

Report to the Board of SCV
on the
Aquatic & Fitness Center

Aquatic & Fitness Center

Report to the Board of Directors
Sun City Vistoso Community Association, Inc.

March 10, 2011

| | |
|---|-----|
| 1. Historical Basis..... | 1a |
| 2. Board Agenda..... | 1b |
| 3. Perspective | 2a |
| 4. Where do we go from here? | 2b |
| 5. Report Agenda..... | 3a |
| 6. Committee’s Mission | 3b |
| 7. Committee Members | 4a |
| 8. SWOT Analysis..... | 4b |
| 9. Experts & Sub Committees | 5a |
| 10. Considerations & Criteria..... | 5b |
| 11. Considerations & Criteria..... | 6a |
| 12. Proposed New Construction Site..... | 7a |
| 13. Proposed New Construction Site Plan*..... | 7b |
| 14. New Construction Equipment Layout** | 8a |
| 15. New Construction Pros..... | 8b |
| 16. New Construction Cons..... | 9a |
| 17. New Construction Estimated Costs | 9b |
| 18. Alternative Site Plan***..... | 10a |
| 19. Alternative Equipment Layout**** | 10b |
| 20. Alternative Pros..... | 11a |
| 21. Alternative Cons..... | 11b |
| 22. Alternative Costs | 12a |
| 23. Aquatic Component Site | 12a |
| 24. Aquatic Component – Recommendations | 13a |
| 25. Aquatic Component – Seven capital building recommendations..... | 13b |
| 26. Aquatic Component – Three capital improvements | 14a |
| 27. Aquatic Component – Estimated costs..... | 14b |
| 28. Next Steps | 15a |
| 29. Q&A | 15b |
| 30. *Proposed New Construction Site Plan (large version) | 16 |
| 31. Proposed New Construction Notes..... | 17 |
| 32. **Proposed New Construction Equipment Layout (large version)..... | 18 |
| 33. ***Alternative Site Plan (large version) | 19 |
| 34. Alternative Notes..... | 20 |
| 35. ****Alternative Site Equipment Layout (large version)..... | 21 |
| 36. Summary of Wellness Discussion by Hal Schroeder | 22 |

Historical Basis

- 2004 and 2009 Long Range Planning Committee reports recommended facility upgrade
- 2009-10 Board accepted recommendation
- Sports Complex Ad Hoc Committee formed
 - Charter statement requested a design, schedule and funding plan for fitness center and pool
- The committee is presenting their recommendation tonight in fulfillment of that charter

Agenda

- Committee report
- Board to interact with committee
- Resident questions to committee and Board

Perspective

- This is the first step in a many month process
- No decisions will be made tonight
- The purpose of this meeting is to receive the committee's recommendations
- During the resident segment of the meeting, if you have a question, you will be recognized at either of the two microphones in the aisles

Where do we go from here?

- Board will acquire information needed for a decision
- The decision will be:
 - Should there be a project?
 - If so, what should the proposal be?
- This decision will be made when all aspects have been considered, preferably in April
- If the decision is made to proceed with a project
 - Support committees will be formed
 - Building, finance, fund raising, informational
 - Committees will develop their information over the summer
 - Funding will be provided to support committees
- *Rumor Mill – FAQ handout and webpage (News & Information)*
- Informational campaign launched next season
- Residents will be given the opportunity to vote on funding

Aquatic & Fitness Center Report

AGENDA

- *Mission from Board*
- *Committee Members*
- *Visited, photographed competing retirement communities*
- *SWOT analysis of current facility*
- *Invited input from UofA, PCCC experts*
- *Started with three subcommittees*
 - *Same footprint, 0309 Report to LRP, New Building*
- *Discussions created list of considerations/criteria we felt to be important*
- *Two viable alternatives*
 - *Remodel current building OR New building*
- *Pros/Cons*
- *Good Cost Estimates (Architect & Contractor)*
- *Recommendation*
- *Alternative*
- *Pool*
- *Q&A*
- *Next Steps*

Mission

Recommend a design, timing plan and funding plan for expansion/renovation/rebuild of the SCV Sports Complex, including the fitness center and the pool area.

Nowhere were we given the option to do nothing.

COMMITTEE MEMBERS

Don Bender – New Building

*Duane Bowen – Remodel
Current Bldg (0309)*

David Brunk

Jerry Bushong

Dave Chatterton

Ruth Coleman

Dave Fraser

**Richard Golombek –
Architect/Draftsman*

Dave Goodman - Pool

Terry McFadden

**Marilyn Stagg – Recording
Secretary*

Hal Schroeder

Don Stewart

Bob Carlson – Chairman

*Jack Evert – Board
Representative*

*Lonnie Davis – Sports Complex
Representative*

Patrick Boulton, Controller

SWOT ANALYSIS OF CURRENT FACILITIES

Strengths

- *Great aquatic facility*
- *Centrally located*
- *Paid for*

Opportunities

- *Expand within/beyond
current footprint*
- *Develop new
exercise/wellness programs*
- *Capitalize on views*

Weakness

- *Dingy drab interior*
- *No room for growth*
- *Limited views to outside*

Threats

- *Not consistent with quality of
other SCV facilities*
- *Competition from other
retirement communities*
- *Residents who like status
quo*

Aquatic & Fitness Center Report AGENDA

- *Invited input from UofA, Pima College experts*
- *Started with three sub committees*
 - Same footprint
 - 03-09 Report to LRP
 - New Building

Considerations & Criteria

- *Quality of space – pleasant surroundings to work out/when entering building*
- *Capitalize on view*
- *Future – flexible, expandable*
- *Wellness*
- *Meet goals of LRP*
- *Cost (total/operational)*
- *Room for personal trainer*

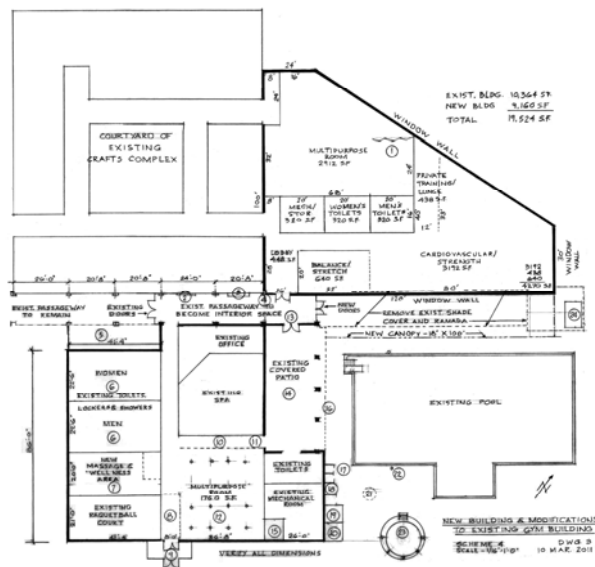
Considerations & Criteria

- *Attract active adults to community*
- *Add value to community – outside/inside*
- *Encourage new people to use facility*
- *Minimize downtime*
- *Incorporate as many exercise and strength activities as possible in one building – free up space currently used*

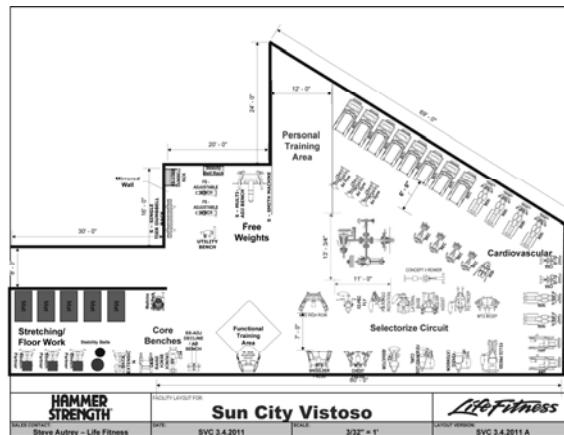
Aquatic & Fitness Center Report AGENDA

- *Two Viable Alternatives*
 - Remodel current building
 - New Building
- *Pros/Cons*
- *Good cost estimates*
 - Architect
 - Contractor
 - Equipment Vendor
- *Recommendation*

Proposed Building Site



Equipment Layout



Pros – New Construction

- New construction is simple and easy
- Existing facility can remain operational during construction
- Maximize views of the mountains
- Planning/design slightly limited by existing building constraints
- Vacated space in existing building allows for additional functions not currently available
- All uses will be integrated in one facility
- New construction is suitable for competitive bid process
- Can design building for function

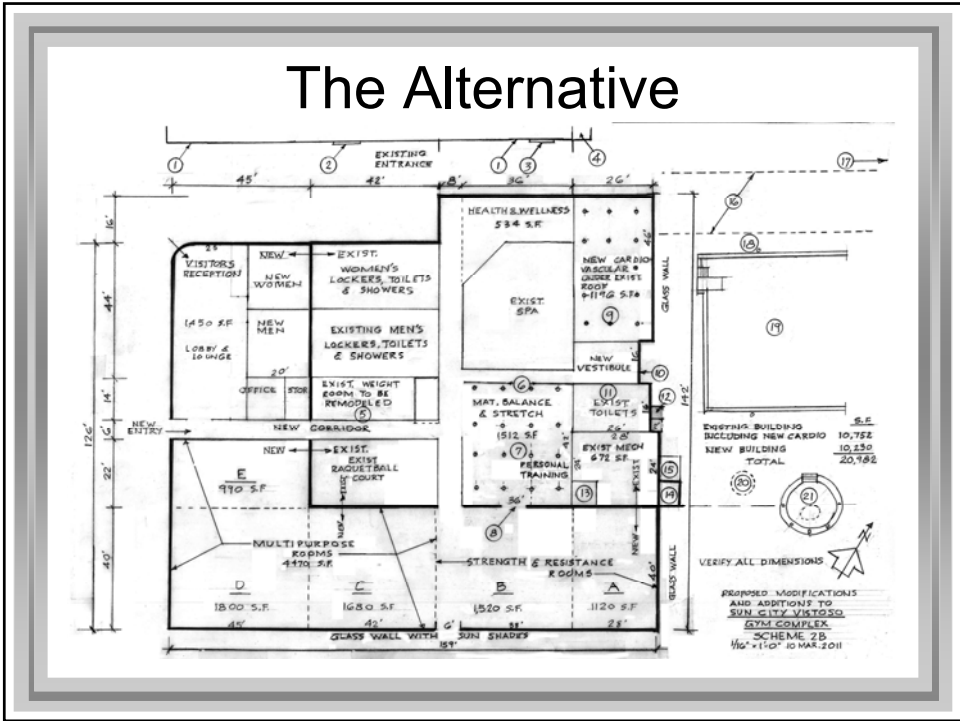
Cons – New Construction

- Does not improve entrance to the complex
- Does not improve street appeal

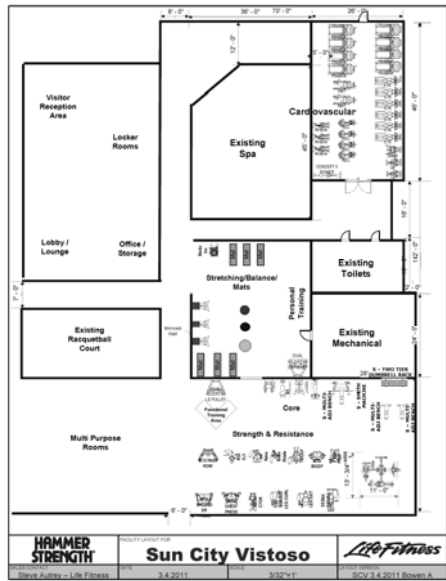
Estimated Costs New Construction

| | | |
|---|--------------------|--------------------|
| Construction 9,160 sq. ft. @ \$180/sq ft | \$1,648,800 | |
| Architectural Fee – 5% | 82,440 | |
| New Equipment | 185,000 | |
| Remodel of Existing Structure | 200,000 | |
| Demolition and Disposal of Existing Ramada | 12,000 | |
| Unexpected Costs: additional remodel, furniture, etc. | 48,000 | |
| Floating Wood Floor (new building) 2,912 sq ft | 39,000 | |
| Floating Wood Floor (existing structure) 1,760 sq ft | 23,600 | |
| Grand Total | \$2,238,840 | |
| | +10% | \$2,462,724 |
| | -10% | \$2,014,956 |

The Alternative



Equipment Layout



PROS – 0309 Expansion

- All uses integrated into ONE building, including all ten floor exercise groups, cardio and strength/resistance training, mat/stretch/balance exercises, massage therapy, indoor spa, racquetball/wallyball, personal training, health and wellness
- 245 ft. of glass walls (8' or 10' high) providing outdoor views of the Catalinas, pool or tennis courts and 18' high ceilings in key areas
- New building design visible from street, affecting new image and marketing appeal
- Impressive visitor reception area, lobby and lounge
- Large and flexible enough to accommodate new program, additional classes, plus indoor badminton and pickleball
- Maximizes resident exposure to new equipment, amenities and pleasant workout environment

Cons – 0309 Expansion

- Minimum four month period when strength training, racquetball and spa not available in Sports Complex (only cardio equipment available without interruption)
- Loss of trees and fountain on west side and loss of trees and balustrade on south side
- Possibility of unforeseen problems during remodeling that could increase costs

Estimated Costs 0309 Expansion

| | |
|--|--------------------|
| Construction | \$2,391,000 |
| New Equipment | 185,000 |
| Furniture/Art | 15,000 |
| Fabric screen shades (360' @ \$20/ft.) | 7,200 |
| Large screen wall TVs (2) | 3,000 |
| Floating sub floor in multi-purpose rooms (4,470 sq. ft.) | 60,000 |
| Architect Fee (5%) | 120,000 |
| Contingency Fund (10%) | 240,000 |
| TOTAL | \$3,021,200 |

Recommendations with respect to Aquatic Component



SEVEN Capital Building Recommendations



1. Add an above ground outdoor spa with gazebo
2. Add an additional mechanical room to service the outdoor spa.
3. Add an additional shower.
4. Add an additional oversize single dressing room
5. Add backstroke flags across the width
6. Add a flat pad storage area to store the pool covers
7. Remove planter on the southern pool deck to increase deck space

SEVEN Capital Building Recommendations

1. Add an above ground outdoor spa with gazebo
2. Add an additional mechanical room to service the outdoor spa.
3. Add an additional shower.

Cost of above: \$108,000

- | | |
|--|----------|
| 4. Add an additional oversize single dressing room | \$18,000 |
| 5. Add backstroke flags | \$2,000 |
| 6. Add a flat pad area to store the pool covers | \$2,400 |
| 7. Remove planter on the southern pool deck to increase deck space | \$500 |

THREE Capital Improvements

1. Purchase 6 quality tables, chairs and umbrellas for placement on southern pool deck. \$18,000
2. Add 'spinner' bathing suit drying machines. \$2,200
3. Improve the lighting in the 'pool' washroom area. \$1,000

Total Cost Estimates

| | |
|-------------------------------|------------------|
| • Capital Building/Renovation | \$130,900 |
| • Capital Improvements | <u>\$ 21,200</u> |
| Total Costs | \$152,100 |
| -10% | \$136,890 |
| +10% | \$167,310 |

Next Steps?

- *Board's timeline*
- *What do you need from Committee?*
 - Willing to help – no need to redo
 - Available
- *Part of financing discussion (1 person)*
- *Work with architect on sketched/renderings \$6000 (2 people)*
- *Work with Lonnie, U of A, sales, person on equipments location (1-2 people)*
- *Work with Board on communication (1-2 people)*
 - *Process/strategy*
 - *Content*

Q&A

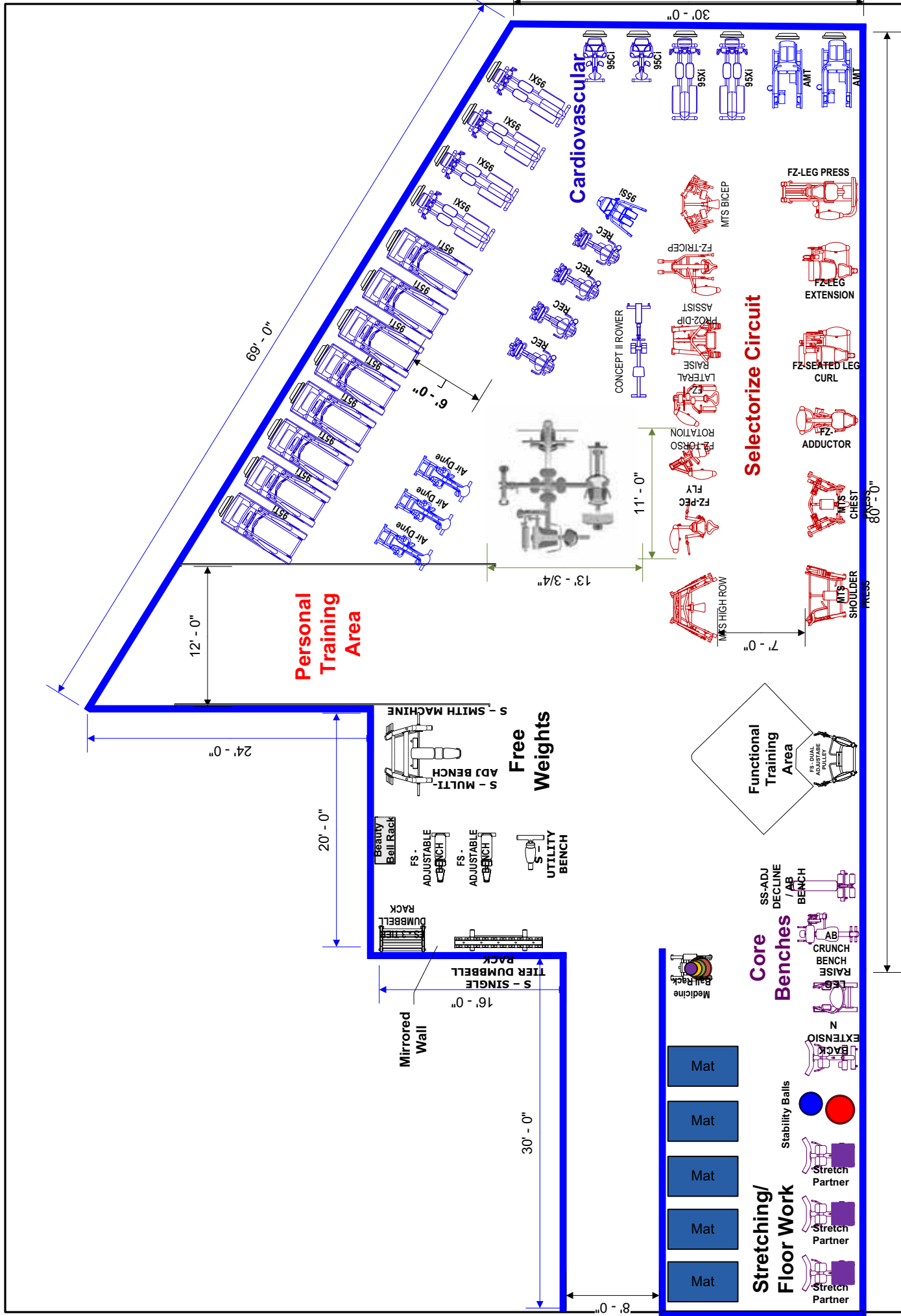
- *Board Questions - Carlson*
- *Audience Input - Evert*
 - What do you like?
 - What could be improved?
 - Questions?
 - Comments?

NOTES FOR NEW BUILDING & MODIFICATIONS TO EXISTING GYM BUILDING

Scheme 4 10 March 2011

In existing gym building, upgrade and extend lighting, power, heating, cooling and sprinkler systems as required. Also, provide new floor finishes and ceilings plus paint all walls.

- 1 - Folding partition.
- 2 - New display case approx. 6' long x 5' high x 8" deep.
- 3 - New bank of personal lockers, each approx. 5" square x 5" deep.
- 4 - Remove existing gates.
- 5 - Existing planting bed.
- 6 - Replace tile, fixtures and showers.
- 7- In existing weight room, reduce size of closet and subdivide for new corridor, massage therapy and personal counseling.
- 8 - Remove walls of existing passageway and relocate existing door.
- 9 - New entrance and vestibule.
- 10 - Create new 4'-0" passageway with new 4'-8" high movable partition.
- 11 - Install new metal and glass door to match adjacent door.
- 12 - Install 16 solar tubes 1'-3" in diameter.
- 13 - New wall and doors.
- 14 - This area under consideration for remodeling.
- 15 - Existing electric closet.
- 16 - Existing roof overhang.
- 17 - New outside shower with partial door. Upgrade existing shower to be similar to new shower.
- 18 - New 6'-0" x 6'-0" changing room with curtain.
- 19 - New pump room for new spa.
- 20 - Existing chemical storage room.
- 21 - Remove existing planter and repave to match pool deck.
- 22 - Holes for backstroke turn indicator poles, two at five meters from each end of pool.
- 23 - Remove existing plants and install new 19 foot diameter spa with removable gazebo type roof within area of existing circular bench.
- 24 - Provide a flat concrete storage area 12' x 8' to store pool covers.



HAMMER STRENGTH

Sun City Vistoso

Life Fitness

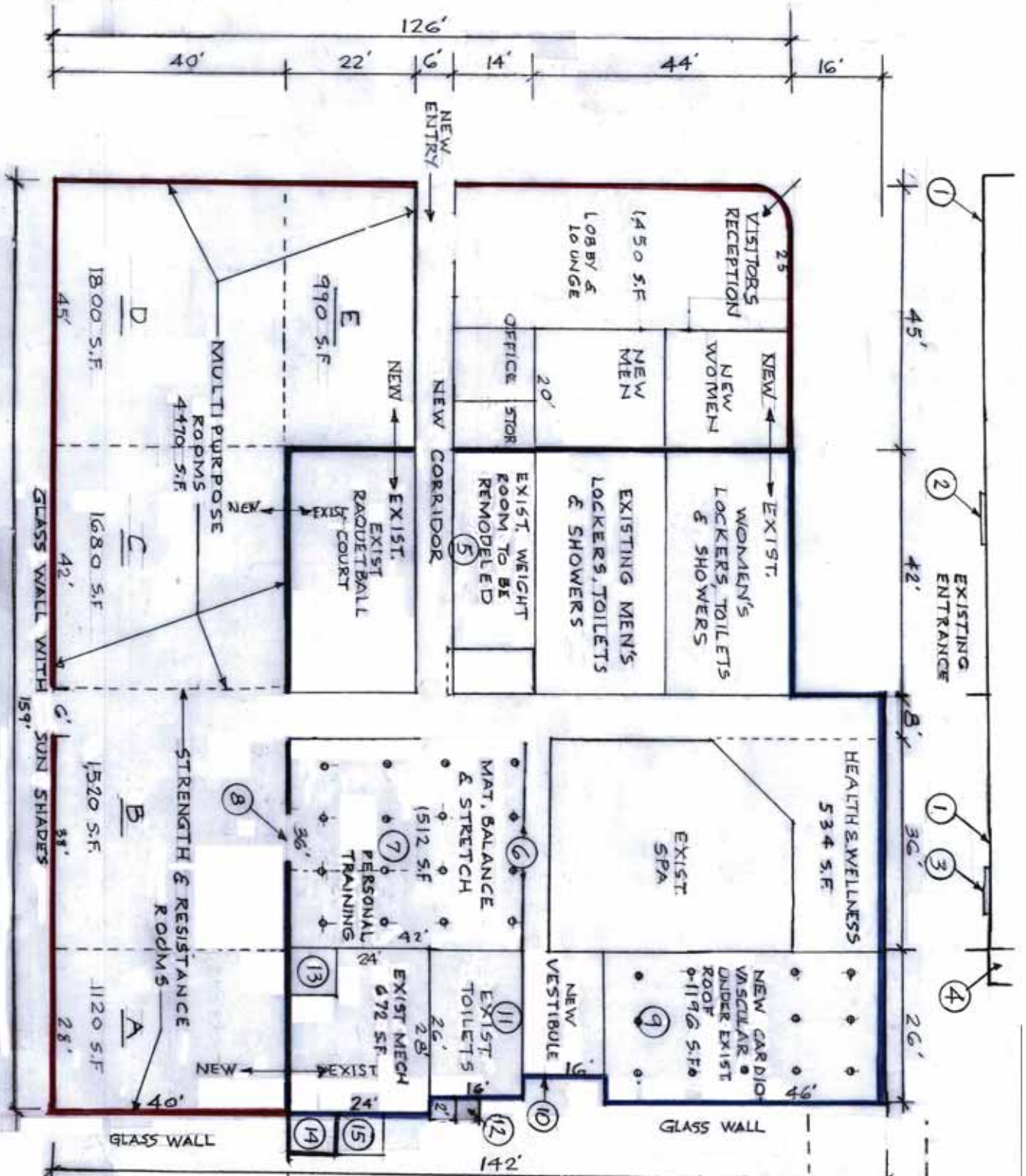
SALES CONTACT: Steve Autrey - Life Fitness

DATE: SVC 3.4.2011

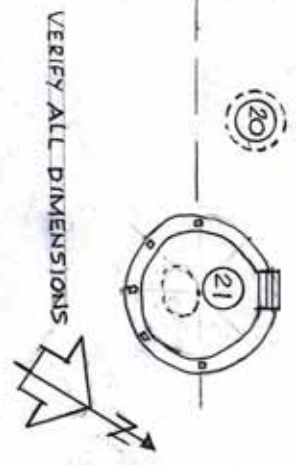
SCALE: 3/32" = 1'

LAYOUT VERSION: SVC 3.4.2011 A

FACILITY LAYOUT FOR:



| EXISTING BUILDING INCLUDING NEW CARPIO | S.F. |
|--|--------|
| NEW BUILDING | 10,752 |
| TOTAL | 20,982 |



VERIFY ALL DIMENSIONS

PROPOSED MODIFICATIONS AND ADDITIONS TO SUN CITY VISTOS GYM COMPLEX

SCHEME 2B

1/16" = 1'0" 10 MAR. 2011

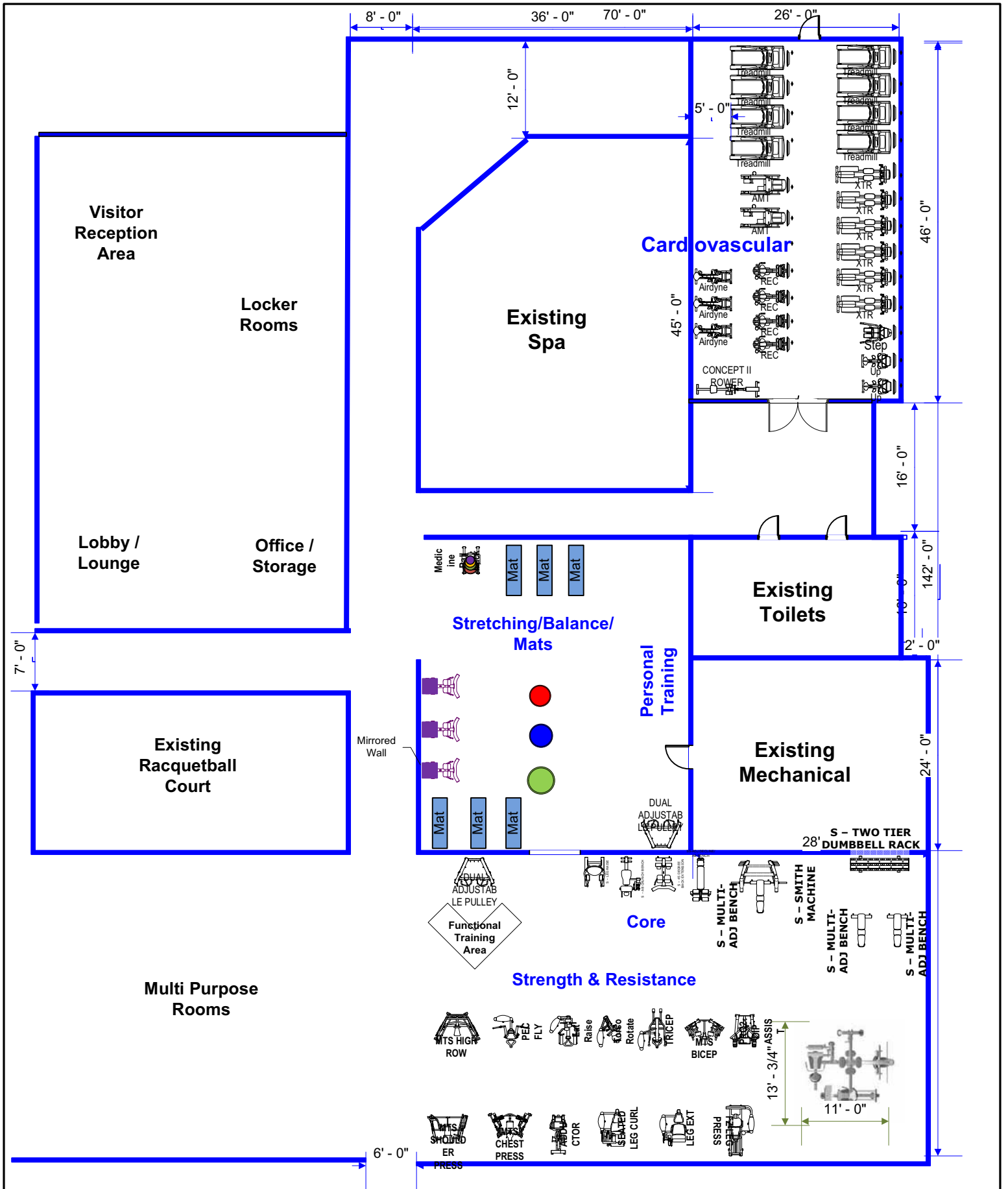
NOTES FOR PROPOSED MODIFICATIONS & ADDITIONS TO GYM COMPLEX

Scheme 2B 10 March 2011

A - Upgrade and extend lighting, power, heating, cooling and sprinkler systems as required.

B - New floor finishes and ceilings plus paint all walls in existing building.

- 1 - Existing wall of Crafts Complex.
- 2 - New display case approx. 6' long x 5' high x 8" deep.
- 3 - New bank of personal lockers, each approx. 5" square x 5" deep.
- 4 - New 6'-0" x 6'-0" changing room with curtain.
- 5 - In existing weight room, reduce size of closet and subdivide for new corridor, massage therapy and personal counseling.
- 6 - Create new 4'-0" passageway with new 4'-8" high movable partition.
- 7 - Install 16 solar tubes 1'-3" in diameter.
- 8 - Remove windows and doors from existing exterior wall of main gym room and patch wall around opening as required.
- 9 - Enclose existing covered patio to create new cardiovascular/aerobic room and vestibule. Install 15 solar tubes 1'-3 in diameter in existing roof.
- 10 - Install new metal and glass door to match existing doors.
- 11 - Existing women's and men's toilets to remain. Improve fixtures, counters, ceiling, floors and lighting
- 12 - New outside shower with partial door. Upgrade existing shower to be similar to new shower.
- 13 - Existing electric closet.
- 14 - Existing 8' x 9' chemical storage room to become pump room for new spa.
- 15 - New chemical storage room similar to existing chemical storage room.
- 16 - Existing shade cover over pool deck.
- 17 - At northeast corner of pool, north of existing fence and adjacent to shade cover, provide a flat concrete storage area 12' x 8' to store pool covers.
- 18 - Holes for backstroke turn indicator poles, two at five meters from each end of pool.
- 19 - Existing pool to remain.
- 20 - Remove existing planter and repave to match pool deck.
- 21 - Remove existing plants and install new 19 foot diameter spa with removable gazebo type roof within area of existing circular bench.
- 22 - Reduce size of existing closet.



| | | | |
|--|--|-------------------|--|
| | FACILITY LAYOUT FOR <h1 style="text-align: center;">Sun City Vistoso</h1> | | |
| SALES CONTACT Steve Autrey – Life Fitness | DATE 3.4.2011 | SCALE 3/32"=1' | LAYOUT VERSION SCV 3.4.2011 Bowen A |

SUMMARY OF WELLNESS DISCUSSIONS

Hal Schroeder

Wellness is briefly defined as: To develop, maintain, and improve one's state of physical, intellectual, and emotional health. It attempts to integrate and balance these three realms, understanding that all three contribute to health. Although some approaches to wellness may be described as "faddish", our approaches should emphasize those with empirically based benefits. Wellness is a prominent theme for 21st century exercise and workout facilities, i.e. modern facilities do much more than provide for physical exercise.

Fortunately, SCV has many programs already operating that fit well with the wellness concept. For example, in the Intellectual realm we have an extensive ILR program, a well used library, book and discussion groups, a computer society, plus a variety of "hobby" clubs that make intellectual demands. In the emotional realm, SCV offers a variety of support groups, bible studies, yoga and meditation programs. In the physical realm, we have extensive aquatic facilities which support aerobics and other programs, classes for tai chi, karate, and pilates, hiking and dance programs, and a variety of sports opportunities. A more complete listing of existing activities which contribute to wellness may be found in the attached appendix.

It would be helpful to integrate many of these activities under the concept of wellness to help our residents focus on the variety of ways they may strive toward improved health and achieve a healthy balance in their lives. Not all (or even most) of these activities should be housed in our proposed structure, of course. But they have guided our thinking and planning.

What is missing from our current programs is a cooperative relationship with a medical system (hospital, clinic, or large practice) that could provide resources and guidance. For example, periodic attendance by trained staff could provide initial physical evaluations to determine an optimal fitness program for each individual who chose to participate (no part of this program would be mandated), guidance during training, medical checks on BP, HR, or other concerns as requested, and periodic evaluations of progress. A dietician could be made available for consultation and, perhaps more importantly, could educate through various media. Massage therapy is usually very useful and popular. Programs for specific health concerns (diabetes, hypertension and heart disease, arthritis, obesity, smoking cessation, depression, etc.) could enhance our current support groups and add a more comprehensive, medically based approach.

Another component of a comprehensive wellness program is an outreach to those who currently do not participate in these activities. Simply offering (and publicizing) a wider range of activities such as those listed above is likely to attract more people. But the opportunity for trained staff to guide greater education about wellness and to motivate those who are not involved in healthy activities is another component of a comprehensive wellness program.

There are mutual benefits to an integrated, evidence-based wellness program. For a hospital or other medical group, it may be an avenue to participate in "value based medicine"—the evolving approach in medicine on which reimbursement will be based. [In the efforts to reduce the unsustainable increased costs of medical care, reimbursement is moving to a system based on keeping people well—and out of costly hospitals—rather than on curing diseases.] The public relations benefit is also an important consideration--both to a medical group and to SCV.

For SCV, there are also benefits. A medical group would provide important professional guidance and leadership. Although doctors and nurses are unlikely to be on site very often, they would be able to mentor other on site staff. At other sites, hospitals have participated in joint ventures (which have included financial considerations) with community or business groups to promote wellness. In addition, it is likely that various therapists (e.g. massage, water, physical) would pay to contract for use of some parts of our facility for limited hours.

A word of caution: Discussions of wellness have at times been misinterpreted as treatment or rehabilitation. Some residents have expressed a concern that SCV not be seen as some sort of assisted living community. Rather, it must be emphasized, wellness is becoming part of health maintenance for active adult communities like ours. And the next generation of SCV residents will expect to participate in more than physical exercise, having learned the importance of the variety of activities necessary to maintain their health and to age well throughout retirement.

THE WELLNESS, FITNESS & AQUATIC CENTER AT THE VIEWS

| Intellectual | Arts | Emotional | Physical | Medical |
|-----------------------------|--------------------------|--------------------------|----------------------------|------------------------------|
| ILIR | Art League | AA | Aqua Tones | Alzheimer's Support |
| Library | Colored Pencil | Men's Bible Class | Billiards Club | Arthritis Water Club |
| Astronomy Club | Print Makers | Community Assist. | Bocce Ball | Parkinson's Exercise |
| Book Club | Sculpture | Emerge | Bowling Pathfinders | Parkinson's Support |
| Bridge (7 groups) | Water Color | Havurah | Dancing (9 groups) | Vegetarian Club |
| Bunco | Oil Painting | Seniors for Kids | Sunrise Swimmers | Healthy Dieter's Club |
| Canasta | Ceramics | Yoga | Energetic Exercise | |
| Computer Club | Clay Club | Meditation | Golf (4 groups) | |
| Cribbage Club | Lapidary | Garden Club | Hiking Club | |
| Euchre | Stained Glass | Singles Club | Horseshoes | |
| Financial Strategies | Quilters | Bible Study | Pickle Ball | |
| Genealogy Club | Swedish Embd. | Dog Club | Pilates | |
| Gin Rummy (3 clubs) | Rug Tapestry | | Racketball | |
| Great Books Club | Photo Wkshp. | | Swim Team | |
| Great Decisions | Woodcarvers | | Table Tennis | |
| Photo Club | Gourd Making | | Tennis (3 groups) | |
| Poker (4 clubs) | Woodworking | | Cyclists Club | |
| Pinochle (3 clubs) | Music Recod. Ens. | | Walleyball | |
| Scrabble Club | Ukulele Club | | Water Volleyball | |
| Spanish Culture | Sun City Singers | | Personal Trainer | |
| VIP Investment Club | Cactus Crooners | | Karate Club | |
| Language Classes | Native Am. Flute | | Birders Group | |
| Writers - Poets | Modelers Club | | Gun Club | |
| Mexican Train Dom. | Sewing-Thumb. | | | |
| RV Club Sundowners | Silversmith | | | |
| Mah Jongg | Ceramic Club | | | |
| Discussion Groups | Dinner and Show | | | |
| Travelogue | Theatrical Club | | | |
| Writer's Club | Gourmet Club | | | |