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## ADMINISTRATION

# Memo

**To:** Mayor and Assembly Members

**From:** Jim Dinley, Municipal Administrator

**Date:** November 23, 2010

**Re:** Request by Oceanside Therapy to utilize City owned exercise equipment

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I discussed the attached request with Hugh Hallgren and Bill Spivey on November 22, 2010.

They agreed that the exercise equipment was on a loan basis and may be recalled at the pleasure of the Assembly. A treadmill is also available for loan to Oceanside Therapy. Public Works will obtain a receipt for the exercise equipment.

I recommend Assembly approval to loan the equipment to Oceanside Therapy.

## Oceanside Therapy Center Fitness Center Expansion Project

On Thursday, November 18 the Sitka Community Hospital (SCH) Board voted to support a 'phased' approach to an expansion of services at Oceanside Therapy Center (OTC) which would include the use of the clinic for exercise by members of the community of Sitka. This decision is predicated on two conditions: (a) The City and Borough of Sitka will give OTC exercise equipment previously housed in Hames PE Center for our use, and (2) Community members using OTC for their exercise programs realize that the priority for equipment use will be given to patients during the course of their rehab program.

### Phase I:

Following City support for this project, OTC will proceed with moving equipment as soon as possible and will begin advertising community access to the facility during normal business hours (0730 til 1730, Monday through Friday). The following rate schedule will apply:

Adults (*16 and older)	\$55/month
Seniors	\$30/month
Hospital Staff	\$20/month

\*Children younger than 16 yo must be accompanied by a parent and will be admitted for exercise activities only.

We are prepared to make room for all of the equipment (with the exception of the free weights) that was in use when Hames closed. The equipment that we are most interested in (due to its additional application for rehab purposes) includes:

- (1) Any aerobic equipment that is available. The aerobic equipment is always the most heavily used by the public, and is in use for the longest period of time. This increases the likelihood that there will be conflict between public and patient use during the normal work day.
- (2) Seated Leg Curl
- (3) Seated Leg Extension
- (4) Cable Dual Adjustable Pulley
- (5) Chest Press
- (6) Pectoral Fly
- (7) Seated Row

SCH/OTC will begin recruiting for a position that would allow for extended hours of use from 1730-2030, Monday through Friday. This will allow for additional community use and we anticipate an increase in utilization to follow.

Phase III:  
SCH/OTC will solicit community input related to desire for increase in hours, space or equipment and will make every effort to move forward as interest grows. Preliminary work has been done that will allow for an expansion into additional space and additional hours as soon as membership volumes allow.