# . 0131

# CITY OF JOONDALUP LEISURE CENTRES STRATEGIC MANAGEMENT GROUP

Meeting of the City of Joondalup Leisure Centres Strategic Management Group held in Conference Room 2, 1st Floor Civic Centre on Thursday 11 October 2001, commencing at 3.18pm.

### 1 ATTENDANCE AND APOLOGIES

Cr Andrew Patterson Chairperson

Cr Mike O'Brien

Mr Derek Ariss General Manager Operations - RANS

Mr Ross Coggin RANS WA State Manager

Mr Nathan Anderson Manager Craigie Leisure Centre - RANS Mr Mark Stanton Manager Leisure and Ranger Services

Observer

Mr Graeme Hall Special Projects Officer

**Apologies** 

Mr Chris Hall Director Community Development

### 2 ELECTION OF CHAIRPERSON

Mark Stanton opened the meeting and welcomed all in attendance and called for nominations for the position of chairperson

MOVED CR O'Brien SECONDED Ross Coggan that Cr Pattererson be nominated as chairperson of the City Of Joondalup Leisure Centre Strategic Management Group.

There being no further nominations Cr Patterson was declared elected as Chairperson and assumed the chair.

### 3 TERMS OF REFERENCE

MOVED Cr Patterson SECONDED Derek Ariss that the Terms of Reference for the City Of Joondalup Leisure Centre Strategic Management Group be adopted. (Attachment Two refers)

**CARRIED** 

### 0132

### 4 FINANCIAL AND BUSINESS PERFORMANCE REPORT

The Business and Financial Performance Reports for Craigie, Ocean Ridge and Sorrento Duncraig reports for September 2001 were tabled. RANS Management Group reported that the Leisure Centres were not at this stage performing to its original expectations and had adjusted the budget and business plans accordingly.

The performance of the Centres was beginning to improve and it was expected that budget expectations would be achieved once the two capital projects, currently being planned, were implemented and operational. RANS noted that it was continuing to develop its knowledge of the marketplace and once this was more complete it would also have a beneficial impact on the performance of the centres.

It was noted there RANS had implemented a number of changes to operational policies and procedures at the Centres to enhance the performance of the Centres

RANS advised that it had purchased \$150,000 of cardio fitness equipment for Craigie Leisure Centre and had transferred some of the old equipment to Sorrento Duncraig Leisure Centre. The introduction of new equipment has been well received by patrons at both centres.

### 5 2001/02 LEISURE CENTRE STRATEGIC PLAN

RANS Management Group outlined plans for a number of projects as follows:

• Divide the swimming pool at Craigie Leisure Centre into two separate bodies of water, which can then be heated to different temperatures to enhance the level of customer service available, particularly to lap swimmers and to learn-to-swim class participants. It would also significantly enhance pool safety. Ideally, this should be done at the same time as when the City replaces the pool shell and levels the pool concourse. These works are listed in the City's 5-year capital work plan for 2002/03.

It would be preferable for these works to take place in July/August 2002 and will require four months to complete. The City will therefore need to begin preliminary planning for these works in the current financial year.

• Relocate the Fitness Centre at Craigie Leisure Centre to the present Function Room and foyer area, create another space to act as a Function Room and develop retail outlets such as beautician and physiotherapy rooms. It was noted that for the retail proposal to proceed it would need to comply with the Town Planing Scheme and zone requirements.

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- A consultant is in the process of being engaged to conduct market research and a feasibility study on the proposed extension to the Fitness Centre and Soft Toy play area.
- RANS will do a presentation at the next meeting of the Strategic Management Group so that these proposals can be further considered.

### **6 GENERAL BUSINESS**

The next meeting will be scheduled for February 2002.

### 7 MEETING CLOSURE

There being no further business the meeting closed at 4.12pm.

### CITY OF JOONDALUP LEISURE CENTRES STRATEGIC MANAGEMENT GROUP

### **TERMS OF REFERENCE**

### 1 DEFINITIONS

Council

Council of the City of Joondalup and owner and lessor of the

City's Leisure Centres

**RANS** 

RANS Management Group, appointed operator and lessee of

the City of Joondalup's Leisure Centres

Management Group

Leisure Centres Strategic Management Group

Leisure Centres

Craigie, Sorrento Duncraig and Ocean Ridge Leisure Centres

### 2 PURPOSE

This City has outsourced the operational management of its Leisure Centres to an independent facility management specialist under a commercial lease arrangement. The City wishes to ensure that delivery of leisure opportunities provided at the Leisure Centres is in keeping with the objectives espoused in the lease agreement primarily through a consultative rather than enforcement approach to the lease conditions.

Further the City seeks to ensure that leisure services provided to community both within and external to the leisure centres are aligned strategically, reinforcing a whole of city approach and reflecting a total service provision package from the City.

### 3 OBJECTIVES

- 3.1 To discuss the preparation and contents of the annual Leisure Centres Strategic Plan.
- 3.2 To receive and consider the final draft of the annual Leisure Centres Strategic plan for presentation to Council with recommendation for adoption
- 3.3 To consider proposed amendments and increases to the Schedule of Fees and Charges for the use of the three leisure centres where the proposal presents a variation from those adjustments as permitted by the lease agreement and make recommendations to Council
- To receive financial and other performance measures of the leisure centres and to keep Council appraised of performance against the business plan for the centres.
- 3.5 To discuss and make recommendations to Council on policies applicable to the operation of the City's leisure centres
- 3.6 To assess facility improvement and major maintenance proposals for the Leisure Centres and make recommendations to Council for approval and on funding contributions.

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- 3.7 To provide direction to the City and RANS based on strategies identified and developed by the working party to deliver consistent and cohesive leisure services to the community.
- 3.8 To consider the future development of the leisure services within the City
- 3.9 To consider proposals for leisure initiatives and programs which reflect a whole of City approach to leisure services.
- 3.10 To ensure that the local community continues to perceive the leisure centres as facilities offering services provided by the City of Joondalup

### 4 MANAGEMENT FRAMEWORK

RANS is responsible for the operational management of the leisure centres as lessee and has a commercial responsibility to the City. The City is the lessor as described in the lease and management agreement and does not have day to day management responsibility for the Leisure Centres.

RANS as the lessee is obliged to participate fully as a member of the Management Group ensure strategic direction and alliance between the City and RANS is maximised and maintained

RANS is not required to undertake activities or desist with activities under direction from the Management Group should such a direction be deemed to be contradictory to the conditions of its lease.

The City has responsibility for overseeing and coordinating the total leisure services experience available to the community. The City's involvement in the management of the Centres is at a strategic level. RANS has responsibility for the operational management of the leisure centres through the Management Group an opportunity to influence and participate in setting the future strategic direction of leisure services within the City.

Changes to the Terms of Reference for the Management Group can only be made by written agreement between RANS and Council.

### 5 MEMBERSHIP

The Management Group consist of the following members.

- i Elected Members (2)
- ii RANS representatives (3)
- iii Director Community Development
- iv Manager Leisure and Ranger Services

### 6 MANAGEMENT a 0137

### 6.1 Chairperson

The Chairperson shall be elected by the Committee and will rotate annually between RANS and Council.

### 6.2 Meetings

Meetings shall be arranged at regular intervals as determined by the Management Group at an appointed time and place in accordance with the lease conditions.

### 6.3 Quorum

A quorum will be by simple majority.

### 6.4 Minutes

Minutes shall be made of all meetings. A copy of confirmed minutes shall be forwarded shall be forwarded to members at least seven days prior to the following meeting.

### 6.5 Deputations

The Management Group may invite any persons or organisations to attend any meetings to discuss issues of interest.

### 6.6 Powers of Council

Nothing herein contained shall restrict the powers of Council.



10 October 2001



RANS Management Group ABN 82 006 666 860

RANS House Cnr Dorcas and Moray Streets South Melbourne, Victoria 3205 Australia

P.O. Box 537 South Melbourne, Victoria 3205

Telephone: +61 3 9690 5777
Facsimile: +61 3 9690 5363
Email: rans@rans.com.au
Website: www.rans.com.au

Mr Mark Stanton Manager Leisure & Ranger Services City of Joondalup PO Box 21 JOONDALUP WA 6919

		City of Joondalup
P		DOCUMENT REGISTRATION Ref 09050
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Dear Mark

### CITY OF JOONDALUP LEISURE CENTRES MONTHLY REPORTS - SEPTEMBER 2001

Please find enclosed a copy of the September 2001 Monthly Reports for Craigie, Ocean Ridge and Sorrento Duncraig Leisure Centres.

Mark, if there are any aspects of these reports you would like to discuss please do not hesitate to contact me on (02) 9344 3610.

Yours sincerely

Ross Coggan

**Operations Manager** 



CRAIGIE LEISURE CENTRE

MONTHLY REPORT
SEPTEMBER 2001

PRESENTED TO

CITY OF JOONDALUP

BY

RANS MANAGEMENT GROUP





### INTRODUCTION

This report outlines the operations of the Craigie Leisure Centre for the month of September 2001 and provides comments on management initiatives at the Centre.

### **EVENTS**

Craigie Leisure Centre hosted a workshop for fitness professionals called "Knee Injury and Exercise Prescriptions". The workshop was conducted by Adam Floyd (B Sc. Physio; B PE Hons) and attended by 7 staff and 3 external participants.

The Centre also hosted the Les Mill Body Systems "Body" Launch, held on Sunday 16 September 2001 to launch:

**▶** Body Combat

56 participants

➤ Body Pump

27 participants

➤ Body Balance

17 participants

During September Craigie Leisure Centre appointed an Occupational Health and Safety Officer to ensure a co-ordinated approach to OH & S for both staff and patrons.

The first edition of "Body Language" newsletter was published and distributed. The newsletter features fitness facts, health tips and a staff profile on the Centre's Gym Instructor/Personal Trainer and Occupational Health and Safety Officer, Kerry Gilligan.

Theme nights for the sport and recreation patrons commenced with a Hawaiian Night that not only provided some fun and entertainment for our customers but also yielded an increase in the number of teams participating in the competitions.

During the month of September the Sport and Recreation area organised coaching clinics and sausage sizzles for junior soccer, basketball and netball.

### ATTENDANCE

Craigie Leisure Centre

Attendance Tables for the month of September are attached.







### **PROGRAMS**

### Learn To Swim & Squads

In September, the Centre provided lessons for 456 children. The squad program continues to be fairly successful.

### Health & Fitness

Attendances in Health & Fitness Activities over the month were as follows:

	Members	Casual	No. of classes	Average per class	Bookings
Gymnasium	5252	1248	-	-	-
Acrobics	4227	1124	158	27	-
Aquarobics	974	390	73	19	-
Crèche					912
Fitness Programs					105
Fitness Appraisals					84
Internal Personal Training Sessions					22

### **Sport and Recreation**

Team Numbers currently involved in competitions are: -

Competition	Number of Teams	
Saturday Junior Basketball	~19	New season.
Saturday Junior Netball	~12	Approximate
Friday Junior Soccer	~30	numbers only
Thursday Mixed Netball	30	7
Thursday Mixed Volleyball	12	
Wednesday Basketball	26	7
Wednesday Soccer	17	7
Wednesday Ladies Daytime Netball	21	1
Tuesday Evening Netball	53	1
Monday Daytime Ladies Netball	19	7
Monday Evening Netball	54	7
TOTAL	293	7

This represents a 1.5% increase over the previous month.

Craigie Leisure Centre

Monthly Report - September 2001





### SPONSORSHIP

During the month of September the Craigie Leisure Centre hosted the Les Mills Body Systems "Body" launch. Morning tea for this event was donated by Padbury Brumby's to the value of \$485.00.

### **USER GROUPS**

The Centre has been utilised by the following user groups during the month:

- ➤ Community Physiotherapy
- > Kingsley Physiotherapy
- > Jollettes Gymnastics
- > Whitfords Hawk Basketball Team
- > Mr Ray Stubber Basketball Hire
- ▶ Prime Movers
- > Yoseikan-Ryu Karate
- > Blackdragons Basketball Team
- > Carol Clarkson Badminton
- > St Mark's Anglican School
- > Padbury Junior Basketball
- > Ocean Reef Senior High School
- > Wayne Spear Dojo
- > Home Schooling
- > Aquamotion Swim Club
- > Woodvale Senior High School
- > Whitfords Aussi Swim
- ➤ AustSwim
- > John Love Soccer Court Hire
- > Ms L Lee Badminton Court Hire
- ➤ Black Dragons Basketball Team
- > WA Netball
- > North Metro Junior Basketball
- > St Stephens School
- ➤ West Coast Masters
- ➤ Mindarie Dive Academy
- > Asthma Swim
- > Head Above Water
- ➤ Warwick Senior High School
- ➤ Pool Parties
- ➤ Breakers Swim Club





### MARKETING

Marketing at the Centre during the month of September included:

#### Internal

- Ist edition of "Body Language" newspaper published and distributed.
- Learn to Swim flyer distributed to playgroup participants.
- Re-enrolment letters handed to all Learn to Swim participants.
- Mail out every 2 weeks to all expiring members outlining Direct Debit offer.
- Promotion of Body Combat, Body Pump and Body Balance master class.
- Just 4 Kids holiday activities and Term 4 Sports program A5 flyer made available at the Centre.

#### External

- Learn to Swim A5 size flyer letterbox drop (50,000).
- Term 4 advertising, Wanneroo Times September 18 edition.
- Delivery of new program brochures.
- Just 4 Kids holiday activities and Term 4 Sports program A5 flyer.
   mailed out to schools in the surrounding area.
- Inclusion in the rates incentive newspaper advertisement as sponsors of the rates early payment promotion.

#### PLANT OPERATION AND MAINTENANCE

#### General Maintenance

- · See attached maintenance sheet.
- Fitness Centre.
  - Established maintenance contract with AAA electronics.
  - Replacement of all pink upholstery to present uniform décor.
  - Repair of flotation belts.
  - Purchased graphic equaliser (Body Combat sound system).
  - Replacement of Aeroboxing equipment.



10 October 2001



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Mr Mark Stanton Manager Leisure & Ranger Services City of Joondalup PO Box 21 JOONDALUP WA 6919

P DOCUMENT PEGISTRATION
Ref OL 185
No. 130706

Dear Mark

### CITY OF JOONDALUP LEISURE CENTRES MONTHLY REPORTS – SEPTEMBER 2001

Please find enclosed a copy of the September 2001 Monthly Reports for Craigie, Ocean Ridge and Sorrento Duncraig Leisure Centres.

Mark, if there are any aspects of these reports you would like to discuss please do not hesitate to contact me on (02) 9344 3610.

Yours sincerely

Ross Coggan

Operations Manager

UNITED STATES OF AMERICA RANS MANAGEMENT GROUP INC





### Sorrento Duncraig Leisure Centre

### SORRENTO DUNCRAIG LEISURE CENTRE

MONTHLY REPORT
SEPTEMBER 2001

PRESENTED TO

CITY OF JOONDALUP

BY

RANS MANAGEMENT GROUP





#### **HEALTH AND SAFETY ISSUES**

See attached Incident Register.

### **CUSTOMER FEEDBACK**

The Customer Feedback Register is attached. Centre staff received a number of comments through discussions with Centre patrons and these included:

- > Lack of cleanliness in the sauna. Pool staff are now scrubbing area daily.
- > Concern from seniors regarding the relocation of the circuit equipment to Sorrento/Duncraig. Resolved through discussion.

### **GOALS FOR OCTOBER 2001**

#### Health & Fitness

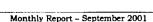
- > Facilitate a Halloween theme week in the gym.
- > Refinement of consultation package and development of lifestyle program.

### Marketing

- > Learn to Swim newsletter.
- > Term 4 advertising for Sorrento/Duncraig and Ocean Ridge Leisure programs (brochure and newspaper advertisements).
- > Re-nomination mail out for sports programs.
- > Newspaper advertisement for new sport and recreation programs.

### Sport & Recreation

- > Exceed 320 teams for the month of October 2001.
- Gain approval for Vacation Care from Family and Children's Services.
- > Host a fully catered Melbourne Cup Luncheon complete with an MC and a fashion parade.

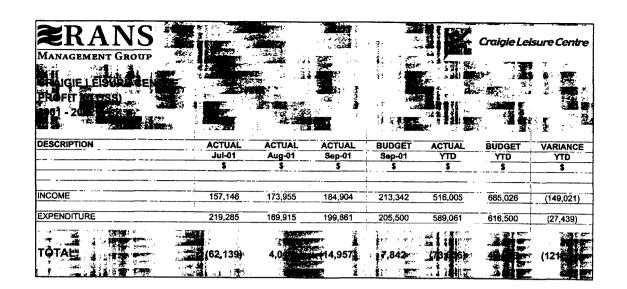


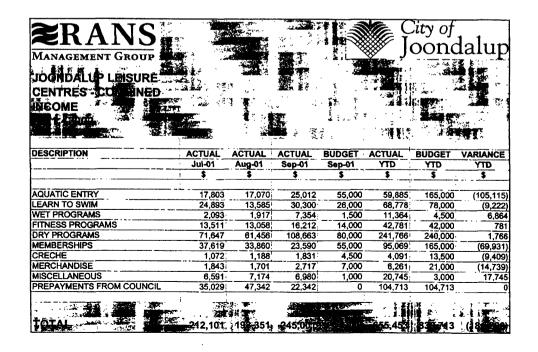




### **Aquatic Services**

- > Term 4 Learn to Swim program advertising.
- > Advertise outdoor pool opening.
- > Increase re-enrolment numbers.
- > Introduce various activities for casual swimmers.
- > Outdoor pool ready for November opening.
- > Lifeguard training.





213,542

184,904

<b>≋</b> RANS					Crai	gie Leisure	e Centre
MANAGEMENT GROUP GREAT STATE CENTRAL EXPENDING				を を を を を を を を を を を を を を			
DESCRIPTION	ACTUAL	ACTUAL	ACTUAL	BUDGET	ACTUAL	BUDGET :	VARIANCE
	Jul-01	Aug-01	Sep-01	Sep-01	YTD	YTD	YTD
	<u> </u>	\$	\$	\$	\$	\$	<u> </u>
SALARIES & STAFF	124,924	108,255	143,644	120,000	376,823	360,000	16,823
UTILITIES	31,307	24,005	20,000	27,000	75,312	81,000:	(5,688
MARKETING	12,096	8,221	5,432	21,000	25,749	63,000	(37,251)
OFFICE COSTS	3,726	5,427	4,493	4,500	13,646	13,500	146
MAINTENANCE	23,361	13,521	7,800	16,000	44,682	48,000	(3,318
INSURANCE	2,600	1,000	1,000	1,000	4,600	3,000	1,600
PROGRAM COSTS	2,951	3,850	2,591	1,000	9,392	3,000	6,392
MERCHANDISE	5,876	328	6,223	5,000	12,427	15,000	(2,573)
EQUIPMENT LEASE & PURCHASE	3,638	170	842	3,000	4,650	9,000	(4,350
MISCELLANEOUS	8,806	5,138	7,836	7,000	21,780	21,000	780
TOTAL	19 285	169,915 <sup>2</sup>	199	205,500	38946a	616,510	439

### **Learn To Swim**

raigie Leisure Centre Swim School has been designed to cater for individuals of all ages and abilities. All classes are conducted by qualified and friendly staff.

The swimming program incorporates all aspects of swimming and survival techniques, in a quality and fun environment.

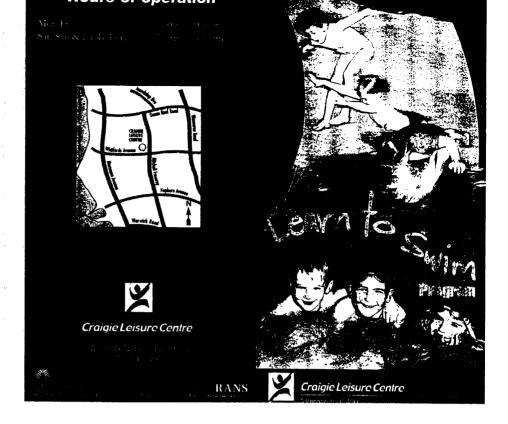
Participants will be placed into class groups according to their swimming ability. Contact the Centre to organise a FREE assessment for your child.

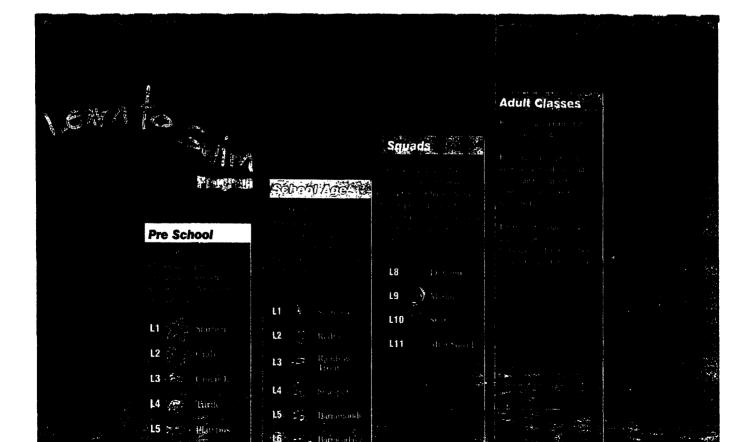
Lessons are 1/2 hour in duration and are conducted 6 days a week. See reception for available times.

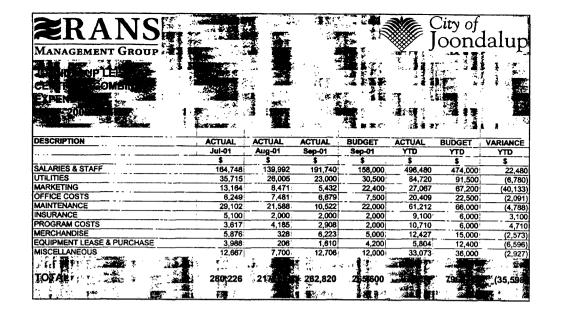
Certificates are awarded for each level achieved.

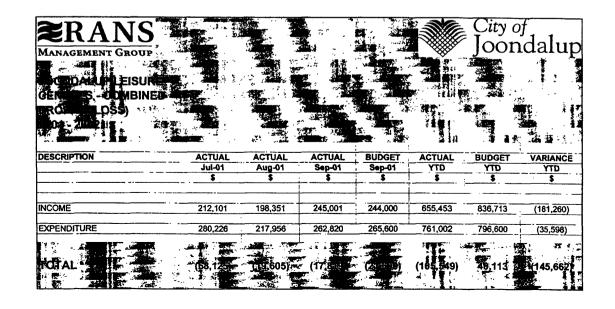
### **Private Lessons**

Private Lessons are available for all ages on application to the Learn To Swim Co-ordinator.











# **JUST 4 KIDS**

### **HOLIDAY ACTIVITIES & TERM 4 SPORTS PROGRAMS**



METBALL

Innathan Fletcher Perth Orioles Assistant Coach

BASKFIRALL

Wavne Simmons .

former Wildcat training

SOCCER

#### NEW AFTER SCHOOL COMPETITIONS TERM & (all moreus beforess dam - San)

BASKETBALL

W17 788 SOCCES

METBALL

SHOTER

58 W11 2 W15



THURSDAY IS COACHING

CLINIC DAY! Netball, Baskerball, Soccer & Multisports

SATURDAY COMPETITIONS

School yes 2/3, 4/5, 6/7, 9/9 & 10 to 12.

\$5.50 Player registration - \$4.40 FOR FURTHER INFORMATION PHONE: 9307 4566

CRAIGIE LEISURE CENTRE







Ist Edition

October, 2001

Welcome to the very first edition of "Body Language". It is our intention to issue a publication every two months. With the plethora of multi-skilled Instructors and the wealth of knowledge among the clientele at Craigie Leisure Centre, we hope to have plenty of information to offer you. That's an invitation to everyone to have their say. We are open to all suggestions (as long as it's printable). The important thing is that this newsletter is for you, therefore we need to know what you would like to have included.

### Help us Help YOU!

Our Thanks to Lynn, Jim & Kylie at **PADBURY** Brumby's For their support with catering for the Launch of the latest BodyCombat, BodyPump & Body-Balance on Sunday 16 September anyone who attended will confirm that the array was par excellance By supporting them we all benefit

You may have noticed a few changes to the gym. The Centre replaced has most of the old Cardio equipment with new spiffy bikes, treadmills, steppers and rowers.

The new layout of the gym has freed up a lot of the space making the areas feel more open. We would, however love your input into the Centre. A feedback box has been placed on the Recep-



tion desk - we encourage you to provide us with your views and ideas.

Some things we can do, some we can't - but until we know ...

Make this your Centre!

### Fitness Type Food

\*\*\*\*\*\*\*\*

#### **SMOOTHIES**

- 2 bananas, peeled & sliced □ 200g low-fat fruit salad yoghurt
- 1 2 Tbs skim milk powder
- 1 1/2 cups skim milk
- □ 1/4tsp ground mixed spice
- □ Fresh mint sprig

Blend together bananas, yoghurt, skim milk powder, skim milk and mixed spice until smooth. Pour into a tall chilled glass and garnish with sprig of mint.

Substitute bananas with 250q Strawberries (leave out the spice) or 250g diced canned apricots

(use low fat apricot yoghurt, add grated orange rind instead of the spice) - voila ! Sheer bliss!!

Banana Smoothie Breakdown

Carbohydrate 60g Protein 16.5g Fat 1.0g Fibre 3.5g

1300 kilojoules (310 calories)





Craigie Leisure Centre For further enquiries phone: 9307 4566

Gray Joondahap Craigie Leisure Centre is proudly operated by BANS Management Grays on behalf of the City of Joondalup RANS

### **LAST CHANCE**

PAY BY 13 SEPTEMBER **2001 AND BE IN** THE RUNNING TO WIN

\$2,500 (\$1,500 Cesh plus \$1,000 Labrande Outs Voucher)









Isplanade Hotal Fromantia Puckage One night Breaksway Package for



rrous Package - Bed and





Greater Union MBGAPASS Package

**PAY BY 13 SEPTEMBER TO RECEIVE A 5% DISCOUNT** 

> FIRST INSTALMENT DUE **20 SEPTEMBER 2001**

> > RATES PAYMENT OPTIONS









kup.wa.gowatt or via the telephone, by Credit Card on 1300 136 065 or BPAY.

Carof



Body Language

## FITBALL FRENZY

by storm by hundreds of round, rubber balls! But are they worth while?

Fitballs have been around since the early 1970's. They have been used for rehabilitation programs by physiotherapists, to develop joint stability and strength. This principle has now been taken into fitness centres all over the world to develop a more functional style of training,

Using Fitballs in your training routine puts your body in an unstable environment, causing your core stabilising muscles (abdominal, lower back) to work harder and develop strength and stability. Providing your body with an unstable base of support, eq Fitball, challenges the joints of the body as well as your core stabilising muscles. Developing this area of the body is desirable for any weightlifter (anyone who lifts weights.

provides your major levers of the body, eq. arms and legs, a stronger foundation to which they can apply

more power. Think about how many times you bend down to pick something off the floor or you reach up to get that "last packet of chips" from the top shelf (yeah right, not our members!). Every time you do this your base of support is unstable and risk of injury is increased. Doesn't it then make sense to train

your body to cope with an unstable base of support? This will prevent injuries both on the sporting field and in everyday activities. Injuries to both ankles and knees are becoming more common day by day in all sports, so it's about time that

The fitness industry has been taken no matter what sizel) because it helped ourselves to at least try and prevent some of these injuries.

> Large amounts of sporting clubs these days are using Fitballs in their

> > training routines. Large names such as the Chicago Bulls were one of the first big name clubs to get into training with Fitballs and now they seem to be popping up in clubs all over the world

Exercise's on the Fitballs range from the commonly used abdominal curls, to push ups, leg curls and for

the game, standing on the ball and doing squats! Before using the Fitballs ask one of your Instructors to show you a few exercises or book in for a personal training session.





Sorry - but it was I suppose with fluid - every kilo Summer just lost during training around the corner, now is as equals 1 litre of water - it needs to good a time - if go back # not the best to

I'm talking about water...

Be honest, how many of you even drink one glass of pure unadulterated water everyday?

mention fluids

During exercise your body starts to dehydrate - the \$ blood becomes thicker and its ability to flow is reduced - this causes lethargy. dizziness and your heart has to work harder to push the blood around so your heart rate increases.

### Fluid Intake

1) 113

This is a simple guide to follow:

Your stomach gets rid of 800ml in 1 hour (cold water 5 - 15°C or refrigerated is ideal as it empties most rapidly from the stomach - so before you exercise treat yourself to 2 glasses (300 - 500mls) of water, and replace 1 alass (200mls) every 15 minutes during

Don't add Staminade or salt, you really don't need it, and it can increase dehydration. If you are a marathon runner

gor participating in an event that will last more than an hour, a 2% glycose solution is plenty and that will ensure that your insulin level doesn't soar.

### Bon Voyage !!

Martine is off to Europe -I know she'll be missed (especially by the New Image aroup) If you would like to contact

her the email address is

martinepearman @ hotmail.com

#### **JUST 4 KIDS**

**HOLIDAY ACTIVITIES & TERM 4 SPORTS PROGRAMS** 

- NETBALL
- BASKETBALL
- SOCCER

Pick up a brochure at Reception

Page 3

### Not Getting the results YOU want?

People are constantly asking themselves why? Why aren't I losing weight? Why aren't I agining muscle? Or Why do I feel the same? There are so many different factors that can cause your training programs to plateau.

Firstly, how much training are you doing? Doing some sort of physical activity say twice a week is only going to maintain your body composition. When you are getting started with your training program you should be looking to do something about four times a week. (Not all weight sessions!) At the other end of the scale there is such a thing as over training. When people are training excessively their bodies adopt to it and they don't get the results they are looking for. So more is not always better. You need to find a balance in your exercise routine. Don't over do it or under do it!

Secondly, you need to have a look at what type of exercise you are doing

achieve your results. Your instructor can give you the information you need to get what you want, realistically! (No we can't work miracles!) You might even think about getting yourself a personal trainer, Personal training helps to educate you with your training and, with the supervision, you find you will

achieve results faster. As personal trainers we can provide you with better training techniques and exercises. If you are the sort of person that finds it easier to be pushed by someone else then personal training is the answer.

Thirdly, the part of our lifestyle that most people hate, DIET!

and what your goals are. This is Diet plays such an important of our where WE come into the picture! life Your diet can effect your state Get as much help as you can to of mind as well as your physical ap-

> "Get what you want, and want what you get"



anced diet will help with your training and achieving the results you want to achieve. These days there are so many different diets in magazines on T.V. etc. but the bottom line is you achieve what you want through hard work. There is no magic pill that will do anything, Mind you I saw one the other day for increasing your breast size, I'll let you know how I gol

pearance. Maintaining a bal-

The industry is growing by the day and times are changing. People are wanting to do the right thing by themselves. Making the decision to become active in your life is one of the biggest steps to a better life, so you are half way there. Keep up the good work everyone and Happy

### Facts on Arthritis

There are over 150 different types of arthritis. Arthritis means inflammation of a joint and may affect any joint in the body. It can affect both men and women but is most common in men over 40, postmenopausal women and the elderly.

Types of arthritis-

Rheumatoid Arthritis: Rheumatoid arthritis attacks the joint cartilage. The joint capsule is inflamed and releases more synovial fluid. The normal nourishment of the cartilage is obstructed. The fluid thickens and restricts the movement in the joint causing It to fuse.

Osteoarthritis: Osteoarthritis is a non-inflammatory disease of a move- joint.

and abrasion. It is caused by a "miracle" treatments out there for

breakdown in cartilage cells in the joint cartilage and as the articular cartilage deteriorates and new osseous tissue is deposited on the exposed bone ends.

Gout: Gout is a build up & of uric acid that can not be excreted out of the body. When there is an excess of uric acid the body can't get rid of it it is deposited in the joints and crystallises, causing swelling and erosion of the

able joint. Generally it is a result Treatment: Although there claims from aging, irritation of the joints to be a number of different

> arthritis there are not. In fact there is very few medications that can cure arthritis. There are, however, ways to decrease arthritic pain. A regular exercise program designed by an instructor can help reduce joint pain, stiffness and swelling. Consult your local G.P. before starting any sort of program.



Getting active can help relieve the tension of arthritis.



Kerry Gilligan - Born & Bred in WA many years ago the best place on earth to live (so sayeth Kerry). I have 2 sons Corey aged 23 and Paul aged 31 (get your calculators out).

I have worked as a Gym Instructor and Personal
Trainer over the past 25 years and have spent most of
my whole life in gyms. When I was 8 years old, I
started gymnastics and competed until I was 23. Then
I discovered Aerobics and loved it - until - I then discovered weight training: I was totally addicted.
Attempting to juggle two careers - a Cartographic

Draftsperson and Personal Trainer/Gym Instructor was a little hectic, so two years ago I decided to concentrate on the latter - much more rewarding.

Part of the fun of Body Building was competing, which I did for 7 years, finally retiring in 1994 after winning the Ms Australia title (Masters). I now judge BodyBuilding competitions (it's a lot easier than competing!)

I still train, but just enough to stop gravity taking over. I also do a lot of beach walking on that lovely soft sand (good for the legs & butt!)

I have now worked at Craigie Leisure Centre for the past 7 months.

Favourite Food - Seafood, Cheesecake Hobbies - Painting my house (sorry Kerry, that doesn't wash - no mention of Friday / Saturday nights ?)

Yes - it's our Kerry!!

# Handy Hints - Coping with Back Pain

If you've ever had that initial stab of pain in your back, you'll know how it can trigger a cycle of events; next comes the spasm, your muscles tighten up – then another stab of pain and so on.

If, and when you do get that very first pain. Lie down on the floor in the foetal position — either on your back or side. Bring your knees up to your chest — tuck your chin well down and try to relax the muscles.

If you are on your back, place a pillow under your hips and another under your head

- · Get the load off your back ie lie down
- Tilt your pelvis
- Curl your spine gently stretch the muscles
- · Maintain good abdominal support

and - you know the story - Obviously - if the pain persists - see your doctor



Craigie Leisure Centre is proudly operated by RANS Management Group on behalf of Joondalup City Council





10 October 2001



RANS Management Group ABN 82 006 666 860

RANS House Cnr Dorcas and Moray Streets South Melbourne. Victoria 3205 Australia

P.O. Box 537 South Melbourne, Victoria 3205

Telephone: +61 3 9690 5777
Facsimile: +61 3 9690 5363
Email: rans@rans.com.au
Website: www.rans.com.au

Mr Mark Stanton Manager Leisure & Ranger Services City of Joondalup PO Box 21 JOONDALUP WA 6919

Dear Mark

### CITY OF JOONDALUP LEISURE CENTRES MONTHLY REPORTS - SEPTEMBER 2001

Please find enclosed a copy of the September 2001 Monthly Reports for Craigie, Ocean Ridge and Sorrento Duncraig Leisure Centres.

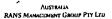
Mark, if there are any aspects of these reports you would like to discuss please do not hesitate to contact me on (02) 9344 3610.

Yours sincerely

Ross Coggan

Operations Manager

UNITED STATES OF AMERICA RANS MANAGEMENT GROUP INC



NEW ZEALAND RANS MANAGEMENT GROUP LTD



### Ocean Ridge Leisure Centre

OCEAN RIDGE LEISURE CENTRE

MONTHLY REPORT

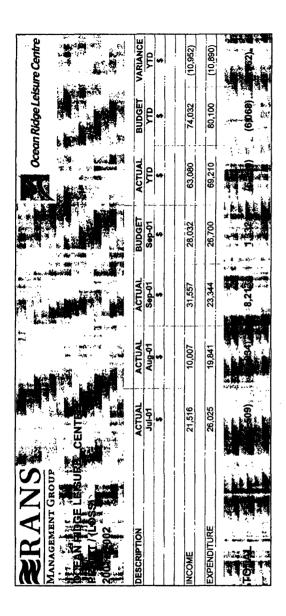
SEPTEMBER 2001

PRESENTED TO

CITY OF JOONDALUP

BY

RANS MANAGEMENT GROUP



# Gymnasties

# Exciting NEW program



5-7 yrs
Thurs 4.15-5.15pm

8-12 yrs
Thurs 5.15-6.15pm

3-5 yrs fri 11.30-12.30pm

(Parent participation)





Ocean Ridge Leisure Centre

Tel: 9401 0500





### INTRODUCTION

This report outlines the operations of the Ocean Ridge Leisure Centre for the month of September 2001 and provides comments on management initiatives at the Centre.

### **EVENTS**

A Red Cross Craft Fundraising stall was conducted on the first Monday of the month. A Bluelight Disco was conducted on Saturday 1 September. This attracted 514 local children.

### **PROGRAMS**

Programs were conducted as follows:

### Leisure Courses

Term 3 courses were all completed as of Saturday 29 September. These had a total of 367 enrolments.

Re-enrolments for Term 4 courses commenced on Monday 24 September with new enrolments opening on Tuesday 2 October. This gives existing course participants a week to re-enrol before enrolments are opened to the general public.

### **Sports Competitions**

Thursday Mornings

Mixed Volleyball Tuesday Evenings

8 teams 5 teams

Total participants

78 players

Ocean Ridge Leisure Centre

Monthly Report - September 2001





### CENTRE ATTENDANCE TABLE

	SEPTEMBER 2001					
Non Program	9/9	16/9	23/9	30/9	TOTAL	
Groups - Schools	0	0	0	0	0	
Groups - Other	547	440	387	454	1,828	
Special Events	514	0	0	0	514	
Total - Non Program	1,061	440	387	454	2,342	
Total - RANS Programs	897	440	880	496	2,713	
TOTAL WEEKLY ATTENDANCE	1,958	880	1,267	950	5,065	

### **USER GROUPS**

The Centre has been utilised by the following user groups during the month:

- · Cerebral Palsy Association
- After School Care Group
- Ocean Ridge Senior Badminton Club
- · Whitford Hawkes Basketball Club
- Ocean Ridge Badminton Club
- Heathridge Central Playgroup
- Mary Henry Yoga
- Heathridge Machine Knit Group
- Wallabies Badminton Group
- North Metro Basketball Club
- Easy Slim
- Bini Badminton Group
- Sapphires Badminton Group
- PWP Badminton Group
- Bluelight Disco
- Anchors Youth Group
- · Endeavour Road Christian Church
- City of Joondalup Vacation Care





### MARKETING

Marketing at the Centre during the month included:

- Term 4 program distributed internally to existing class participants.
- New receipt advertising commenced using the reverse of all receipts issued to advertise upcoming programs/events.

Attached are examples of marketing materials.

### PLANT OPERATION AND MAINTENANCE

#### General Maintenance

- Plantec (Gardening contractor) conducted general weeding of garden areas.
- Damage reports 2 damage reports attached.
- General maintenance completed throughout the centre.

### **HEALTH AND SAFETY ISSUES**

Incident report – One player injured during fixtured Volleyball.
 Report attached.

### CUSTOMER FEEDBACK

Feedback/Comment forms have been implemented during the month. No completed forms returned for this month.

### SUBSIDIZED USE

The City of Joondalup Subsidised Use Voucher system was implemented as of 1 August 2001. Users groups usage is recorded and vouchers are now gathered one month in advance.

The total for subsidized use during September 2001 was:

\$5,315.10

Ocean Ridge Leisure Centre

Monthly Report - September 2001





### KEY REGISTER

Ocean Ridge are still currently responsible for the issuing of keys to the following City Of Joondalup facilities:

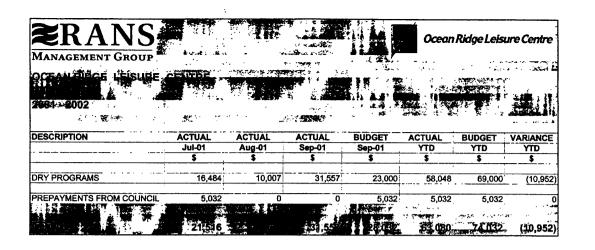
- Guy Daniels Clubrooms
- Beaumaris Hall
- Emerald Park Hall
- Anchors Youth Centre

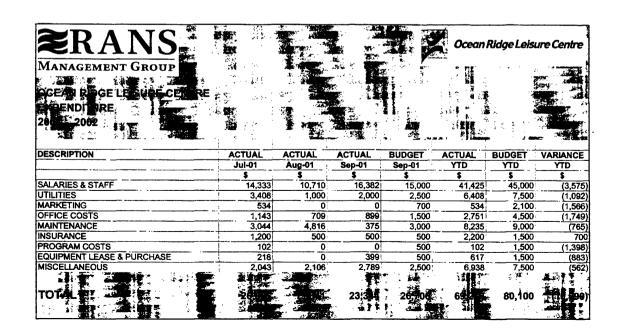
### **GOALS FOR OCTOBER 2001**

 Increase the number of new enrolments from Term 3 to Term 4 2001.

Ocean Ridge Leisure Centre

Monthly Report - September 2001









### INTRODUCTION

This report outlines the various operations of the Sorrento/Duncraig Leisure Centre for the month of September 2001 and provides comments on management initiatives at the Centre.

### **EVENTS**

Two morning teas were held this month to welcome the Active Living program participants from Craigie Leisure Centre. These were a great success with over 20 ladies enjoying tea, coffee and cake after their class. These classes have been permanently relocated to Sorrento Duncraig Leisure Centre along with the Circuit equipment from Craigie Leisure Centre.

We also had a visit from Councillor Andrew Paterson to inspect the new Circuit Room. Photos were taken with Councillor Paterson and staff members to promote the new circuit room.

### **PROGRAMS**

Programs were conducted as follows:

#### Leisure Courses

Term 3 courses were all completed as of Saturday 29 September. These had a total of 501 enrolments in 55 courses.

Re-enrolments for Term 4 courses commenced on Monday 24 September with new enrolments opening on Tuesday 2 October. This gives existing course participants a week to re-enrol before enrolments are opened to the general public.

### **Sports Competitions**

Womens Basketball Wednesday mornings 4 teams

Tuesday Evening Mixed Netball competition for summer has commenced with a total of 9 teams (63 players) participating. Retention of teams from the previous winter competition has been good with 7 out of 10 teams returning.

Monthly Report - September 2001





### CENTRE ATTENDANCE TABLE

	SEPTEMBER 2001					
Non Program	9/9	16/9	23/9	30/9	TOTAL	
Groups - Schools	0	0	0	0	0	
Groups - Other	559	534	570	531	2,194	
Special Events	0	0	0	0	0	
Total - Non Program	559	534	570	531	2,194	
Total - RANS Programs	615	620	623	582	2,440	
TOTAL WEEKLY ATTENDANCE	1,174	1,154	1,193	1,113	4,634	

### **USER GROUPS**

The Centre has been utilised by the following user groups during the month:

- St Marys Badminton Club
- · Seahawkes Badminton Club
- Jan De Jong Self Defence School
- Breaker Badminton Club
- Krismas Badminton Group
- Duncraig Senior Citizens Group
- Duncraig & Districts Badminton Club
- · Penistone Ladies Badminton Club
- Duncraig Drifters Badminton Group
- · Andrews Basketball Group
- Sorrento Sandgropers Badminton Club
- Royals Basketball Club
- West Coast Calisthenics
- Northeners Badminton Club
- Duncraig South Badminton Club
- Duncraig Junior Badminton Club
- Terri Charlesworth School of Ballet
- Helen O'Gradys Drama Academy
- Mary Henry Yoga
- Stars Stamping Club
- Marmion Ratepayers Association
- Marmion/Warwick Playgroup





### **GOALS FOR OCTOBER 2001**

- Increase the number of new enrolments from Term 3 to Term 4 2001.
- Repair the fire damage to the Creche and Craft rooms to get these rooms back on line.
- Introduce a number of new timeslots for the Group Fitness programs especially new Circuit Classes.

					<del></del>
ure Centre		VARIANCE	•	(21,287)	(21,287)
Sorrento Duncraig Leisure Centre		BUDGET	•	000'06	7,655
Sorrento D.		+ .	•	68,713	7,655
		Sep-01 YTD		30,000	0
		ACTUAL E		28,540	0 282
		1 1	<b>.</b>	14,389	0 14,389
		Jul-01 Aug-01	•	25,784	7,655
S					NUNCIL.
FRANS	A Participation of the Control of th			MS	IENTS FROM CC
XR.	NGOME 2001 - 200	DESCRIPTION		DRY PROGRAMS	EPAYMENT





### MARKETING

Marketing at the Centre during the month included:

- Term 4 program distributed internally to existing class participants.
- Two new large display boards have been installed. One for Community Notices and the other for Centre Programs.
- The Centre Program board is currently displaying the Term 4 Leisure Course Program.
- New receipt advertising commenced using the reverse of all receipts issued to advertise upcoming programs/events.

Attached are examples of marketing materials.

### PLANT OPERATION AND MAINTENANCE

### General Maintenance

- Plantec (Gardening contractor) conducted general weeding of garden areas.
- · General maintenance completed throughout centre.
- Damage reports Fire damage to Craft and Creche rooms (reports attached).
- Window grills installed on all windows at the rear of the building due to continued vandalism.

#### **HEALTH AND SAFETY ISSUES**

None to report.

#### CUSTOMER FEEDBACK

Feedback to date has been very positive with many people noticing the changes that have occurred both to the building and programs.

Attached is a copy of a letter received from a member of the Active Living program using the new circuit room.



Monthly Report - September 2001





### SUBSIDIZED USE

The City of Joondalup Subsidised Use Voucher system was implemented as of 1 August 2001. User groups usage is recorded and vouchers are now gathered one month in advance.

The total for subsidized use during September 2001 was:

### \$2,059.20

Aerobic vouchers for the month of September totalled:

\$44.80

### **KEY REGISTER**

Sorrento Duncraig are still currently responsible for the issuing of keys to the following City Of Joondalup facilities:

- Percy Doyle Clubrooms
- Fleur Freame Pavilion
- Flinders Park Community Hall
- Kingsley Clubrooms
- Padbury Hall
- Rob Baddock Hall
- Timberlane Park Hall
- Warrandyte Clubrooms
- Chichester Hall
- Whitford Senior Citizens Centre
- Warwick Hall
- Calectasia Hall
- Dorchester Hall
- Ellersdale Clubrooms
- Greenwood Scout Hall
- Penistone Hall
- Warwick Sports Club
- Sorrento Duncraig Tennis Courts
- Sorrento Duncraig outdoor multisport courts (light box)
- Sorrento Community Hall
- Mildenhall Centre
- Dorchester Hall

Sorrento Duncraig Leisure Centre

Monthly Report - September 2001

