Dean – no issues

Pool – Jeannette – no issues

Floor Exercise – Barb – Yoga Instructor Vi is looking for temporary housing.

Fitness Classes – John – no report – need to assign another member to cover.

Locker Rooms – Men’s/Dean – Strip on door replaced & new faucets installed.

Women’s/Jeanette – New Hairdryer in place

Communications/Communique – John – Working on April edition...topics may include Aromatherapy/Yoga for Eyes...always looking for input on new ideas.

6. Old Business:

- a. Fitness Equipment Orientation for Members – Dean and Randy had been in conversation. Dean proposed that once a month – First Thursday of Month, right after H and F Meeting at 11:30 a.m. He would commit to being available to members regularly and contact Randy Edwards and/or others to help, Kare Sargent committed to helping on months she is available. Notice to go out in “What’s happening this week” SBCA email as well as item added to calendar and newsletter. This will not be billed as a Personal Training session, just so that someone would be available to help members learn to use equipment and utilize tools currently available in the Fitness Area.

- b. Power outlet for Matrix Elliptical – Mark said he would add this item to a scheduled electrician's visit for kiln electrical work.
- c. Hair dryer for Ladies Locker room has been bought and in place.
- d. Dim lighting in Cardio room – no resolution.
- e. Review of Pool Schedule – To accommodate requests for a better time slot for Lap Swim on Friday – Virtual Pool Exercise time slot will move to 3 pm and Lap Swim will be moved to 11 AM to see if this will help member's needs.

7. New Business

- a. New Donation forms created for members who want to donate needed items to the Fitness area. Also, noted chain from H and F approval, then to SBCA board for approval. Retroactively, approval was given on previous donations from Dean Rosenthal. Motion by Barb Sweet, Seconded by Jeannette Hanson.
- b. Electronic Door Opener request for access to Fitness area to improve accessibility for members with walkers, wheelchairs, etc. was discussed. Carolyn will take this request to the Facilities committee. Considerations must be made as to the impact of this to ADA requirements for private member space – added that consideration must also be given to locker rooms and pool (Mark suggested we might need to also consider a lift for pool/spa area) and all the issues surrounding that.
- c. Dean observed how popular the Jefferson Health Care Parkinson's Fitness class was attended – noting the high percentage of Port Ludlow residents who drove to Port Townsend to attend. Health and Fitness Committee to discuss further as to how/what/where this could be accomplished. Put onto next meetings agenda.
- d. Member request for Triceps Push Down Bar – no action taken by committee.
- e. SBCA member Kare Sargent announced that she and other members who need more space, during popular workout times when they work out, have utilized the Card Room space when it is not in use. This was ok'd by Mark as long as a) the room is not already scheduled for use b) the moveable wall was not opened, but members entered the card room through the fixed door as well as the fitness equipment users put their equipment back and left the card room in order. Kare also requested the club buy more mats and barbells (specifically 10, 12, and 15 lb. weights). The committee felt that SBCA fitness club users often bring their own mats to other classes but would look at the addition of new bar bells as these are popular weights. Space issue for storage was also under consideration.

- f. Kare Sargent also brought up the idea of a Health/Fitness Expo to include vendors, instructors, and screening for medical conditions. Committee taken under advisement for possibility in the future.
 - g. Steve Doob requested more movable mirrors like the ones we have for Tai Chi and other exercise classes. Committee to review.
- 8. Manager's remarks :
 - a. Slight cloudiness in pool that is being worked on. Pool to be "shocked" on Friday.
 - b. Timer on Spa is also being looked at as it does not always work properly.

9. Comments :

Discussion of John Sweet taking over responsibility of Chairing Health and Fitness Committee and Carolyn O'Keefe supporting the committee by attending meetings and communicating /representing the H & F Committee to the SBCA Board.

Meeting adjourned at 10:35

Next meeting April 3, 2025