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## MINUTES

Regular Meeting of the Board of Commissioners  
Fidalgo Pool and Fitness Center  
Thursday, February 2, 2017, 5:30 p.m.

### CALL TO ORDER

The meeting was called to order by Commissioner Andrew Olson at 5:30 p.m.  
Commissioners Present: Pam Taylor, Jeremy McNett, Andrew Olson, David Way  
Commissioners Absent: Mel Larsen  
Staff Present: Marilyn Stadler, John Little, Carla Bigelow, Jason Hunger  
Public: Leslie Ostlund

### PUBLIC COMMENTS/CORRESPONDENCE

#### "Tell Us About It" Summary

We had one "Tell Us About It" form, one note and two emails since our last Board of Commissioners' meeting. A summary of the comments is below:

1. I would love a water fountain in the Fitness Center the same as the lobby. Add a fan center of room as mirrors.
2. We received the following email - I am a regular user of Fidalgo Pool, as is my daughter. However, given the huge price increase I was met with today—though strangely not for all the other noon swims I've done this month—I will be enjoying your pool significantly less. An almost 25 percent pay hike is unreasonable, especially for a facility that charges such high rates, and offers no incentives for regular uses. This price hike will certainly deter low-income families even more from using the pool and getting active, as well as others who take offense at paying \$4.25 for a half-hour swim during the "cheap" noon time. It's such a shame to see pay hikes, and even more so when no explanation is given for them. (Marilyn Stadler, Executive Director wrote back the following - I appreciate your email to us about the increase fee from \$3.50 to \$4.25 for open swim at noon time. Please let me first clarify that if you enter at 12 noon, you may enjoy the pool until 2 PM. I do realize that for some people that increase is uncomfortable. Due to recent requirements by the state to increase minimum wage and the need to pay for employees' training, we increased rates to cover these program fees. The explanation appears on our website, was posted in the facility and sent through an email blast.)
3. The handicapped shower stall does not have a hand held shower head. It would be easier for some to wash hair if that was available. (Referred to Maintenance Manager).
4. I just thought you should know what a great instructor Amanda is. I've never had a class with anyone who is so knowledgeable about anatomy and physiology. Since most all who take her strength classes are well over 50, she is very mindful about warning us to keep checking our form and gives many alternatives for those with anatomical problems. She's constantly watching to make sure we are following her instructions. She does this in a

positive and supportive manner. I started in December and can say that - except for her warm up - she has never repeated a class. It's always interesting.

### APPROVAL OF MINUTES

The Regular Board of Commissioners' minutes from the January 5, 2017 meeting and the Special Board of Commissioners' minutes from the January 23, 2017 meeting were reviewed.

MOTION: A motion was made and seconded (TAYLOR/WAY) to approve the minutes from the January 5, 2017 meeting as submitted. The motion passed unanimously.

The Special Board of Commissioners' minutes from the January 23, 2017 meeting will be tabled until next the next Commissioners' meeting since a quorum of Commissioners was not present.

### APPROVAL OF VOUCHER(S)

<u>1/26/17</u>	<u>\$86,069.26</u>
TOTAL	\$86,069.26

MOTION: A motion was made and seconded (OLSON/MCNETT) to approve the voucher as submitted. The motion passed unanimously.

### Thunderbird Aquatic Club (TAC) – Coach Jason Hunter

- TAC numbers are:
  - Home School Group:
    - MS/HS: 7
    - Intro to TAC: 7
    - Bronze: 30
    - Silver: 19
    - Gold: 18
    - Juniors: 22
    - Seniors: 5
    - Masters: 24
- Total 104 without masters, Active + or –3.
- TAC had their first meet of the year. It was a home meet that saw 280 swimmers compete. The team was a little rusty after Christmas break, Jason is hoping to see improvement at the next meet. The team had 74 swimmers in the meet, one of the largest showings for the team.
- At the January Challenge, the team saw two new records set.
  - Julia Lisa set a new 8-U record in the 100 back
  - Pam Moore set a new 8-U record in the 100 breast
- Jan. 13<sup>th</sup>-15<sup>th</sup> TAC attended the Washington Open meet in Federal Way; there were 80 teams and 1300 swimmers. TAC took 12 swimmers to the meet and had a great meet. There was a lot of fast swimming and Jason was very happy with the results.
- TAC competed in the Winter Challenge meet hosted by the Bellingham Bay swim club. They took 40 swimmers to the meet and Jason is hoping to see a bunch of their younger swimmers really take off.

### Aquatics & Fitness Report – Aquatic & Fitness Manager Carla Bigelow

- **SilverSneakers®:** In November 2016, 195 out of 795 enrollees participated for 1,329 visits. In December 2016, 189 out of 629 enrollees participated for 1,323 visits.
- **Silver&Fit®:** In November 2016, 4 out of 10 enrollees participated for 31 visits. In December 2016, 4 out of 10 enrollees participated for 35 visits.
- **At Your Best®:** In November 2016, 40 out of 68 enrollees participated for 269 visits. In December 2016, 33 out of 71 enrollees participated for 223 visits.
- **FITNESS:**
  - **GroupX Classes:** All classes are going well. Our new offerings are building. Instructors are looking forward to the Love Fidalgo free class offerings.
  - **Instructors:** Instructor Newton is giving up her Friday Gentle Yoga class. AFM Bigelow is working with Instructor Fors to take over instruction. She will shadow Instructor Newton a few times and FPFC will send her to a Silver Sneakers Yoga certification.
  - **Fitness Equipment Room:** The equipment room has been very busy lately. Several new faces. AFM Bigelow has been doing 1 - 2 equipment orientations a week - mostly for senior patrons.
  - **Senior Medicare Fitness Programs:** AFM Bigelow has met with several of our patrons to transition them from Silver Sneakers to either Silver & Fit or Optum Fitness Advantage. Healthways (now Tivity Health) finally released a list of members who no longer have Silver Sneakers as of 31 Dec 2016. This has been helpful to identify patrons whose benefit has changed.
- **AQUATICS:**
  - **GroupX Classes:** All classes are going well. The Friday 9 AM deep water class is growing under Instructor L. Johnson.
  - **Swim School:** There are currently 86 students enrolled in group swim lessons. Enrollment for Winter Session II is at 50 with another week for registration. AFM Bigelow anticipates that enrollment will meet or exceed Winter Session I.
  - **Lifeguards:** FPFC Lifeguards joined John Vanderzicht Pool's (JVP) lifeguards for an inservice training on Saturday, January 28. AFM Bigelow, AAFM Dees, LGI Johnson and JVP's AM Biven introduced the guards to some of the revised skills in the new ARC Lifeguarding manual. This is a quarterly event for both pools. FPFC will host JVP staff in March or April.
  - **Key Log Rolling:** AFM Bigelow read about Key Log Rolling ([www.keylogrolling.com](http://www.keylogrolling.com)) in an Association of Aquatic Professionals e-newsletter a few weeks ago. After some discussion with ED Stadler and with Key Log Rolling CEO Abby Hoetchler it was decided to pursue purchase of a log. Friends of Fidalgo Pool and Fitness Center had a donation that will cover the cost of the equipment. AFM Bigelow, Instructors Fors and Zielinski and LG E. Anderson attended an instructor training on January 22 at the University of Washington Intramural Activity Association pool. The Seattle Times and Q13 Fox News were there to provide media coverage. Our instructors were featured in both stories. Our Key Log arrived on Friday, January 27. The aquatics staff plans to use the log for fundraising events, rentals, classes for small groups and families, tournaments and competitions. AFM Bigelow hopes to purchase 2 - 3 additional logs in the future so FPFC can offer additional group classes and host US Log Rolling Association events.

Q13 coverage: <https://vimeo.com/user14179445/review/200845325/d104638ad5>

Seattle Times article: <http://www.seattletimes.com/life/fitness/ready-set-roll-log-rolling-comes-to-the-uw/>

- **Inner Tube Water Polo:** AFM Bigelow and AFM Dees are researching Inner Tube Water Polo as an addition to our program offerings. FPFC has water polo balls and some inner tubes. This game is played with 2 teams of 6 people in the water at a time. The Masters Team played a game during one of their Saturday morning practices and had a great time.

Administration – Executive Director Marilyn Stadler & Business Manager Cheryl Thomas

- The Active Military Program December 2016 was 33 visits by 72 different participants, visits 154 YTD. The usage by military families for December 2016 was 62 visits.

Month	# of Visits	Month	# of Visits
October 2015	89	October 2016	69
November 2015	72	November 2016	85
December 2015	84	December 2016	72
January 2016	80	January 2017	
February 2016	61	February 2017	
March 2016	67	March 2017	
April 2016	61	April 2017	
May 2016	63	May 2017	
June 2016	55	June 2017	
July 2016	43	July 2017	
August 2016	30	August 2017	
September 2016	51	September 2017	
<b>TOTAL</b>	756	<b>TOTAL</b>	226

- Other statistics:
  1. The FPFC total number of visits for December 2016 was 3,638 January – December 2016 Year-to-Date was 43,269. The FPFC total number of visits for December 2015 was 3,672 and January – December 2015 Year-to-Date was 43,666. These statistics don't include the visits from Physical Therapy patrons, swim meet participants or rentals.
  2. Our audit for 2013-2015 is complete. The estimate cost of the audit is \$10,500.

Maintenance – John Little

- The Boiler Inspector inspected and tested the boiler and auxiliary pressure vessels for proper operation.
- Repaired the Boiler Room and Electrical Room doors including all related closers and safety devices as needed for proper safe operation to meet fire code.
- No major projects are planned for February.

Investments

- A total of \$227,164.27 is invested and will mature on August 1, 2017.

Financial Reports

December 2017 financial statements are pending, and will not be available until next week.

Old Business

- **Long Range Planning Committee Update**

1. Executive Director Marilyn Stadler reported that the two days of Special Interest Groups meetings were well attended. Commissioner Olson asked if ARC will provide us a results summary. ED Stadler stated that Mr. Lokting plans to send the District one.
2. The firm is now working on a programming document based on what was stated in the Special Interest Group meetings, past background information and our recent survey. Preview of this document is expected the week of 2/2/8/2017. ED Stadler will contact Mr. Lokting to see how the next step is progressing.

### New Business

- **Audit Results**

1. Results in brief: The areas where we were audited, District operations complied with applicable requirements and provided adequate safeguarding of public resources. The District also complied with state laws and regulations and its own policies and procedures in the areas that were examined. The report contains the results of the independent accountability audit of the Fidalgo Pool and Fitness Center District from January 1, 2013 through December 31, 2015.
2. The following areas were examined during this audit period:
  - Self-Insurance
  - Prior audit recommendation follow-up - controls over disbursements and bank accounts
  - Payroll
  - Fitness center addition
3. The District received a clean audit without findings. A link to the State's audit report on Fidalgo Pool and Fitness Center appears on our website.

### ADJOURN

MOTION: A motion was made and seconded (OLSON/MCNETT) to adjourn the meeting at 6:00 p.m. The motion passed unanimously.

The next regular meeting is scheduled for Thursday, March 2, 2017, 5:30 p.m. at Fidalgo Pool and Fitness Center conference room.