

Parks, Recreation & Cultural Services

PR&CS Administration, 1401 Recreation Way, Colorado Springs, CO 80905



Agenda

Westside Community Center Working Committee

Thursday, May 18, 2023

2:00 p.m.

Westside Comm. Center, 1628 W. Bijou

How to call in to the meeting for citizens:

Please dial +1 (720) 617-3426 Conference ID: 953 979 574#

How to comment:

- *For Citizen Discussion concerning items that are not on the agenda please email your comments to WCCWorkingCommittee@coloradosprings.gov in advance of the meeting.*
- *For Agenda Items - Before the meeting, those who wish to comment should submit their name, telephone number, and the topic or agenda item for comment to WCCWorkingCommittee@coloradosprings.gov. If you are a participant in Microsoft TEAMS please use the chat function to indicate you would like to comment. If you have joined the meeting via conference call, please listen for your opportunity to comment. You will be called upon to comment using the last four digits of your telephone number. Please limit your comment to three minutes.*

Announcements

Staff and Committee

Citizen Comment/Discussion

Citizens

Approval of Minutes

Working Committee Meeting Minutes – April 20, 2023

Committee

Action Items

Review of postponed proposals

- Modern Yoga CO – Brooke Sakharia

Staff and Committee

Review of submitted *Proposals for Program/Services*

- Senior Fitness – Genae Lamb
- Zen Flow – Jennifer Nolan
- Balance and Fitness – Alycia Kibby
- Beginner Line Dancing – Alycia Kibby
- Kiwanis Club of Colorado Springs – Ray Wallander

Staff and Committee

Committee Business

Working Committee Meet and Greet Debrief – Tuesday, May 16, 2023 5-7pm (WCC)

Committee

Review Working Committee Mission and Vision

Staff Updates

Staff

Westside Community Center Facility Operations – Updated schedule, volunteers, recommended proposals status (programs/services and leased space)

Presentation Items

Staff

Fees and Charges related to Programs/Services and Leased Space

Mark Snow

Adjournment

Committee



**Westside Community Center Campus, 1628 West Bijou
Leased Property Proposal**

This proposal form and all information contained within will be made public during the Westside Community Center Working Committee review process.

Organization Name: Modern Yoga Colorado

Contact Name: Brooke Sakharia

Contact Email: Brooke@modernyogacolorado.com

Contact Phone: 6239809240

Organization website: https://modernyogacolorado.as.me/

Current operating address: 2700 Robinson St Red Rocks Barn

Industry or Sector: Physical therapy, wellness, fitness

Organization Information *(please attach additional pages as needed)*

Please describe your organization, including mission and vision.

My mission is to bring safer movements, smarter movement patterns, overall feeling strong and more energetic so we can be better people to ourselves. In turn lifting up each other and community up!

Please describe how you see your organization integrating into the Westside Community Center Campus and neighborhood.

I have students and clients that live real close in proximity to the community center. People responded with 7-15 clients when I was teaching at the Westside Community center before.

Please describe how your organization will bring value to the Westside Community Center Campus and neighborhood.

I am a Hispanic woman locally owned business. Self funded and wants to bring a high level of education to our community about caring for our body. I already have 8-20 students attend classes regularly 4x a week. I also do private sessions to teach optimal movement. I bring mindful clientele and a place where the neighborhood can have accessible high quality fitness and wellness to attend to. My yoga is grounded in physical therapy and kinesiology. It's for everybody. Very inclusive.

Please describe how you intend to make your business successful at the Westside Center Campus.

I advertise on social media. I am consistent and committed to my business and would love to see the neighborhood have a place they can count on to teach them how to move safer with less injury. Breathe optimally to handle our daily stress. The consistency piece is important because people get use to class times and arrange their schedules to the classes. I hold donation Community events to donate to different local charities.



Number of years in business: 3

Anticipated Use of Leased Space *(please use additional pages as needed)*

Description of anticipated operational use of leased space:

I would prefer a wood floor room.

Number of staff expected to be housed on site at the Westside Community Center

Campus:

0

Anticipated foot traffic:

5-20 people

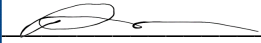
Anticipated daily/weekly operating/usage hours:

Monday evening, Wednesday evening Friday am and Sunday am. Classes are all 60 min

Optional: You may submit a cover letter expressing your interest in leasing space at the Westside Community Center Campus.

Statement of Understanding

*I understand that this is a proposal to lease property on the Westside Community Center Campus. I understand that this form and all information contained within will be made public during the Westside Community Center Working Committee review process. I acknowledge that the City is subject to the Colorado Open (Public) Records Act, C.R.S. § 24-72-201 et. seq. I further understand that, if selected to discuss a lease agreement, I will be contacted by a member of the City of Colorado Springs Parks, Recreation and Cultural Services Department. **Failure to sign and return this form could result in the rejection of the entire submission.***

DocuSigned by:

622D3597C09421
Signature of proposer

2/27/2023
Today's Date



**Westside Community Center Campus
Contract Program or Service Provider Proposal**

This proposal form and all information contained within will be made public during the Westside Community Center Working Committee review process.

Organization or Provider Name: Genae Lamb

Contact Name: Genae Lamb

Contact Email: geg1amb@gmail.com

Contact Phone: 571-499-2251

Type of Organization: Individual For Profit Non-Profit Other: _____

What type of program or service are you proposing?

- Program (Defined as an ongoing, multi-session offering that builds on skills or learning from session to session, typically lead by an individual or instructor)
- Service (Defined as an offering providing a community good, either for no or nominal cost, to enhance community understanding of a particular topic or be a resource or service for the community)
- Other:

Organization and Proposed Program Information

(please attach additional pages as needed)

Please describe your proposed contract program or service. Include the title, description, populations served, anticipated attendance per class and general participant fees (if applicable). Please also include how this program or service is of value to the Westside Community, list goals and objectives of the program or service, and describe how you intend to make this program successful.

Senior Fitness Class, Fridays 9am-10am

I propose to teach a senior fitness class as a volunteer on Fridays beginning June 2, 2023. This class incorporates cardiovascular, strength, balance, and flexibility exercises geared toward the older adult/65+ population. This is a partial continuation of my teaching Silversneakers on Mondays and Fridays, only as a volunteer rather than an independent contractor. The anticipated attendance is approximately 30-40 participants. This program would be of value to the westside community by continuing a class they already know and love that not only promotes health, fitness, and well-being, but also fosters a sense of friendship and community among the participants. This same program under a different name is already successful, and I anticipate it will continue to be so.

Thank you,
Genae Lamb

(proposal form continues on next page)



CITY OF COLORADO SPRINGS
DEPARTMENT OF PARKS, RECREATION AND CULTURALS SERVICES

Optional: You may submit a cover letter further expressing your interest in offering this contract program or service at the Westside Community Center Campus.

Statement of Understanding

*I understand that this is a proposal to offer contract programs and services at the Westside Community Center Campus. I understand that this form and all information contained within will be made public during the Westside Community Center Working Committee review process. I acknowledge that the City is subject to the Colorado Open (Public) Records Act, C.R.S. § 24-72-201 et. seq. I further understand that, if selected to discuss an agreement, I will be contacted by a member of the City of Colorado Springs Parks, Recreation and Cultural Services Department. **Failure to sign and return this form could result in the rejection of the entire submission.***

DocuSigned by:

Gene Lamb

56C5B109974417

Signature of proposer

5/3/2023

Today's Date



**Westside Community Center Campus
Contract Program or Service Provider Proposal**

This proposal form and all information contained within will be made public during the Westside Community Center Working Committee review process.

Organization or Provider Name: Jennifer Nolan, LMT and Kellianna Maya, DC

Contact Name: Jennifer Nolan, LMT,C-PT and Kellianna Maya, DC

Contact Email: jenholic.n@gmail.com, chirokel@gmail.com

Contact Phone: 719-964-5099

Type of Organization: Individual For Profit Non-Profit Other: _____

What type of program or service are you proposing?

- Program (Defined as an ongoing, multi-session offering that builds on skills or learning from session to session, typically lead by an individual or instructor)
- Service (Defined as an offering providing a community good, either for no or nominal cost, to enhance community understanding of a particular topic or be a resource or service for the community)
- Other:

Organization and Proposed Program Information

(please attach additional pages as needed)

Please describe your proposed contract program or service. Include the title, description, populations served, anticipated attendance per class and general participant fees (if applicable). Please also include how this program or service is of value to the Westside Community, list goals and objectives of the program or service, and describe how you intend to make this program successful.

Name of the class: Zenflow
Zenflow offers an opportunity to explore gentle movements based on Qigong and Tai Chi. It is suitable for all levels of activity, as participants with mobility issues can do many of the movements in a chair. These ancient arts recognize ch'i, or life force energy, cultivate it, and remove blockages to its flow. This is practiced world-wide and its health benefits are well recognized. The teachings that we present are simple and offer an introduction to the concepts of Qigong and Tai Chi without the arduousness of having to memorize a long form. This allows the spirit of movement practice to shine through as often participating in Tai Chi is known as "playing". This practice fosters play while finding freedom of movement, improved balance and strength.

We anticipate a class size of 5 to 20
Suggested fee of \$10-15 per one hour class
Proposed program: ongoing or 8 week series, wednesdays, late morning
(proposal form continues on next page)



CITY OF COLORADO SPRINGS
DEPARTMENT OF PARKS, RECREATION AND CULTURALS SERVICES

Optional: You may submit a cover letter further expressing your interest in offering this contract program or service at the Westside Community Center Campus.

Statement of Understanding

*I understand that this is a proposal to offer contract programs and services at the Westside Community Center Campus. I understand that this form and all information contained within will be made public during the Westside Community Center Working Committee review process. I acknowledge that the City is subject to the Colorado Open (Public) Records Act, C.R.S. § 24-72-201 et. seq. I further understand that, if selected to discuss an agreement, I will be contacted by a member of the City of Colorado Springs Parks, Recreation and Cultural Services Department. **Failure to sign and return this form could result in the rejection of the entire submission.***

DocuSigned by:

Jennifer A Nolan

Signature of proposer

5/5/2023

Today's Date



**Westside Community Center Campus
Contract Program or Service Provider Proposal**

This proposal form and all information contained within will be made public during the Westside Community Center Working Committee review process.

Organization or Provider Name: Little London Fitness

Contact Name: Alycia L Kibby

Contact Email: Alycia@littlondonfitness.com

Contact Phone: 719-465-6808

Type of Organization: Individual For Profit Non-Profit Other: _____

What type of program or service are you proposing?

- Program (Defined as an ongoing, multi-session offering that builds on skills or learning from session to session, typically lead by an individual or instructor)
- Service (Defined as an offering providing a community good, either for no or nominal cost, to enhance community understanding of a particular topic or be a resource or service for the community)
- Other:

Organization and Proposed Program Information

(please attach additional pages as needed)



Please describe your proposed contract program or service. Include the title, description, populations served, anticipated attendance per class and general participant fees (if applicable). Please also include how this program or service is of value to the Westside Community, list goals and objectives of the program or service, and describe how you intend to make this program successful.

Continue teaching a balance and flexibility class for the community. There has been 12-15 participants on a weekly basis. The class is currently in session and it is important for the seniors to continue working on their balance to reduce falls and gain strength. This program has been successful for many years. This class has reduced many falls and increases the awareness of fall prevention. The continuation of this program will help participants gain strength and mobility. Those who have almost fallen were able to catch themselves with balance and strength. This has reduced the number of falls in the community. I know several people that have fallen and due to the class they have learned how to avoid breaking bones. There are many components to this class. The main three are balance, flexibility, and strength. There are other factors like socialization for those who live by themselves. This class helps those who are on their own and how to live safely in their homes by preventing falls.

(proposal form continues on next page)



CITY OF COLORADO SPRINGS
DEPARTMENT OF PARKS, RECREATION AND CULTURALS SERVICES

Optional: You may submit a cover letter further expressing your interest in offering this contract program or service at the Westside Community Center Campus.

Statement of Understanding

*I understand that this is a proposal to offer contract programs and services at the Westside Community Center Campus. I understand that this form and all information contained within will be made public during the Westside Community Center Working Committee review process. I acknowledge that the City is subject to the Colorado Open (Public) Records Act, C.R.S. § 24-72-201 et. seq. I further understand that, if selected to discuss an agreement, I will be contacted by a member of the City of Colorado Springs Parks, Recreation and Cultural Services Department. **Failure to sign and return this form could result in the rejection of the entire submission.***

DocuSigned by:

Alycia L. Kibby

BA559039F441

Signature of proposer

5/8/2023

Today's Date

LITTLE LONDON FITNESS IS SUBMITTING THIS PROPOSAL FOR THE CONTINUATION OF THE BALANCE AND FLEXIBILITY CLASS

OVERVIEW

Little London Fitness is submitting this proposal for the continuation of the Balance and Flexibility Class

The Objective

The purpose of offering this class is make sure that Westside Community Center seniors are receiving an exercise class to help them combat the loss of balance as they age. This class has proven to help those who attend this class. Little London Fitness has been told several times of when a person lost their balance and was able to prevent a fall. This class helps the participants gain strength and balance to keep them upright and injury free.

The Opportunity

To continue teaching the Balance and Flexibility class on Tuesday mornings at 9am. The class runs for an hour once a week.

The Solution

Little London Fitness proposes that the Balance and Flexibility class on Tuesday mornings at 9am remain on the schedule and continue to operate as normal. Little London Fitness is going to continue assisting those with balance instability to prevent falling. This class has already prevent falls and if the participant did fall they were able to avoid injury because of how they were taught to fall. The goal is to keep this class and prevent falls and create better stability for the participants.

OUR PROPOSAL

Little London Fitness be able to continue teaching Balance and Flexibility for Westside Community Center. The class is currently in operation on Tuesday morning at 9am. I am proposing that this class stay on the Westside Community Center schedule for seniors and other

participants who are struggling with their balance. This class has assisted many participants in gaining strength to prevent falling. Little London Fitness proposes that this class remain in effect through the end of the 2023 year.

Timeline for Execution

The Balance and Flexibility Class is scheduled for every Tuesday at 9am. The proposal is to keep the class at the same time every week and allow the class to continue without any delays. The proposal is that the class will remain on the schedule through the end of the 2023 year.

PRICING

The participants of Balance and Flexibility will pay a fee that is put in place by Westside Community Center. The participants will pay per class. This money will be given to the front desk staff of Westside Community Center.

QUALIFICATIONS

Little London Fitness Instructor has certification for Balance and Flexibility.

- The instructor has been teaching at Westside Community Center for over five years and has built relationships with the community and the participants in the Balance and Flexibility Class.
- The instructor has numerous certifications and several of them pertain to increasing balance and flexibility in seniors.
- The Instructor has been teaching for over 10 years.
- The instructor also has a bachelor's degree in health, wellness, and fitness.

CONCLUSION

Little London Fitness looks forward to working with Westside Community Center. Little London Fitness loves teaching exercise classes for the participants such as Balance and Flexibility. We look forward to being a partner with Westside Community Center.

If you have questions on this proposal, feel free to contact Name at your convenience by email at Email address or by phone at Telephone. We will be in touch with you next week to arrange a follow-up conversation on the proposal.

Thank you for your consideration,

Alycia Kibby: Balance and Flexibility Instructor

719-465-6808/alycia@littlelondonfitness.com



**Westside Community Center Campus
Contract Program or Service Provider Proposal**

This proposal form and all information contained within will be made public during the Westside Community Center Working Committee review process.

Organization or Provider Name: Little London Fitness

Contact Name: Alycia L Kibby

Contact Email: Alycia@littlondonfitness.com

Contact Phone: 719-465-6808

Type of Organization: Individual For Profit Non-Profit Other: _____

What type of program or service are you proposing?

- Program (Defined as an ongoing, multi-session offering that builds on skills or learning from session to session, typically lead by an individual or instructor)
- Service (Defined as an offering providing a community good, either for no or nominal cost, to enhance community understanding of a particular topic or be a resource or service for the community)
- Other:

Organization and Proposed Program Information

(please attach additional pages as needed)



Please describe your proposed contract program or service. Include the title, description, populations served, anticipated attendance per class and general participant fees (if applicable). Please also include how this program or service is of value to the Westside Community, list goals and objectives of the program or service, and describe how you intend to make this program successful.

I am proposing that I be able to remain teaching the beginning line dancing class that is currently running. The class is for 1 hour a week on wednesday morning. There are about 12-15 people that attend on regular basis. The instructor has had up to 25 people in this class. There is currently not another line dancing class that is offered for beginners. This class is for people who have never danced before and would like to learn at a slower pace. we have quite a few returning dancers. This class offers dancing where the participants can learn without feeling intimidated. This is a safe place for seniors. Line Dancing is a great place to help increase balance, stamina, cardio, and socialization for seniors.

(proposal form continues on next page)



CITY OF COLORADO SPRINGS
DEPARTMENT OF PARKS, RECREATION AND CULTURALS SERVICES

Optional: You may submit a cover letter further expressing your interest in offering this contract program or service at the Westside Community Center Campus.

Statement of Understanding

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DocuSigned by:

Alycia L. Kibby

BA559039F441

Signature of proposer

5/8/2023

Today's Date

LITTLE LONDON FITNESS IS SUBMITTING THIS PROPOSAL FOR THE CONTINUATION OF THE BEGINNING LINE DANCING CLASS

OVERVIEW

Little London Fitness is submitting this proposal for the continuation of the Beginning Line Dancing Class

The Objective

The purpose of offering this class is make sure that Westside Community Center seniors are receiving an exercise class to help them combat the loss of balance as they age. This class has proven to help those who attend this class. Line dancing is a great form of exercise. Line dancing challenges the brain and the body. This class is designed for first time dancers. It is a safe place to exercise and not feel intimidated. The goal of this class is make exercise fun for the mind and the body. Little London Fitness loves offering classes for seniors that encourage exercise and enjoyment at the same time. This class is more than just dancing. This is a place to teach the body something new and to challenge one's with a safe place.

The Opportunity

To continue teaching the Line Dancing class on Wednesdays at 10am for an hour once a week.

The Solution

Little London Fitness proposes that the Line Dancing class continue on Wednesdays mornings at 10 am. The hope is that Little London Fitness is going to continue teaching line dancing for first timers and regular attendees and those that may learn at a slower pace than the more advanced line dancing class. This class is a safe place to learn without feeling like the moves are too complicated. This class is designed to have fun with cardio and movement but to learn something along the way. This class has regular participation of 12-15 people weekly.

OUR PROPOSAL

Little London Fitness be able to continue teaching Line Dancing for Beginners for Westside Community Center. The class is currently in operation on Wednesday morning at 10am. I am proposing that this class stay on the Westside Community Center schedule for seniors and other participants who are wanting to dance and do some exercise at the same time. This class has assisted many participants in increasing their cardiovascular strength and stamina. This class is also a great way to increase balance and continue working on improving the brain.

Timeline for Execution

The Line Dancing Class is scheduled for every Wednesday at 10am. The proposal is to keep the class at the same time every week and allow the class to continue without any delays. The proposal is that the class will remain on the schedule through the end of the 2023 year.

PRICING

The participants of Line Dancing class will pay a fee that is put in place by Westside Community Center. The participants will pay per class. This money will be given to the front desk staff of Westside Community Center.

QUALIFICATIONS

Little London Fitness Instructor has certifications for numerous classes and loves teaching line dancing. The instructor enjoys teaching a beginning class for those who might learn a little slower and loves to see the joy on their faces when they have achieved a dance. The instructor has heard numerous stories about dancing and how they have danced many of these line dances at wedding and are able to enjoy dancing with friends and families. This is all because the class is there to help them out and take time that they need to achieve their goals.

- The instructor has been teaching at Westside Community Center for over five years and has built relationships with the community and the participants in the Line Dancing Class.
- The instructor has numerous certifications and several of them pertain to increasing balance, creating new pathways in the brain, increasing stamina, and cardiovascular endurance.
- The Instructor has been teaching for over 10 years.
- The instructor also has a bachelor's degree in health, wellness, and fitness.

CONCLUSION

Little London Fitness looks forward to working with Westside Community Center. Little London Fitness loves teaching exercise classes for the participants such as Line Dancing. We look forward to being a partner with Westside Community Center.

If you have questions on this proposal, feel free to contact me at your convenience by email at Email address or by phone at Telephone.

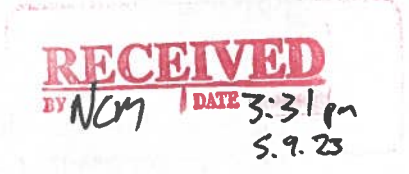
Thank you for your consideration,

Alycia Kibby: Line Dancing Instructor

719-465-6808/alycia@londonfitness.com



**Westside Community Center Campus
Contract Program or Service Provider Proposal**



This proposal form and all information contained within will be made public during the Westside Community Center Working Committee review process.

Organization or Provider Name: Kiwanis Club of Colorado Springs
Contact Name: Ray Wallander
Contact Email: raywallander@gmail.com
Contact Phone: 719-460-0835
Type of Organization: Individual For Profit Non-Profit Other: _____

What type of program or service are you proposing?
 Program (Defined as an ongoing, multi-session offering that builds on skills or learning from session to session, typically lead by an individual or instructor)
 Service (Defined as an offering providing a community good, either for no or nominal cost, to enhance community understanding of a particular topic or be a resource or service for the community)
 Other: _____

Organization and Proposed Program Information
(please attach additional pages as needed)

Please describe your proposed contract program or service. Include the title, description, populations served, anticipated attendance per class and general participant fees (if applicable). Please also include how this program or service is of value to the Westside Community, list goals and objectives of the program or service, and describe how you intend to make this program successful.

We are a community based service club open to anyone who shares our commitment to S.E.L.F. expression - Service Education Leadership Friendship. Our primary focus is children - of all ages - and their families. Through our foundation we are able to support a variety of causes throughout the community. For more information you can visit our website at www.coskiwanis.org. We would meet most Wednesdays at noon with an average attendance of 12-15.
(proposal form continues on next page)



Optional: You may submit a cover letter further expressing your interest in offering this contract program or service at the Westside Community Center Campus.

Statement of Understanding

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Ray Stallanda
Signature of proposer

5/9/2023
Today's Date

During our visit
May 3rd the
consensus seemed to
be that W2 lower
Middle Classroom
would be ideal.
RST

April - Programs/Rentals					Hours & Attendance YTD			
Program/Rental	Hrs.	Adults #	Youth #	Total Attn.	Hrs.	Adults #	Youth #	Total Attn.
AARP Tax Prep	25	139	0	139	105	584	0	584
Balance & Flexability	4	43	0	43	17	153	0	153
Bible Study	6	30	0	30	25.5	125	0	125
Happy Crafters	8	45	2	47	31.25	174	9	183
Line Dancing	12	55	0	55	46	257	0	257
Line Dancing (Beginners)	3	15	0	15	14	89	0	89
Pickleball	38	258	0	258	133	879	1	880
Pickleball (Beginners)	8	66	0	66	28	196	0	196
Silver Key (Connections Café)	20	278	0	278	79	1088	0	1088
Silver Sneakers Fitness	11	287	0	287	44	1131	0	1131
Table Tennis	18	70	0	62	86.5	264	0	256
Tiny Dancers	1.5	0	14	14	8.25	0	80	80
TRP Room Use	24	260	0	260	80	691	0	691
Totals	178.5	1546	16	1554	697.5	5631	90	5713