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**COMMISSION REPORT**

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**TO:** CHAIR AND MEMBERS  
PARKS, RECREATION & CULTURE  
COMMISSION

**FROM:** DIRECTOR - PARKS, RECREATION & CULTURAL SERVICES      **FILE:** 64200-20

**SUBJECT: A NEW HEART HAPPY PROGRAM AT CONFEDERATION CENTRE**

**PURPOSE:** To provide information regarding the discontinuation of the YMCA Healthy Heart Program and the creation of a Heart Happy Program at Confederation Centre.

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**RECOMMENDATION:**

1. **THAT** Commission receive this report for information.

**REPORT**

**INTRODUCTION**

Over the past 30 years, the Vancouver YMCA has provided a Healthy Heart Program at the Confederation Seniors Centre. This program is offered at a number of regional locations by the YMCA and provides heart event patrons an opportunity for exercise in coordination with medical oversight. The program at Confederation ran three days per week (Monday, Wednesday and Friday afternoons) with approximately 50 people participating on both a regular and irregular basis.

In recent years, the YMCA had approached staff to seek more favourable allotment rates for the use of Confederation Centre. These requests were reviewed and rates were applied consistently, as for all user groups. In 2017, the YMCA again requested rental rate reductions. City staff worked with representatives from the YMCA and made some program structure suggestions to assist in meeting their needs. The YMCA considered these options and agreed at the start of 2018 to maintain the existing arrangement and program. It was surprising and disappointing when City staff received notification on June 26, 2018, of the YMCA's intent to discontinue their Healthy Heart program at Confederation Centre.

To: *Parks, Recreation & Culture Commission*  
From: *Director - Parks, Recreation & Cultural Services*  
Re: *YMCA Healthy Heart Program - City of Burnaby Heart Happy Program at Confederation Centre*

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On 2018 July 11, a representative from the YMCA met with their Healthy Heart participants and announced that their program would no longer be offered at Confederation Centre as of 2018 August 31. Participants were invited to attend other YMCA Healthy Heart programs, particularly the program offering at Thunderbird facility in East Vancouver. The participants were generally displeased and some expressed their upset through a letter to Mayor Corrigan and a media release to the Burnaby Now newspaper.

## **RESOLUTION**

Since early July, staff worked with the YMCA and program participants to develop an alternative City program at Confederation. The programming challenge is to comfortably transition patrons from a medically supported program to a regular exercise program suitable for the demographic and promotes healthy lifestyle and independence. Staff have experience in this work and were successful with a similar situation wherein a new City Heart Healthy program was created when Fraser Health Authority changed its heart program.

The Department has developed our own heart health Fitness classes at Bonsor and Confederation Centre to provide a gentle, somewhat specialized program for participants transitioning or graduating from programs such as the YMCA or FHA's medically supported Healthy Heart Programs. These new classes are well attended by former FHA Healthy Heart clients and are very successful and accommodate a larger number of participants who then feel more comfortable trying out other services at our facilities such as the swimming pools, senior centre social programs, etc.

The City is now offering Heart Happy classes at Confederation in the time slots vacated by the YMCA. A nurse has been retained for a limited time period to support the participants while they visit their doctors to confirm their ability to participate in our new fitness classes. The former YMCA Healthy Heart participants were presented with the new City option and invited to attend. The new classes started on September 10<sup>th</sup> and have been well received. Many YMCA participants, who have attended, expressed appreciation for the new program and are enjoying the added services and flexibility available with the BActive passes that they are now purchasing directly from the Confederation Centre.

To: Parks, Recreation & Culture Commission  
From: Director - Parks, Recreation & Cultural Services  
Re: YMCA Healthy Heart Program - City of Burnaby  
Heart Happy Program at Confederation Centre

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## **POLICY**

The creation of the Heart Happy program at Confederation Centre is aligned with the Corporate Strategic Plan in the following ways:

## **GOAL**

- A Connected Community
  - Social connection – Enhance social connections throughout Burnaby
- An Inclusive Community
  - Serve a diverse community – Ensure City services fully meet the needs of our dynamic community
- A Healthy Community
  - Healthy life – Encourages opportunities for healthy living and well-being

## **RECOMMENDATION**

It is recommended that the Parks, Recreation and Culture Commission receive this report for information.



Dave Ellenwood  
DIRECTOR - PARKS, RECREATION & CULTURAL SERVICES

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