



# CITY OF RAPID CITY

DEPARTMENT OF PARKS AND RECREATION  
125 WATERLOO STREET  
RAPID CITY, SOUTH DAKOTA 57701

Jerry W. Cole,  
Director  
(605) 394-5225

To: Mayor Hanks and City Council

From: Duncan Olney

Subject: Approval of Healthways/Silver Sneaker Contract

Jeri Taton  
Administrative  
Assistant  
(605) 394-5225

Date: August 26, 2010

Lon Van Deusen,  
Parks & Cemetery  
Manager  
(605) 394-4175

**Purpose:** City Council to approve and Mayor and Finance Officer to sign a no cost contract with Healthways for the Swim Center to offer Silver Sneaker Program.

**Discussion:** The Swim Center would like to offer Silver Sneakers programming, but must enter into a no cost contract with Healthways. The following are the benefits to signing this contract:

Doug Lowe,  
Recreation Manager  
(605) 394-4168

James (JJ) Walraven  
Golf Superintendent  
(605) 394-4199

Duncan Olney  
Aquatics Manager  
(605) 394-5223

1. Silver Sneakers Fitness Program is the nation's leading exercise program design exclusively for older adults.
2. Adults may enter programming at no cost if they are member of certain participating health insurance.
  - a. If they do not have the certain health insurances, then they would pay Swim Center normal programming fees.
  - b. Program is nation wide so visitor to Rapid City could participate in the programming at the Swim Center.
3. Healthways pays the Swim Center for those members that participate.
  - a. Up to eight visits a month; currently at \$ 3.00 per visit
  - b. Classes are normally offered two times a week.
4. Programming can be either land and water classes
  - a. We plan to offer both
5. As the program expands we could offer it to both senior centers in town.
  - a. Building programming interest for the new center at Roosevelt Park.

**Recommendation:** City Council approve and Mayor and Finance Office sign the contract