

Establishing a Bryn Community Sports and Gym

Patrick Kapida had approached Paul Bulmer, as the chair of BRAG, with the proposal shown in Appendix 1. This was tabled at the BRAG Committee meeting on 20/9/16 where the BRAG committee members and guests at the meeting all agreed that the proposal could benefit the village and therefore agreed to work with Patrick in setting up a BRAG working party to further progress the proposal. This working party, like the Burton 10k working party, should be chaired by a BRAG committee member but may contain volunteers who are not BRAG committee members.

Further Progress since BRAG Meeting

Paul Bulmer & Patrick Kapida met up and agreed to draw up a business plan type of proposal as a basis for discussion with a working party who could then progress this proposal and apply for grants to help get it started.

Paul contacted Emma Butcher from NPT Council and who at the time managed the Bryn Community Centre. He further discussed the proposal with her following on from the initial discussions Patrick had with her. It was agreed that the small room could be used for the permanent gym and classes could be booked in the main hall based on availability. It was also agreed that current use of the small room could be moved to the main hall at no financial penalty to the current users.

It was agreed that an initial free period of about one month could be provided to enable equipment to be installed and usage to be established. Once in operation and 7 day rental charge for the small room would have to be charged, the details still to be agreed but for budget purposes a figure of £250 a quarter could be used. This would not include any provision of staffing from the council so this working party will need to agree how the gym will be manned.

Patrick agreed to price up the cost of equipment and has arrived at the following budget prices based on a quote from Fitness Superstore:

Item Description	Price in £s
Life Fitness Activate Series Treadmill	5800
Matrix Fitness Air Rower	1314
Matrix Fitness R1x-U Recumbent Cycle	2754
Life Fitness Optima Series Smith Machine	2895
Body Power 1-3-Kg Rubber Hex Dumbbell Set	729
Body Power Black 7 Olympic bar (320kg rated) grade B X2@29	58
Body Power Black Olympic Curl Bar	31
Body Power Olympic Tricep Bar	38
Body Power Olympic Spring Collar (Pair) X3@5	15
Body-Solid EXM-4000S Commercial Multi Gym (White)	3999
Fitness Mad 2kg Medicine Ball	20
Fitness Mad 3kg Medicine Ball	26
Fitness Mad 5kg Medicine Ball	33
Body Power XDJ50 2.5 FT pvc Punch Bag Combo Set	60
Power Plate MY7 (Ex display)	3695
York Perform 230 Cross Trainer (Ex Display)	395
Total	21860

Note:

Some items such as free weights are still to be added to the above list and some items may be removed after discussion.

It was proposed that a survey of potential use be carried out. Appendix 2 shows a proposed questionnaire to be taken door to door around the village.

This survey has now been completed and analysed. The results are shown in Appendix 3.

Financial Analysis

These are budgetary estimates on a monthly basis along with the basis of calculation. Appendix 3 shows a tabulated summary.

Initial Costs would be:

Purchase of gym, equipment as outlined above, approximately £22,000. Options of raising a capital grant for this would need to be investigated.

Ongoing costs per month would be:

Gym

Hire of Hall

£100 as an estimate, but subject to negotiation with the NPT Council.

Insurance

Estimate from BRAG's current insurance broker would be about £10 per month increase on the existing policy. A separate policy would be about £50 per month.

Safety Inspections

These will be an insurance requirement. The details of how to best cover this requirement still need to be completed.

Equipment Maintenance

Equipment Depreciation

Staffing Costs

Administration Costs

Online companies such as FullOn Sport or Club Wise could handle membership and billing. The cost of this still needs to be determined but is normally a percentage of turnover.

Income

Membership

Usage Charge

Classes

Room Hire Costs

Based on current charges this would be £11 per hour for the large hall or £5.50 for the small room.

Instructor Cost

Grant Proposals

What Else?

Appendix 1

Bryn Community Sports and Gym

Proposal

To establish a community based gym and sport facility within the village with its base being the Bryn Community Centre. The facility being available to anyone over the age of 14 years. Using the smallest of the two main rooms as a gym with equipment such as running machines and exercise bikes and free weights, with the larger room being utilised as and when needed to run classes such as Zumba and Boxercise etc. A nominal charge would be levied on use of the gym and attendance at classes.

Progress to date

Use of Community Centre – Neath Port Talbot County Borough Council has been approached and after a meeting at the community centre in August, it was agreed that the facility could be available for use as a gym and sport hall.

Funding for equipment – Sports Wales have been approached and have indicated an interest in the proposal and are happy to look at what funding they would be able to offer in order to start up the project.

Bank Account – In order to access the monies from Sports Wales a bank account is required. Initially Barclays bank was approached and indicated that an account could be set up. However following discussions with local residents and members of the Bryn Ladies Boot Camp, I was introduced to Paul Bulmer, who has indicated that BRAG may be able to assist with setting up a sub account within their banking arrangements.

Plans moving forward

It would be ideal if the project could be up and running this Winter, initially as the gym within the small room and then building upon this by introducing fitness sessions in the other room.

Any other ideas or suggestions to the plan would be gratefully received.

Appendix 2

Bryn Community Gym Research Questionnaire

Are you currently a member of a Gym or Fitness Club? Yes _____ No _____

Would you be interested in attending gym sessions or fitness classes at the village community centre in Bryn? YES _____ NO _____

Is the fee of between £5.99 and £9.99 a month, an amount you would pay to access such unlimited sessions? YES _____ NO _____

Which of the following classes or sessions would you attend (if any)? Please tick all applicable.

Fitness and weights room _____

Fitness Classes _____ Please specify class i.e. yoga/Pilates etc. _____

Over 55's fitness _____

Circuits _____

What times of day would you use the fitness and weights room ?

8.30 – Noon _____

Noon to 5pm _____

After 5pm _____

What times of day would you attend fitness classes?

8.30 – Noon _____

Noon to 5pm _____

After 5pm _____

How many times a week do you think you might use the facilities overall ?

1 – 2 times a week _____

2 – 4 times a week _____

Almost everyday _____

Which age range best describes you ?

14-21 _____

22- 35 _____

36 – 54 _____

55 + _____

What if anything else would you like to see a gym offering to the residents of the village?

Thank you for your time, your answers and information will be used to develop a future community gym facility for the village and your information will be anonymous.

Appendix 3

Bryn Community Gym Survey Report

A total of 141 questionnaire/surveys were completed by members of the local community of Bryn during October and November 2016. The information was collected by the Ladies Section of Bryn Wanderers RFC.

The survey used to collate the information is attached at appendix 2.

The completed surveys are available on file with the Ladies Section of Bryn Wanderers RFC.

It has been agreed that further survey information will be collected to add to this report; the aim of the survey is to gain information from as many local residents as possible.

Summary of Findings

Overall the response to the survey was very positive amongst the villagers who were involved. People were welcoming of the proposed gym and indicated that they were happy to pay a fee between £5.99 and £9.99 a month to use the gym facilities (not including fitness classes).

Overall there was more interest in the Gym itself, although there was also interest in fitness classes; however the split in the variety of classes people would want was extensive.

The overall age split of participants was even and represents a good cross section of ages of the villagers.

Data collected from Questionnaires

Question 1 – Are you currently a member of a Gym or Fitness Club?

Yes – 30% NO – 70%

Question 2 – Would you be interested in attending gym sessions or fitness classes at the village community centre in Bryn?

Yes – 85% NO – 15%

Question 3 – Is the fee of between £5.99 and £9.99 a month, an amount you would pay to access fitness and weights (Gym) sessions?

Yes – 97% No – 3%

Question 4 - Which of the following classes or sessions would you attend (if any)? Please tick all applicable. (Extra cost for classes).

- Fitness and weights room – 52%
- Fitness Classes – 41%
- Over 55's Fitness – 18%
- Circuits – 27%

Question 5 – What times of day would you use the fitness and weights room (Gym)?

- 8.30am – Noon 22%
- Noon – 5pm 18%
- After 5pm 37%

Question 6 – What times of day would you attend fitness classes?

- 8.30am – Noon 28%
- Noon to 5pm 18%
- After 5pm 39%

Question 7 – How many times a week do you think you might use the facilities overall?

- 1 – 2 times a week 26%
- 2 - 4 times a week 45%
- Almost every day 14%

Question 8 – Which age range best describes you?

- 14 – 21 18%
- 22-35 27%
- 36 – 54 21%
- 55+ 21%

Question 9 – What if anything else would you like to see a gym offering to the residents of the village? The following suggestions were highlighted on the surveys.

Type	Number of people
Yoga	12
Keep Fit	4
Pilates	11
Tai Chi	2
Kettle Bells	3
Boot Camp	1
Funky Pump	1
Step	1
Body Combat	1
Dance	1
Boxercise	4
Leg, bums and tums	1
Zumba	8

Other suggestions were also made in addition to the options on the survey. Common themes identified were diet classes, nutrition advice and cafe/vending machines.

The following comments were recorded on the surveys:-

- Tai chi classes.
- Protein shakes, nutrition, body building.
- GP Referrals
- Classes for disabilities
- Sun beds / tanning machines
- Chair aerobics
- Cafe
- Classes for teenagers and the disabled.
- Protein shakes and nutrition.
- Food menu / healthy eating
- Diet and nutritional classes
- Weight loss help and toning
- Zumba

- GP Referral
- Diet and nutritional classes
- Exercise for older women
- Tea and coffee
- Not sure yet
- Cafe or vending machine
- Nutrition classes and zumba classes
- Nutrition sessions/healthy eating/slimming club
- Diet club
- Nutrition classes
- Cafe
- Diet classes
- Student discount
- Dance class/zumba
- Chair exercise
- Nutrition classes
- Don't know yet
- I would give any exercise class a try
- Nutrition classes
- Sliming classes
- Diet classes
- Vending machines for drinks
- Tea room / light exercise
- Weights
- Weights, circuits and fitness classes would be a fantastic addition to the community at the price
- Cardio equipment, spin classes
- Family package (cost)
- Protein shakes and nutrition
- Maybe 5 a side football or walking football
- Gentle exercise which would help with long term health problems
- I'd like to see dance classes or other new fad exercise classes
- Good facilities with accessible times
- Family membership at a tidy price
- Rest area, drinks machine, advice on health and diet, weight watchers class.

Appendix 4

Bryn Community Gym

Group	Item Description	Expendature	Income		
Initial Cost	Gym Equipment	22000			
Gym Ongoing Costs per Quarter					
	Hire of Hall	250			
	Insurance	50			
	Safety Inspections				
	Equipment Maintenance				
	Equipment Depreciation				
	Staffing Costs				
Gym Income					
	Membership				
	Usage Charge				
Classes					
	Room Hire Costs				
	Instructor Cost				
Grant Proposals					

