

West Parry Sound Recreation/Wellness Complex



TO CREATE A UNIQUE COMPLEX/FACILITY WHICH MEETS THE NEEDS AND INTERESTS OF ALL WEST PARRY SOUND COMMUNITIES AND ENCOURAGES HEALTHY LIFESTYLES, SOCIAL INTERACTIONS, AND PHYSICAL WELL-BEING THROUGH EDUCATION, RECREATION, WELLNESS, AND ATHLETIC ACTIVITIES.

1 Table of Contents

1	Table of Contents.....	2
2	Introduction.....	3
3	Vision.....	3
4	Do we need a Recreation/Wellness Complex?.....	4
5	What the Committee has accomplished to date.....	5
6	Our Proposal	6
6.1	Option A	6
6.1.1	“Possible” Complex.....	7
6.2	Option B.....	8
7	Benefits of a Recreation/Wellness Complex in West Parry Sound.....	8
8	Conclusion	8

2 Introduction

Thank you for the opportunity to present our plan for a full-service Recreation/Wellness Complex in West Parry Sound (WPS).

Our committee, representing five of the seven municipalities, is totally made up of volunteers from all walks of life and backgrounds that include OPP, financial, health care, Aquatic expert, a former Recreation Director, education, an architect, persons with disabilities, Optimist and Rotary organizations, local business people, concerned parents, and various sport groups.



A Recreation/Wellness Complex can be the “Social heart” of the community, enhancing the quality of life for the area and serve as an attraction for continued community expansion and development. A Recreation/Wellness Complex will provide comprehensive recreational programming. The benefits from Recreation/Wellness include:

1. Builds strong families and connects communities
2. Promotes personal health/wellness
3. Enhances a balanced human development
4. Reduces self-destructive and anti-social behavior
5. Reduces health care, social service and police/justice costs
6. Creates economic generators in the community

Our committee has been working over the past two years trying to improve the health and wellness of our WPS community by developing a realistic and pragmatic plan for an affordable and sustainable full-service Recreation/Wellness Complex in WPS.

3 Vision

TO CREATE A UNIQUE COMPLEX/FACILITY WHICH MEETS THE NEEDS AND INTERESTS OF ALL WEST PARRY SOUND COMMUNITIES AND ENCOURAGES HEALTHY LIFESTYLES, SOCIAL INTERACTIONS, AND PHYSICAL WELL-BEING THROUGH EDUCATION, RECREATION, WELLNESS, AND ATHLETIC ACTIVITIES.



4 Do we need a Recreation/Wellness Complex?

Community Wellness

The concern of the future health of our population grows everyday:

1. 51% of Canadian adults are not active enough to gain benefits
2. Close to 80% of teenagers are not active enough to meet international guidelines for optimal growth and development
3. Inactivity and obesity are primary risk factors for chronic disease and other major causes of death
4. Chronic disease can be disabling long before death; activity helps in prevention and management
5. *“Unless effective interventions to reduce obesity are developed, the steady rise in life expectancy observed in the modern era may soon come to an end and the youth of today may live shorter lives than their parents.”* (N Engl J Med 2005 Mar;352(11):1138-1145)



Health Resources

Physical inactivity costs lives and increases health care costs:

1. Increasing levels of Type II diabetes among obese youth
2. \$2.1 Billion in health costs attributed to inactivity



Economic Development

Over the last several years, Parry Sound has developed key facilities (e.g., health centre, Stockey Centre) that have played a critical role in attracting people to the area. However, the current existing recreation facilities no longer meet the demands. For example, there is enormous competition for “ice time” at the Bobby Orr arena. In addition, there is no public aquatic facility/leisure pool or indoor running/walking track in WPS.

Generally, people are becoming increasingly focused on looking for opportunities to enjoy an enhanced quality of life through recreational opportunities and other amenities. These are key factors for people considering relocating to the Parry Sound community. Our community can continue to attract the best and brightest individuals by ensuring we have the very best modern leisure and recreation/wellness complex.

For the current residents, cottages, and future residents, better community recreation facilities would serve as a catalyst for local economies by attracting financial investment and business opportunities

5 What the Committee has accomplished to date

We have developed a five year strategic plan and reviewed all previous WPS documents and studies regarding recreational facilities.

We have collected documents regarding a pool and recreation facilities, gathered information on how similar projects (e.g., LaSalle, Goderich, Wasaga Beach, Innisfil) were started, handled issues, and successfully developed a complex in their communities.

We have looked at various web sites on pools and other recreation facilities (www.vda.ca, www.athleticbusiness.com), investigated a variety of funding possibilities both capital and operating, and ways of ensuring a cost recoverable/economically viable facility.



We have met with potential partners, government and local officials, and community members. In addition, a web site (www.pscomplex.com) was created which stimulated a lot of interest in a complex. A pool ranked highest on everyone list of needs. Since the inception in September 2006, the website has received close to 2000 visits.

We worked cooperatively with the YMCA and Optimists in their facility transition.

We welcome this Feasibility Study and are willing to assist in any way.



"Sport has the power to unite people in a way little else can. Sport can create hope where there was once only despair. It breaks down racial barriers. It laughs in the face of discrimination. Sport speaks to people in a language everyone can understand." - Nelson Mandela

6 Our Proposal

6.1 Option A

To have the WPS communities and the YMCA work cooperatively to create a full-service YMCA in WPS over the next five years.

Using the "former Optimist facility and land" as the core facility, a full-service YMCA would be built in stages. The facility would include a complete leisure pool with a four lane, a 25 metre lap pool, change facilities, meeting and multi-purpose rooms, full fitness centre, day care centre, walking/jogging track, and support facilities office/storage. Other options will also be explored.



When the YMCA was generously gifted the Optimist Centre, interest in a Recreation Complex soared and everyone kept asking when is the YMCA going to build a pool. Their expertise over the last 100 years in providing excellent programs and services in local communities has been outstanding. Their credibility is guaranteed and their professionalism is superb. Their commitment to fitness, day care, youth leadership, family-oriented programming, and aquatic programs - is second to none. The YMCA's philosophy, mission, vision, and core values compliment what we believe is needed in WPS. A full-service YMCA Recreation/Wellness Complex in WPS would be an asset and value to our community.



We believe that the recent successful Wasaga Beach YMCA Recreation Complex built in collaboration with the Wasaga Beach Municipality is an excellent model for a full-service YMCA in WPS.

Finances:

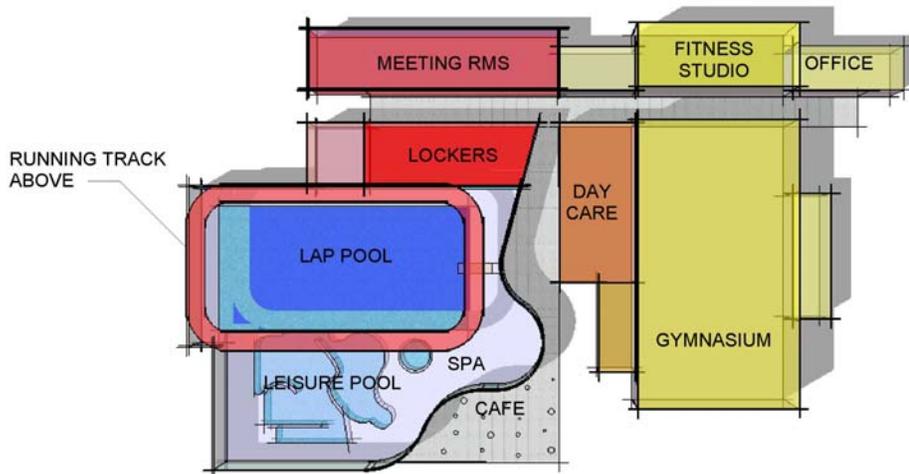
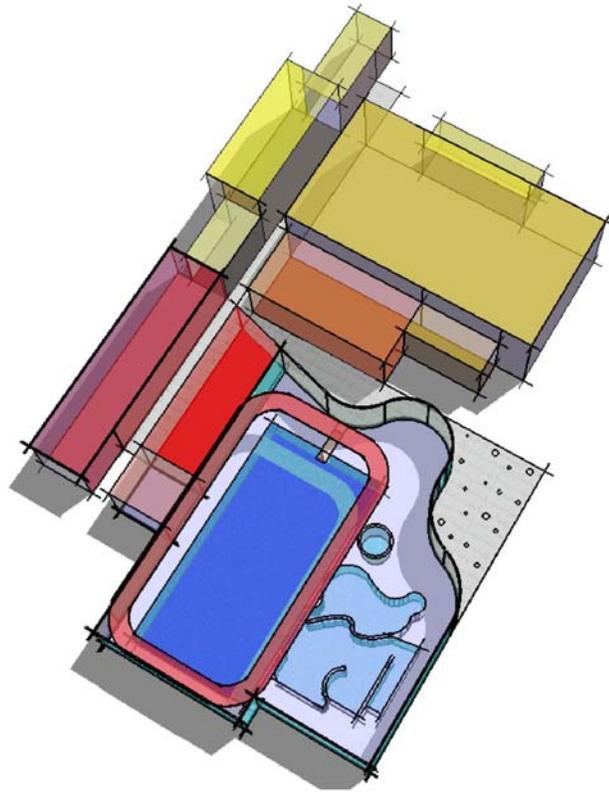
1. *Start up costs:* It will cost approximately \$6.0 to \$8.0 million for the needed expansion of the current facility. With the various grants available, we have been assured that at least 2/3 of the capital money will be forthcoming. Therefore, the remaining funds to raise is about \$2.0 to \$2.6 million to complete the capital expenditure.
2. *Operating Costs:* It will cost approximately, \$22 to \$28/square foot to operate the full new YMCA. Assuming a 35,000 square foot facility, the annual operating costs are estimated to be \$770,000 to \$980,000.
3. *Endowment Costs:* A capital funding plan would include an operating endowment fund of \$1 to \$2 million to offset future operating costs.
4. *Green Thinking:* In addition, the new expanded YMCA may be "Green-Thinking" and incorporate thermal, solar, and other long term cost efficiencies into their capital plan to save operating money in the long run.



We believe that the income generated from memberships, programs, services, an endowment fund, and savings from "green efficiencies" will make the YMCA fully sustainable in five years.

6.1.1 "Possible" Complex

This schematic illustrates one possible design of a Recreation/Wellness Complex. It is not meant to imply any "final" decisions of the many options that could potentially be included within a Recreation/Wellness complex.



Schematic Building Program Study For West Parry Sound Wellness Complex by FAD Group Architects - Furniture/Architecture/Design

6.2 Option B

Originally, when the mall was almost vacant and the YMCA was not present, the committee looked at the concept of creating a large TOWN-CENTRE MALL complex like in Innsifil to include a wide variety of partners including a new full service Recreation Complex managed by the YMCA. It could include new municipal offices, library, malls, pharmacy, and an arena. This is a much larger, more expensive, and more complicated option.

The Mall is now under new management and the YMCA has been gifted the Optimist Centre, therefore this option is no longer realistic, pragmatic, or affordable.

7 Benefits of a Recreation/Wellness Complex in West Parry Sound

The benefits from a Recreation/Wellness Complex include:

- ❑ **Parry Sound Area**
 - Economic development
 - Increase in business/job opportunities
 - Increase in recruitment and retention to the area
 - creates value for cottagers and permanent residents
- ❑ **Patients**
 - better outcomes, consistently
 - enhanced patient care
- ❑ **Schools**
 - creating a close liaison with schools, its programs and students
 - Providing opportunities that are currently not available
 - Encouraging an active lifestyle
- ❑ **Private individuals**
 - Access to a facility that encourages a healthy lifestyle
 - More opportunities to socialize
 - Improved wellness
 - Access for all ages and abilities
 - Many student leadership opportunities
 - Provide much needed swimming lessons and water safety



8 Conclusion

In short, the timing and interest is **NOW** for all WPS Municipalities to collaborate and build a full-service YMCA in WPS in the next five years.

The slogan “Y NOT in WPS” could be the rallying call for the WPS Communities to build this much needed full-service YMCA Recreation/Wellness Complex to improve our community.

Thank you for your consideration.

*Peter Hopkins and Maxine Davidson, Co-Chairs
Members of the WPS Recreation Complex Committee*