



Agenda

City Council Work Session

Oelwein Community Plaza, 25 West Charles, Oelwein, Iowa

6:30 PM

April 12, 2021
Oelwein, Iowa

Mayor: Brett DeVore

Mayor Pro Tem: Warren Fisk

Council Members: Matt Weber, Renee Cantrell, Tom Stewart, Lynda Payne, Karen Seeders

Pledge of Allegiance

Discussions

- [1.](#) Discussion on Wellness Center

Adjournment

In compliance with the Americans with Disabilities Act, those requiring accommodation for Council meetings should notify the City Clerk's Office at least 24 hours prior to the meeting at 319-283-5440

Oelwein Parks and Recreation Programs held in the Williams Wellness Center

All Oelwein Parks and Recreation Programming registrations come through the Williams Wellness Center. The Williams Wellness Center Colleagues here take calls and answer any questions people may have about a program throughout the year for indoor and outdoor programs.

Recreation Programming held in the WWC Gym

- Adult Programming
 - Women’s Volleyball
 - Coed Volleyball
 - Adult Dodgeball
 - Pickleball



- Youth Programming:
 - 3rd & 4th Volleyball
 - 5th & 6th Volleyball
 - 1st & 2nd Dodgeball
 - 3rd & 4th Dodgeball
 - 5th & 6th Dodgeball
 - Kindergarten Basketball
 - Indoor Baseball
 - Indoor Softball
 - Indoor Soccer
 - Pickleball



- Rentals:
 - Jr Husky Basketball practice/game space
 - Basketball Tournaments
 - Volleyball Tournaments



Williams Wellness Center Colleagues



Recreation/Wellness Facilitator 40+ hours -1 Colleague
Jessica Burkhart

Health Promotion Facilitator 32 hours a week-1 Colleague
Elizabeth Eser

Personal Trainer-1 Colleague
Elizabeth Eser

Weight Room Monitors 66 Hours per week-10 Colleagues
Claire Harrington Jaida Houge
Deb Leisinger Jon Latham
Tina Lewis Taran Lindstrom
Lisa Nolan Garrett Pates
Madi Meyer Blake Perkins

Instructors: 19 classes per week-5 Colleagues
Jessica Burkhart
Liz Eser
Angela Weepie
Jessica Nieman
Courtney Rochette

Housekeeper: 20 hours per week-1 Colleague
Terry Crow

City of Oelwein Employee Benefit

Memberships-Fulltime Employee, Reserve PD, Volunteer Fire

38 Memberships

Williams Wellness Center Amenities

Gym Area:

Full Court Gym

Full Basketball Court-1 main court, 2 side courts
 6 basketball Hoops (4 adjustable in height), basketball and rack
 Two Volleyball Courts-2 nets, Ref stands, and balls
 Pickelball Court, 2 nets, paddles and balls
 Misc equipment to play other activities-Football, Soccer,
 Dodgeball and more



Indoor Track
3 lanes



Batting Cage
Baseball
Softball
Golf



Racquetball Court
Racquets & Racquetballs
Wallyball Net & Ball

Fitness Classes:

Unlimited Fitness Classes-Currently holding 14 Classes per week in person & 5 online classes

Boot Camp
 SilverSneakers
 SLAM
 Tabata
 Piloxing Barr (online)
 Yoga (online)
 Pop Pilates (online)



Fitness Class Room: Bosu balls, kettle bells, TRX, dumbbells, resistance tubes and bands, Swiss balls, Mirrors along walls, ballet bar, stereo, music, steps and risers, jump ropes, sliding discs, ladders, battle rope, fitness mats, yoga mats, chairs for senior classes and misc.

Cardio Room:

5 Treadmills
 3 NuSteps
 3 Recumbant Bikes
 2 Ellipticals
 1-Upright Bike
 1-AMT
 1-Rowing Machine
 TV's in each room with cardio theater



Machine Weight Area:

- 16 machine weights
- Dumb Bells: 1lb-70 lb
- Large Stretching Mat
- Medicine Balls
- Stereo and Music
- Decline Bench



Free Weight Room:

- 10 Squat Racks
- Free Weights- Dumbbells, Kettle bells, Plates, Bumper Plates
- Barbells
- Benches
- Cable Crossover Machine
- 8 Weight Machines
- Mirrors
- Slam Balls



24-hour access:

Available to purchase for members wanting 24 hour access in addition to staffed hours

Surveillance System

Cameras throughout facility

Personal Training:

1 on 1 sessions with a certified personal trainer

Fitness Measurements:

Weight, body fat percentage, body measurements

Med Fit:

Once someone graduates from Therapy weather cardio, pulmonary, or physical, we work with them at the WWC to get them acclimated to our facility so they can continue to work on their exercises on their own eventually.

After School Program:

Monday, Tuesday, and Thursday after school until 5pm for Kids in Kindergarten-6th grade. Kids play many games in the gym, receive a snack and drink if purchased, work on arts and crafts, read or work on homework. When it is warmer outside they go to the playground near Little Husky.

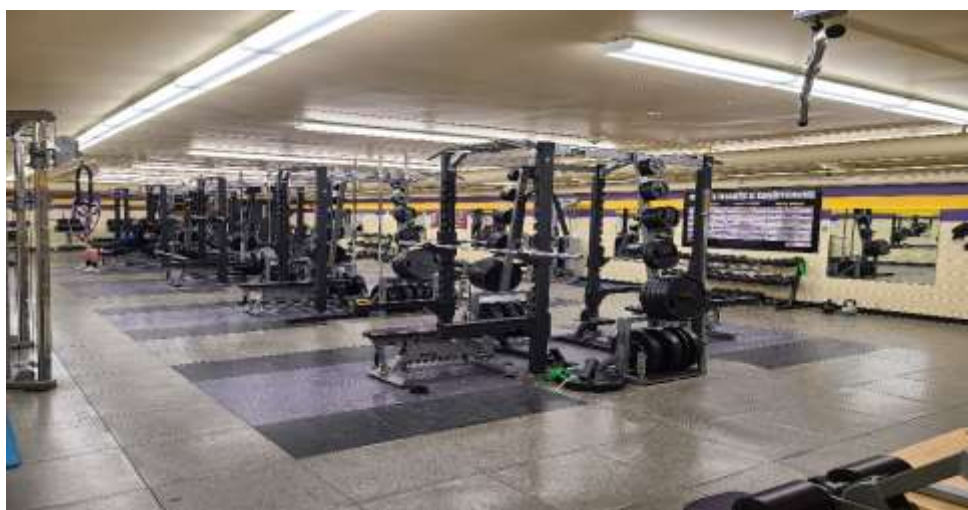


Incentive Programs:

Different Fitness programs/competitions held throughout the year.

Contribution from the Oelwein Community School District to the Williams Wellness Center

- \$24,000 July-June. Includes Membership for OCSD employees who they deem eligible along with their families. Use of the gym for High School Practice, Wednesdays after school until 6pm, September-Mid February, Kindergarten PE in the gym on Tuesdays.
- Building Maintenance
 - Bathroom maintenance
 - Changing of light bulbs
 - Basketball hoop repairs
 - Fix curtains
 - 24 hour access repairs
 - Maintain floors- stripping and waxing
 - Roof/Geothermal leaks
 - Check fire alarms and fire extinguishers
 - Door repairs
 - Change furnace filters
- Converted all lighting throughout the facility from fluorescent to LED and also installed motion sensors in the gym and free weight room.
- Utilities:\$1,500.00 savings per month
 - Electric
 - Gas
 - Water
 - Phones
 - Internet
 - IT
- The WWC utilizes the school washer and dryer.
- Mowing and snow removal, salt for sidewalks.
- Equipment in the Free Weight Room





To: Mayor and City Council

From: Dylan Mulfinger, City Administrator

Subject: Wellness Center

Date: 04/12/2021

Minutes from a September 2020 work session meeting show direction from council on the Wellness Center.

- Wellness Center
 - Council wants to see a reduction in the loss by 25 percent.
 - Council wants to see more members for the center with more corporate members.

The City Administrator is meeting with council this April to let them know that due to the pandemic, the city cannot bring in revenues to reduce the loss and the drive for corporate memberships has been underwhelming. Changing services in the middle of memberships is difficult and should have support of council before that is decision is made. Changing services offered by the Wellness Center will change the benefit the center has to the community. While the City Administrator will continue this goal set by council, the City Administrator is requesting a review of the Wellness Center to ensure that council is still set on this goal and does not have another direction they want to take the future of the Wellness Center.

The Wellness Center continues to be an asset for the community. In tonight's presentation we will walk through the following:

- History of the Wellness Center
- Current features of the Wellness Center
- Relationship with the school district
- Why the center runs a deficit
- Council's priorities for the Wellness Center going forward

The City Administrator is looking for a consensus on the direction on the Wellness Center from City Council. The City Administrator understands that families in Oelwein enjoy the center with a large group of seniors using the center for physical and social activities. The center is a service to the community, and like every service to the community, the revenue does not cover the expenditures. The center is featured when the city brings in candidates for jobs, it is a point of focus on any community tour and is important in the quality of life for Oelwein. The City Administrator recommends setting additional goals for the center with the understanding that the deficit will not go away. Brining the deficit to zero will only force out families or create a service that is not worth investing in as a community. Continual investments in the center must be made to keep it attractive and a useful center for the community. I look forward to questions and discussion from City Council.