



REPORT

TO: Community Services Executive Committee

FROM: Jason Kabel, Community Services Division Manager

DATE: October 13, 2017

RE: Sister Kennedy Centre Fitness Programs

Preamble

The Sister Kennedy Centre (SKC) has offered fitness programs like seated yoga and tai chi to patrons 2-3 days per week for several years. These programs have been offered without cost to provide seniors an opportunity for physical activity without the financial barrier. The activities have been very successful in getting over 20 participants per class consistently.

Sister Kennedy Centre Manager, Cindy Noble has received inquiries from patrons to include a 4th day of exercise opportunity each week that was recently presented to the Sister Kennedy Centre Board of Management for consideration. The SKC Board of Management has passed a motion that the fitness classes going forward should generate some revenue as the instructor's compensation should be covered partially by a nominal fee to the patrons. The Board has recommended that \$20/session per patron would be sufficient to offer additional programming without the concern of eclipsing the budget. Sessions typically span 9-10 weeks per activity. The 2017 fall session of programs are as follows:

Tai Chi	Mon & Wed	11:00 - 11:45 a.m.
Yogafit	Tue	9:00 - 9:45 a.m.

Recommendation

The Community Services Division recommends to endorse a fitness user fee of \$20/session for activities offered 2 days/week and \$10/session for activities offered 1 day/week at the Sister Kennedy Centre.

Respectfully Submitted,

A handwritten signature in black ink, appearing to read "J. Kabel".

Jason Kabel