

A G E N D A

FITNESS CENTER ADVISORY COMMITTEE

REGULAR MEETING WEDNESDAY, FEBRUARY 10, 2016, 9:30 A.M. **BOARD ROOM AT GATEWAY COMPLEX**

1. MEETING CALLED TO ORDER: Claudia Tierney, Chairman
2. ROLL CALL: Tierney, Leonard, Smith, Green, Herdering, Montgomery, Rapp and Fredlund, ex-officio member
3. APPROVAL OF REPORT OF JANUARY 13, 2016 (Attachment)
4. CHAIRMAN'S REPORT
 - a. Monthly attendance reports for January 2016. (hand-out at meeting)
5. CORRESPONDENCE AND ANNOUNCEMENTS
6. STAFF REPORTS
 - a. Equipment repair and maintenance.
7. SUB-COMMITTEE REPORTS
8. RESIDENTS' FORUM

FCAC will follow Rossmoor custom and limit comments to 3 minutes.
9. UNFINISHED BUSINESS
10. NEW BUSINESS
 - a. Presentation by representatives of ELS Architecture and Urban Design and The Sports Management Group regarding the design process for the renovation of the Del Valle complex. (Attachment)
 - b. Update regarding the schedule for Pickleball in the Sierra Room. (Attachment)
11. ADJOURNMENT
12. NEXT MEETING: Wednesday, March 9, 2016, at 9:30 a.m. in the Board Room at Gateway Complex

CT/kv
cc: GRF Board

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING

WEDNESDAY, JANUARY 13, 2016, AT 9:30 A.M.

A regular meeting of the Fitness Center Advisory Committee (FCAC) was called to order by the Chairman, Claudia Tierney, at 9:30 a.m. on Wednesday, January 13, 2016, in the Fairway Room at Creekside Clubhouse.

Present, in addition to the Chairman, were Barbara Leonard, Vice Chairman, Sherry S. Smith, Secretary, Carol A. Green, Catherine S. Herdering, Edson L. Montgomery, and Virginia Lee Rapp. Also attending were Leslie Birdsall, President, and Mary Lou Delpach, Secretary, GRF; Tim O'Keefe, CEO, Jeffrey P. Matheson, Director of Resident Services; Masha Henzel, Fitness Supervisor; and four residents, including Kathleen M. Epperson who was speaking as part of agenda item 10a. Attendance

The report of the Committee's regular meeting of November 12, 2015, was approved as presented. Report Approved

The Chairman introduced and welcomed Mr. O'Keefe, the GRF CEO. She then reported that there were 13,186 visits to the Fitness Center in December 2015. For the year 2015 there were 162,715 visits to the Fitness Center, an increase from approximately 155,500 visits for the 2014 calendar year. Chairman's Report

Ms. Henzel reported that all equipment is working well thanks to weekly maintenance. Staff Report

The decision was made to re-organize the Joint Subcommittee with the Aquatics Advisory Committee (AAC) to continue discussions regarding the implementation of a guest fee for Del Valle. The Chairman, Ms. Rapp, and Ms. Herdering agreed to be the representatives from the FCAC. Re-Organization of Joint Subcommittee with AAC/

Mr. Matheson gave an update regarding the Del Valle renovation project and provided handouts from the GRF Board meeting held on January 12, 2016. A discussion ensued during which Mr. Birdsall praised the PowerPoint presentation to the Board by Mr. O'Keefe and Mr. Matheson. Mr. O'Keefe encouraged the members of the FCAC to be good ambassadors for the renovation project. Mr. Matheson noted that the next step will be the Design Development Phase. Update on Del Valle Renovation Project

Ms. Epperson introduced a new club with which she is involved, Friends of the Rossmoor Community. She passed out handouts explaining the Club's origin and thoughts about the Del Valle renovation project. Introduction of New Club

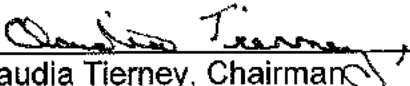
The meeting was adjourned at 10:13 a.m. Adjournment

Fitness Center Advisory Committee
Regular Meeting

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January 13, 2016

The next regular meeting of the FCAC will be held on Wednesday, February 10, 2016, at 9:30 a.m. in the Board Room at Gateway Complex. Next Mtg. 2/10/16



Claudia Tierney, Chairman, PS
Fitness Center Advisory Committee

SSS/kv

Attachment: Fitness Center Statistics

Agenda Item: 10a
Subject: Del Valle Complex
Meeting Date: February 10, 2016

**SUMMARY REPORT
GOLDEN RAIN FOUNDATION
FITNESS CENTER ADVISORY COMMITTEE**

REPORT PREPARED BY:

Jeff Matheson, Resident Services Director

REQUESTED ACTION/ RECOMMENDATION:

Presentation by ELS Urban Design and The Sports management Group regarding the renovation of Del Valle Complex.

BACKGROUND:

During the January 12th mid-month meeting, the GRF Board provided direction on three important elements of the Del Valle Renovation project:

1. Verified the project priorities.
2. Established that, for the purposes of soliciting a proposal from the design team, the budget for the project should be within \$10 million including both construction and all soft costs.
3. Directed staff to solicit a proposal from the existing design team to complete the final design and prepare construction documents.

Based on this direction, staff received a proposal from ELS Architecture and Urban Design to complete the design and construction documents based on a project with an estimated all-in cost of up to \$10 million. ELS is partnering with The Sports Management Group as well as several other sub-consultants that were part of the original study.

The proposal from ELS Architecture and Urban Design contains three major phases of work.

1. Schematic Design:

During this phase the design team will further explore and cost some of the significant project options such as raising the roof, relocating structural columns, adding large bay windows, relocating the pool pump room, and adding additional square footage. The design team will present options and a recommended schematic design to the Board for final approval before proceeding to the next phase of the design process.

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Before presenting to the Board, the design team will meet with the Fitness Center Advisory Committee, Fitness Staff, Club and independent instructors, and conduct a public open house.

2. Design Development Phase:

The design development phase will involve the refinement of the design based on decisions made during the schematic design phase. Further work will be done on the specifications for specific spaces such as the studios, entry, fitness floor, etc. This process will conclude with a presentation to the Board and a recommendation to approve a final design.

Prior to the presentation to the Board, the design team will meet with the Fitness Center Advisory Committee, Fitness Staff, and clubs and contract instructors.

3. Construction Documents:

Once a final design is approved by the Board, the consultant team will begin work on the development of construction documents. This process will involve discussions and submittals to the City and other regulatory agencies. Once the Construction Documents are complete the design team will present to the Board in order to seek approval of the construction set and gain authorization to go to bid.

At the January 28th meeting of the GRF Board, the proposal from ELS Urban Design was approved.

The first phase of work is the development and approval of a schematic design. This phase involves outreach to the FCAC, instructors and clubs, staff, and the community. These outreach efforts will provide an opportunity for the design team to share information regarding the concepts and preliminary options, and for the design team to receive input regarding specific desired features for the various spaces that the renovation may include.

ALTERNATIVES:

This meeting will involve a presentation by ELS and TSMG.

ATTACHMENT:

Schedule from ELS for completion of the project

Rossmoor Del Valle Complex

Rossmoor Del Valle Fitness Preliminary Schedule		Weeks																								Months																											
		Feb				Mar			Apr				May				Jun				Jul			Aug				Sep			Oct				N	D	J	F	M	A	M	J	J	A	S	O	N						
Architectural Design Phases		26	1	8	15	22	29	7	14	21	28	4	11	18	25	2	9	16	23	30	6	13	20	27	4	11	18	25	1	8	15	22	29	5	12	19	26	3	10	17	24												
SCHEMATIC DESIGN	Contract Approval																																																				
	Kick-Off Meeting & Design Charrette			★																																																	
	Programing Meetings & Refinement				■	■	■																																														
	Plan Options & Studies				■	■	■																																														
	Meeting with Building Department						■																																														
	Draft Preferred Plan				■	■	■																																														
	Plan Refinement							■	■	■																																											
	Client Review									■																																											
	Final Plan, Subconsultant Backgrounds										■	■	■																																								
	Subconsultant Plans & Description										■	■	■																																								
	Pricing												■																																								
	Client Review & Approval													■																																							
DESIGN DEV.	Backgrounds Update																																																				
	Subconsultant Documents																																																				
	Coordination and Pricing Update																																																				
	Client Review & Approval																																																				
CD's	Backgrounds Update																																																				
	Subconsultant Documents																																																				
	Coordination and Pricing Update																																																				
	Client Review & Approval																																																				
B	Permit & Bid																																																				
CA	Construction (Single Phase)																																																				
MEETINGS	Project Team Updates		★			★		★			★																																										
	Board Presentations																									◆ April 28th					◆ June 30th					◆ Sept. 29																	
	Public Open House																																																				
	Fitness Advisory Committee			○	Feb 10		○	Mar 9			○	Apr 13																																									
	Fitness Staff			○			○				○																																										
	Clubs and Instructors			○			○				○																																										

**SUMMARY REPORT
GOLDEN RAIN FOUNDATION
FITNESS CENTER ADVISORY COMMITTEE**

REPORT PREPARED BY:

Jeff Matheson, Resident Services Director

REQUESTED ACTION/ RECOMMENDATION:

Review of Sierra Room schedule for 2016

BACKGROUND:

Pickleball began play in the Sierra Room during the summer of 2013. At this time a schedule was made for open Pickleball play on two courts. Other activities were also scheduled in the Sierra Room. Since inception, the Pickleball Club has evolved to a resident only club. Residents as well as resident club members can still invite non-resident guests to play in compliance with the guest use policy.

As interest in Pickleball has increased, the demand for court time has intensified. The president of the Pickleball Club has met with staff to discuss the impact of guest play. Although the Pickleball Club is very active in organizing events and overseeing play, the time in the Sierra Room has always been designated as open play for all Rossmoor Residents and their guests.

Programs that are open for all residents are subject to GRF policies and rules. Under the current policy, GRF does not limit guest attendance as long as guests are accompanied by a Resident. Clubs on the other hand can adopt their own policies for their exclusive events. Clubs may limit attendance to Club functions to residents only.

Based on the above, it was decided to designate specific time in the Sierra Room to the Pickleball Club. This dedicated time is for members of the club only. The Club can schedule the level of play and determine how the time should be used and whether or not guests should be permitted. Because the Sierra Room is for all residents, there are also designated "open play" times for all residents and their accompanied guests. These open play times are part of the overall program offered by GRF.

ALTERNATIVES AND OPTIONS:

Information only

ATTACHMENTS:

Sierra Room Schedule

DECEMBER 01 - FEBRUARY 29

SIERRA ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WINTER WALKING 6:00am-8:00am	CIRCUIT CLASS FREE 6:00am-7:00am Dino 988-7850	WINTER WALKING 6:00am-8:00am	CIRCUIT CLASS FREE 6:00am-7:00am Dino 988-7850	WINTER WALKING 6:00am-8:00am	WINTER WALKING 6:00am-8:00am	BASKETBALL 6:00am-10:00am OPEN PLAY
TAI CHI CAAR CLUB 9:00am-10:00am Karen 906-9118	WINTER WALKING 7:00am-9:00am	PICKLEBALL 8:00am-10:00am OPEN PLAY NOVICE	WINTER WALKING 7:00am-9:00am	PICKLEBALL 8:00am-10:00am OPEN PLAY INTERMEDIATE	BASKETBALL 8:00am-10:00am OPEN PLAY	WINTER WALKING 10:00am-12:00pm
QI GONG CAAR 10:00am-11:00am margaretyang95@ sbcglobal.net	QI GONG CAAR 10:00am-11:00am margaretyang95@ sbcglobal.net	QI GONG CAAR 10:00am-11:00am margaretyang95@ sbcglobal.net	QI GONG CAAR 10:00am-11:00am margaretyang95@ sbcglobal.net	PICKLEBALL 10:00am-12:00pm CLUB MEMBERS ONLY	BASKETBALL 10:00am-12:00am OPEN PLAY	
WINTER WALKING 11:00am-12:00pm	PICKLEBALL 11:00am-12:00pm OPEN PLAY NOVICE	WINTER WALKING 11:00am-12:00pm	PICKLEBALL 11:00am-12:00pm OPEN PLAY NOVICE		PICKLEBALL 12:00-2:00pm CLUB MEMBERS ONLY	
TRX SGT PAY \$\$ 12:00pm-1:1pm Emm 988-7850		TRX SGT PAY \$\$ 12:00pm-1:00pm Rachel 988-7850		PICKLEBALL 1:00-4:00pm CLUB MEMBERS ONLY	PICKLEBALL 2:00pm-4:00pm CLUB MEMBERS ONLY	
			PICKLEBALL 1:30-5:30pm	BASKETBALL 4:00pm-6:00pm OPEN PLAY	PICKLEBALL 4:00pm-5:30pm OPEN PLAY INTERMEDIATE	
BASKETBALL 4:00pm-7:00pm OPEN PLAY	PICKLEBALL 2:30pm-8:30pm	PICKLEBALL 2:30-8:30pm	PICKLEBALL CLUB MEMBERS ONLY	BASKETBALL 6:00pm-8:30pm OPEN PLAY		
	PICKLEBALL CLUB MEMBERS ONLY	PICKLEBALL CLUB MEMBERS ONLY	PICKLEBALL 5:30-8:30pm OPEN PLAY ADVANCED	SGT = small group training	Open Weekdays 6am-9pm	Open Weekends 6am-6pm

MASHA HENZEL, Supervisor
925-988-7851

MARCH 01 - NOVEMBER 30

DEL VALLE CLUBHOUSE
925-988-7850

SIERRA ROOM						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	CIRCUIT CLASS FREE 6:00am-7:00am Dino 988-7850		CIRCUIT CLASS FREE 6:00am-7:00am Dino 988-7850			BASKETBALL 6:00am-10:00am OPEN PLAY
TAI CHI CAAR CLUB 9:00am-10:00am Karen 906-9118	PICKLEBALL 8:00am-10:00am OPEN PLAY	PICKLEBALL 8:00am-10:00am OPEN PLAY NOVICE	PICKLEBALL 8:00am-10:00am OPEN PLAY	PICKLEBALL 8:00am-10:00am OPEN PLAY INTERMEDIATE	BASKETBALL 8:00am-10:00am OPEN PLAY	
QI GONG CAAR 10:00am-11:00am margaretyang95@ sbcglobal.net	QI GONG CAAR 10:00am-11:00am margaretyang95@ sbcglobal.net	QI GONG CAAR 10:00am-11:00am margaretyang95@ sbcglobal.net	QI GONG CAAR 10:00am-11:00am margaretyang95@ sbcglobal.net	PICKLEBALL 10:00am-12:00pm CLUB MEMBERS ONLY	BASKETBALL 10:00am-12:00am OPEN PLAY	
PICKLEBALL 11:00am-12:00pm OPEN PLAY INTERMEDIATE	PICKLEBALL 11:00am-12:00pm OPEN PLAY NOVICE	PICKLEBALL 11:00am-12:00pm OPEN PLAY INTERMEDIATE	PICKLEBALL 11:00am-12:00pm OPEN PLAY NOVICE	MOBILITY SGT PAY \$\$ april 12:00pm-1:00pm Masha 988-7850	PICKLEBALL 12:00-2:00pm CLUB MEMBERS ONLY	
TRX SGT PAY \$\$ 12:00pm-1:00pm Emm 988-7850	BALANCE SGT PAY \$\$ march 12:15-1:15pm Katleen 988-7850	TRX SGT PAY \$\$ 12:00pm-1:00pm Rachel 988-7850	BALANCE SGT PAY \$\$ march 12:15-1:15pm Katleen 988-7850	PICKLEBALL 1:00-4:00pm CLUB MEMBERS ONLY	PICKLEBALL 2:00pm-4:00pm CLUB MEMBERS ONLY	
BREATHE SGT PAY \$\$ march 1:00pm-2:00pm Masha 988-7851	MOBILITY SGT PAY \$\$ april 1:15pm-2:15pm Masha 988-7850	BREATHE SGT PAY \$\$ march 1:00pm-2:00pm Masha 988-7851	PICKLEBALL 1:30-5:30pm	BASKETBALL 4:00pm-6:00pm OPEN PLAY	PICKLEBALL 4:00pm-5:30pm OPEN PLAY INTERMEDIATE	
BASKETBALL 4:00pm-7:00pm OPEN PLAY	PICKLEBALL 2:30pm-8:30pm	PICKLEBALL 2:30-8:30pm	PICKLEBALL CLUB MEMBERS ONLY	BASKETBALL 6:00pm-8:30pm OPEN PLAY		
KICKBOXING TBD	PICKLEBALL CLUB MEMBERS ONLY	PICKLEBALL CLUB MEMBERS ONLY	PICKLEBALL 5:30-8:30pm OPEN PLAY ADVANCED	SGT = small group training	Open Weekdays 6am-9pm	Open Weekends 6am-6pm