

## **AGENDA**

Lunenburg County Multi-Purpose Centre Corporation 2023 |  
April 20<sup>th</sup>, 2023 5:30 pm  
Held in the multi-purpose room, LCLC

- 1. Call to Order**
- 2. Information Sharing (Questions by board members and attending members of the public)**
- 3. Approval of Agenda**
- 4. Approval of Minutes: February, 2023**
- 5. Business Arising from Minutes & Unfinished Business**
- 6. Correspondence**
- 7. New Business**
  - 7.1 YMCA Presentation (approximately 30-45 mins.)
  - 7.2 Levaton EV chargers presentation
  - 7.3 Policy Direction of EV chargers at LCLC
  - 7.4 Clothing requirements in pool attachment
  - 7.5 MOU agreement re over budget
  - 7.6 Splash pad
- 8. Information/Updates**
  - 8.1 General Manager's Monthly Report attachment
  - 8.2 Aged Receivable attachment
  - 8.3 Financial Statements to follow
- 9. In Camera**
  - 9.1 Library Contract attachment
  - 9.2 JR A. Lumberjacks (contract)
  - 9.3 GM evaluation (personnel)
- 10. Next Meeting – Thursday, June 15, 2023 at 5:30 pm**
- 11. Adjournment**

Link to original article <https://www.cbc.ca/news/canada/edmonton/no-top-no-problem-all-patrons-allowed-to-be-bare-chested-at-city-of-edmonton-pools-1.6750102>

Edmonton

## No top, no problem: All patrons allowed to be bare-chested at City of Edmonton pools

Policy aligns with gender expression protections in Alberta Human Rights Act, city says

[Natasha Riebe](#) · CBC News · Posted: Feb 15, 2023 10:14 PM AST | Last Updated: February 16



City says the policy change made in June 2022 aligns with gender, gender identity and gender expression protections under the Alberta Human Rights Act. (Lydia Neufeld/CBC)

The City of Edmonton's amended policy for topless swimmers at city pools is raising eyebrows this week.

All patrons are allowed to swim and lounge around at City of Edmonton pools without a top on, regardless of their gender identity.

The policy, under the city's swimwear guidelines for pools, has been in place since June 2022 but it's not a widely advertised change.

Priya Bhasin-Singh, director of Edmonton's aquatics and community leisure centres, said the policy aligns with gender identity and expression protections found in the Alberta Human Rights Act.

"We believe our swimming guidelines must not discriminate on the basis of gender and not exclude anyone visiting a city facility," Bhasin-Singh said in a statement to CBC News.

Currently, the city operates 15 indoor pools and four outdoor pools.

The city started reviewing its policy on swimwear in 2019 to make sure it was in line with the act.

Previous guidelines for aquatic settings required women to wear tops while men were not required to, said Christopher Webster, a city communications adviser.

Coun. Erin Rutherford said she was asked by a constituent whether women were allowed to be at city pools without a top.

That was the springboard for a response from the city, she said.

"Legal reviewed it and because there is case law coming out of Ontario, felt that we could not stop people from doing that," Rutherford said.

"It has to be something that we don't advertise or I guess before today didn't advertise but also didn't discourage if it was happening."

## **Proactive trend**

Chelsea Scott, an associate lawyer with Taylor Janis LLP in Edmonton, said the policy seems to be a proactive move based on legal precedents in Ontario and British Columbia.

"I would say that it is the trend," Scott said in an interview Wednesday.

"There is case law and it's the law in Canada ...ultimately this is what we're talking about, women with breasts not being forced to cover those in public spaces."

Scott said municipalities govern a lot of public spaces and many are being proactive in preventing potential situations of discrimination.

- [Being topless in public is legal, B.C. woman reminds others after police encounter](#)
- [Women's topless court victory 20 years later](#)

Scott wasn't familiar with other municipalities in Alberta that have the same policy.

A spokesperson for Alberta Justice said there is no provincial legislation that prohibits people from swimming topless and the issue isn't addressed in regulations for public pools.

## Some surprised

The policy was news to patrons going into the Commonwealth Community Recreation Centre on Wednesday.

"It's kind of weird, for women to be topless," said Jamie Earle, a Commonwealth gym regular who wasn't aware of the policy.

Earle said while it seems unusual now, it might be something that takes time to get used to.

"I'm sure eventually it'll catch on," he said. "There's topless beaches and stuff and people don't really care about that."

Yasmin Soares said she was surprised to hear about the policy.

"I don't think it should be allowed at all," she said. "Not everyone has the same values and beliefs."

She said she's fine with the policy but others might feel uncomfortable.



Yasmin Soares, a regular at the recreation centre, said she didn't know about the topless policy at city pools. (Trevor Wilson/CBC)

Malorie Untereiner, who was going into the recreation centre with her three-year-old daughter, said she considers it an equal rights issue.

"Men bare their nipples all the time, I mean, women can too, I guess."

Rutherford, the city councillor, said she's never seen anyone go topless at a city pool.

"While I personally wouldn't be going topless in a pool, I respect everybody's right to choose," she said.

Bhasin-Singh said the city has had no negative feedback about the policy.

"We realize that some people will be uncomfortable with this approach," Bhasin-Singh said. "However, this is a human rights issue and we have an obligation to treat all individuals equally when using city facilities."

The topless policy isn't valid in other parts of recreation centres or city facilities — people in those spaces will still be required to wear tops, Webster said in an email.



## GM Report April

We had a busy March Break at the LCLC another great round of March Break Camps averaging 55 spots a day, the mermaids were back by popular demand on the weekend.

Gary L. Wentzell tournament made a successful return to the LCLC, running Tuesday to Sunday over the March Break week.

The weather wasn't great the day of our Easter Market, but there were still lots of folks in attendance. We have found a good groove with these events and there are many more vendors looking to be involved than we have space so we will be looking for creative solutions to increase the available space.

The inaugural South Shore Expo was a success, all the vendor spaces were sold out and then some, with 63 vendors in attendance on the arena floor and outdoors. Everyone in attendance was happy with the event and there was a steady flow of traffic over the three day event. We are looking forward to expanding the event in future years and having it as a staple of our spring event calendar.

Atlantic Hockey Group has picked up a lot of spring ice

Interest is still incredibly high in our swim lesson offering we have 526 registrants for the spring lessons.

Ball hockey will return to the lower parking lot on Monday nights and we have added basketball nets down there through a Sport NS grant, South Shore Lightning will be running some programming out of the space.

## Upcoming Events

Craft Beer and Cider will be June 10<sup>th</sup>

Circus will be June 23<sup>rd</sup>

Parkview Grad June 29<sup>th</sup>

Run The River 5k and 10k will be September 23<sup>rd</sup>

Members By Month (excluding staff memberships)

April	1009
May	1040
June	1086
July	1119
August	1165
September	1270
October	1308
November	1304
December	1335
January	1373
February	1398
April	1507

Our Joint membership with the YMCA launched on March 1<sup>st</sup> with great success and lots of positive sentiment from users. Collectively we have sold 200 joint memberships up to this point, with a good balance of previous Y members, LCLC members and new users to both facilities. As an extension of this partnership we have been able to provide reciprocating access to the staff from both facilities free of charge.

## PRICING WINTER 2023

Winter 2023 : Jan 1st – April 30th

All LCLC classes are FREE to annual all-inclusive members.

Non-Members: Drop-In fee \$10 OR purchase a 10 pass for Aqua Fitness / Active Living Studio Classes for \$70

**PRE-REGISTRATION FOR CLASSES IS ENCOURAGED TO ENSURE YOUR SPOT IN CLASS.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>LCLC Spin</b> 6:45 – 7:45am		<b>LCLC Spin</b> MODERATE INTENSITY 6:45 – 7:45am			
<b>Gentle Yoga</b> 8 – 9:15am	<b>Essentrics</b> 8:30 – 9:30am	<b>Yin Yoga</b> 8 – 9:15am	<b>Essentrics</b> 8:30 – 9:30am	<b>Yin Yang Yoga</b> 8 – 9:15am	<b>Spin Bootcamp</b> HIGH INTENSITY 8:30 – 10am	<b>Essentrics</b> 8:30 – 9:30am
<b>Elderfit Aquacize</b> 10 – 10:45am	<b>Elderfit Aquacize</b> 10 – 10:45am	<b>Elderfit Aquacize</b> 10 – 10:45am	<b>Elderfit Aquacize</b> 10 – 10:45am	<b>Elderfit Aquacize</b> 10 – 10:45am	<b>Fit Kids</b> 10:30 – 11:30am	
<b>Gentle Yoga</b> 10 – 11:15am		<b>Yin Yoga</b> 10 – 11:15am		<b>Yin Yoga</b> 10 – 11:15am	<b>Fit Body</b> MODERATE INTENSITY 12 – 1PM	
<b>Full Body Workout</b> MODERATE INTENSITY 12 – 1pm	<b>YMCA/LCLC Aqua Fitness</b> 12 – 12:45pm	<b>Full Body Workout</b> MODERATE INTENSITY 12 – 1pm	<b>YMCA/LCLC Aqua Fitness</b> 12 – 12:45pm	<b>Full Body Workout</b> MODERATE INTENSITY 12 – 1pm	 <p><b>INTRODUCING FIT KIDS!</b></p> <p>Jump, play, run and have fun. Fit Kids for ages 5–10 will focus on strength, agility and flexibility. Class is included in membership, or by drop-in. Taught by Sal Fabrikaci</p>  <p>Drop-in for open studio at the LCLC with equipment available including yoga mats, stability balls, weight balls and spin bikes. FREE for members or Drop-In Fee.</p>	
<b>Stability Ball for Seniors</b> MODERATE INTENSITY 1:15 – 2:15pm		<b>Power Stretch</b> MODERATE INTENSITY 1:15 – 2:15pm	<b>Spin for Seniors</b> MODERATE INTENSITY 1:30 – 2:30pm	<b>Stability Ball for Seniors</b> MODERATE INTENSITY 1:30 – 2:30pm		
<b>LCLC Spin</b> HIGH INTENSITY 6 – 7pm		<b>Nia w/ Kathleen</b> 5:15 – 6:15pm (Non-LCLC Class)	<b>Full Body</b> MODERATE INTENSITY 5:45 – 6:45pm			
	<b>Spin Pump</b> HIGH INTENSITY 6 – 7:30pm	<b>Zumba w/ Mindy</b> 6:30 – 7:30pm (Non-LCLC Class)		<b>LCLC Spin</b> LOW INTENSITY 6 – 7pm		
<b>YMCA/LCLC Hatha Flow Yoga</b> 7:15 – 8:30pm		<b>Aqua Fitness</b> 7 – 7:45pm	<b>Hatha Flow Yoga</b> 7 – 8:15pm			

\*PLEASE NOTE: Classes labelled "Non-LCLC Class" are privately run and not included in the free fitness schedule classes for members. All classes subject to change.

## LCLC FITNESS CLASS DESCRIPTIONS

### ESSENTRICS

Low intensity strengthening exercises and dynamic stretching to relieve pain, prevent injury, slenderize, and tone the body. With Rob Urquhart

### FIT BODY

This group workout can vary, but generally includes an intense mix of aerobic, strength training and speed elements. With Sal Fabrikaci

### FULL BODY WORKOUT

This workout focuses on upper body, lower body, and core, combining aerobic and strength exercises. With Sal Fabrikaci

### GENTLE YOGA

Is performed at a slower pace, with less intense positions, and usually includes extended time for meditation, yogic breath work, and relaxation. With Joanne Green

### HATHA FLOW YOGA

Come work on breathing techniques, warming the body and building postures from the ground up. With Joanne Green / Pam Greer

### LCLC SPIN

A fun and engaging workout that moves through fast passed and lighter rest intervals, improving strength and stamina along the way, 12 spin bikes available. With Sal Fabrikaci

### LCLC FIT KIDS

Jump, play, run and have fun. Fit Kids for ages 5-10 will focus on strength, agility and flexibility. Class is included in membership, or by drop-in. Taught by Sal Fabrikaci

### POWER STRETCH

Open to all abilities focus on flexibility, joint health, preventing injury and building tone. With Sal Fabrikaci

### POWER FLOW YOGA

Build strength, balance and flexibility in this vigorous, all-over, feel-great, Baron Baptiste-inspired hour of vinyasa yoga. With Jennifer MacLeod

### SPIN BOOTCAMP

This class is a one-stop shop when it comes to exercise, the first half of the class comprising a spinning ride, and the second half moving off the bike for a full body strength workout. With Sal Fabrikaci

### SPIN FOR SENIORS

You can attend a spin class and pedal along while enjoying the scenery or you can go all out with the resistance settings and truly challenge yourself. With Sal Fabrikaci

### STABILITY BALL TRAINING

Exercises focused on keeping the body strong through a full range of motion. With Sal Fabrikaci

### YIN YANG YOGA

Combining two styles of yoga, this class improves energy and fitness while promoting relaxation and healing. With Pam Greer

### YIN YANG YOGA

Combining two styles of yoga, this class improves energy and fitness while promoting relaxation and healing. With Pam Greer

### YMCA/LCLC AQUA FITNESS

These classes focus on aerobic endurance, resistance training and creating an enjoyable atmosphere with music.



Elderfit is a water exercise program designed for seniors and the physically compromised. Its mission is to raise awareness among seniors to the health and lifestyle benefits of remaining physically and mentally active. Aquacize sessions are taught by trained volunteer facilitators in a stress-free environment. Swimming ability is not required.

