



Community Fit

inclusive health & fitness classes

Community Fit Business Case

Written by Stacey Holmwood, President of Jarrahdale Community Collective, on behalf of the Jarrahdale Community Collective, JCC members and Jarrahdale Community.

This business case is to request the SJ Shire Councillors to amend the draft Partnership Agreement before it is approved at the Council meeting February 2021.

Community Fit Program Trial 2020

Community Fit Program

Continuing with our goal to expand our services to create inclusivity and inclusion in the community. The Jarrahdale Community Collective (JCC) was successful in acquiring funding from the Department of Local Government Sport and Cultural Industries to trial Community Fit Program. The main objective of the program is to provide a service that residents can use to improve their health and wellness as well as social inclusion and mental wellness.

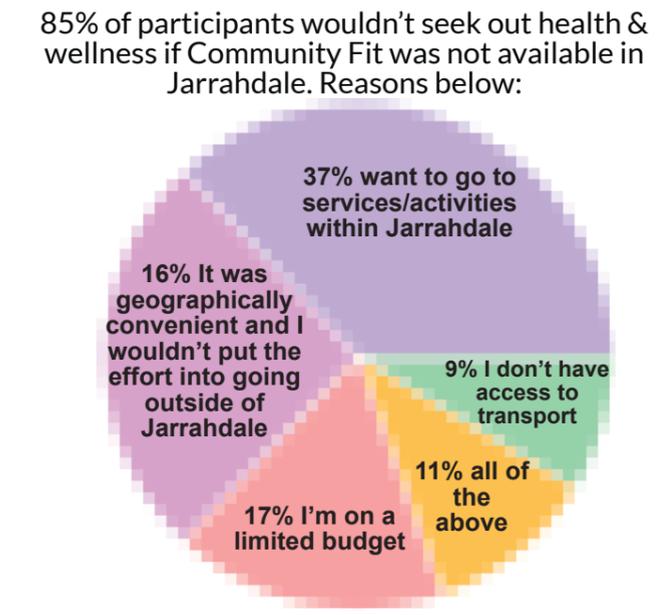
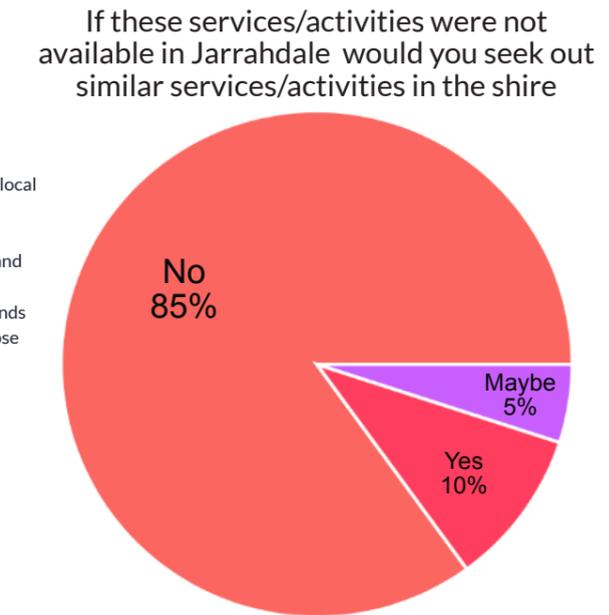
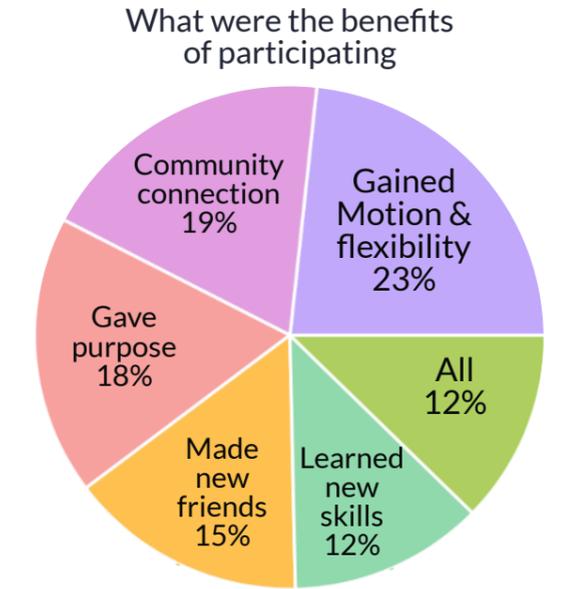
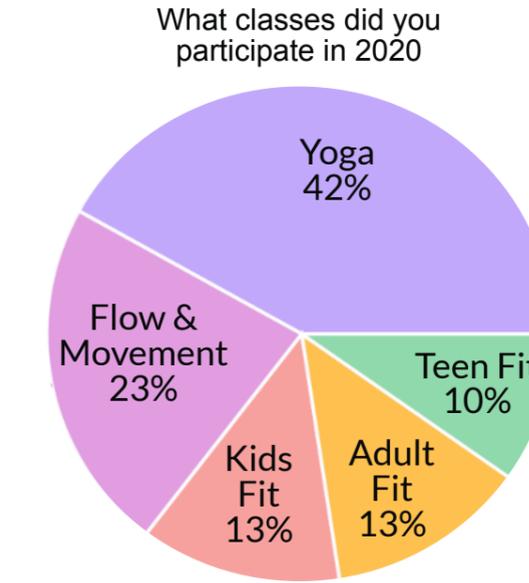
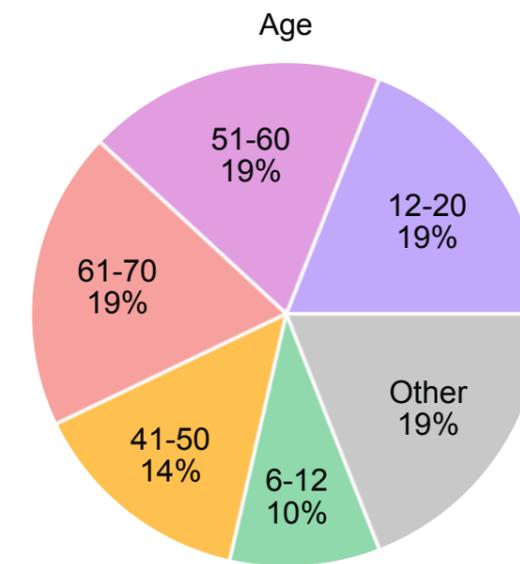
The Community Fit program trial was held at the Bruno Gianatti Hall from July 20th, 2020 to September 25th, 2020. The program was run by qualified or highly experienced instructors with preference to those local to the area. The program included: Yoga, Flow & Movement, Adult Fit, Teen Fit, and Kids Fit, running on a weekly basis. Participants were charged a nominal fee of \$5 for general, kids and teen admission and \$2 for seniors 50+. There were over 81 registrations and classes were well attended.

Based on the participant demand to continue the program, the Committee consulted instructors and looked at the financial capacity of the program. The program was restructured to be sustainable without grant assistance. The same classes would be offered; however, to go ahead, the classes needed a minimum number of participants. The pricing structure also changed, the classes were offered in 10-week packs at a 'member rate' \$50/adult \$20/senior for Flow & Movement, \$50/Teen Fit and Kids Fit and \$100/adult and \$50/senior (65+) for Yoga. After registration closed a general drop in rate of \$10 for Flow & Movement, Teen Fit and Kids Fit and \$15 for Yoga was offered. Term 4 Community fit program (October 13th, 2020 – December 18th, 2020) was a success with 57 participants registered across Flow & Movement, Teen Fit, Kids Fit and Yoga.

While the new pricing structure for 2020 was effective, the JCC trialed another option for the school holidays in January 2021. The pricing structure was based on 4 weeks or a 4 pack where participants have more flexibility with the classes. Alternate to that, the participants can choose to drop in for an increased price. This option seems to be better for the participants and will be continued for the remainder of 2021.



Community Fit 2020 Survey Results



Community Fit 2020 Feedback From Participants

“The classes I have attended have both been very popular. The fact that they are not over priced enables me to do both the classes that were suitable for myself. We need access to these classes in Jarrahdale itself. To go out of Jarrahdale is both costly from a travel point of view and takes too long. I sincerely hope that they will continue.”

“This has been amazing for the community, our ‘small’ town is actually quite large and we have a population large enough to sustain these programmes. The fact that they are available in Byford is not a draw card for any of us, we want it here! We want to support our community, actually use the hall instead of it just being empty, and the fact the shire was going to charge for the use of the hall, was absolutely disgusting in my opinion, shame on you SJ shire. How dare you attempt to make a programme like this harder to achieve; when it is not only beneficial to the community but also individual’s mind and wellness.”

“I have tried other keep fit options around the area which were not for me, aggravated the ailments that I have. The Community Fit in Jarrahdale the programs are awesome, informative and fun with a great atmosphere. I feel wonderful and getting stronger every week.”

“I have enjoyed the classes tremendously and kept me in touch with the community, plus’s been a great health benefit for me, has done me so good.”

“This was a great convenient program, which suited my mum to send us 3 boys to teen fit so she could take my 4th brother to his sport .We really like it.”

“This was a great initiative that was met enthusiastically by much of the Jarrahdale community. If the cost of the classes had been more realistic in the beginning, I am sure the program could have continued longer.”

“The travel to Byford for most services is inconvenient. We need services and activities in Jarrahdale.”

Community Fit Business Case to Amend Partnership Agreement

The JCC recognised a need for the Community Fit Program as there are little or no sports and recreation programs in the community of Jarrahdale. To participate in any activities Jarrahdale residents would be required to drive to alternate locations at least 20 minutes away and many of the activities are at a cost that not many individuals/families of Jarrahdale can afford. There is a large percentage of residents who don’t have the means to participate in these SJ Shire-based activities and others who would prefer to stay in Jarrahdale reducing driving time and increasing family and social time.

Community Fit classes and pricing

Keep Fit - Monday mornings - \$5 general / \$2 senior 65+

Kids Fit - Tuesday afternoon - \$5 general

Teen Fit - Tuesday afternoon - \$5 general

Flow & Movement - Wednesday morning - \$5 general / \$2 senior 65+

Yoga - Friday morning - \$5 general / \$2 senior 65+

When the program was pitched to the temporary SJ Shire officers in 2019 the classes were confirmed to be included the proposed lease. Since, we have been advised that the program would be considered ‘commercial’ and the JCC will be charged to use the Hall for the program at \$22 per hour (NFP pricing). While the increase may seem minor, the JCC would be unable to cover it. The most obvious option to cover the costs would be to increase participants attendance, however, classes are limited to 12 participants for instructors to safely conduct the class. With some classes already at capacity, and with number constraints, the JCC would not be able to cover the additional costs by increasing participants.

Alternate solutions provided by the shire officer to fund the additional costs are to increase fees or get grant/sponsor funding. Programs like Community Fit must be inclusive to all residents of Jarrahdale and the rest of the SJ Shire. If we were to increase the fees even by one or two dollars, we would be excluding locals who are unable to afford the classes. Last term the JCC funded a number of classes for residents who came to the committee, in confidence, expressing they were unable to afford the classes but desperate to maintain a healthy mind and body.

The program must be sustainable for the JCC to maintain and to provide consistency for participants. While the JCC could apply for grants it is not sustainable as the majority of grants don’t include hire fees and grants are not offered or awarded year to year. We could also search for a sponsor, however, in this economy we find it difficult for sponsors to attach themselves to an ongoing program. If the JCC are required to pay for the costs of the hall for the classes, the JCC will have to forfeit the program as it is not sustainable.

Community Fit Business Case Continued

The JCC understands that the Shire has to keep a standard across all shire facilities, however we would like the council to take into consideration the amount of services, activities and events (see 2020 Report) that the JCC provide for the Jarrahdale community and extend to the rest of the SJ Shire on a weekly basis. Our services, including the Community Fit program, contribute to the Shire's Corporate Business Plan 2020-24:

Outcome 1.1 A healthy, active, connected and inclusive community,

- 1.1.1 Provide well planned and maintained public open space and community infrastructure
- 1.1.2 Provide a healthy community environment

After thoroughly investigating the situation and meeting with the SJ Shire officer to discuss options, the JCC feels the most sustainable option for the program is to request that the fees to hire the hall be waived for the core community fit classes - Keep Fit, Kids Fit, Teen Fit, Flow & Movement and Yoga and that any class added to the program is subsidised to \$5 per hour. This will allow for consistency of the original core classes and a set standard for any new classes introduced into the program. This solution is sustainable and benefits both sides of the parties.

The JCC requests the Council to consider the preferences below (preference 1 being the most sustainable for the JCC):

Preference 1: Increase the hours within the Partnership Agreement from 200 to 350 hours to include all programs and reduced hall hire rate to \$5 for any hours over the 350 hours limit.

Preference 2: Increase the hours within the Partnership Agreement from 200 to 350 hours to include all programs.

Preference 3: Continue the Partnership Agreement of original 200 hour limit with the condition that any additional use of the hall, outside of the 200 hours be charged at \$5/hour.