

Louisville Metro Council City Agency Request

- Neighborhood Development Fund (NDF)
- Capital Infrastructure Fund (CIF)
- Municipal Aid Program (MAP)
- Paving Fund (PAV)


Primary Sponsor: Councilwoman Jessica E Green District 1

Amount: \$ 1,500.00 **Date:** 2/9/2018

Description of program/project including public purpose, additional funding sources, location of project/program and any external grantee(s):
 The NDF funds are to be used to assist Metro Parks & Recreations with the cost of a Fitness & Exercise Program at The Southwick Community Center (Metro Parks Facility) @ 3621 Southern, Louisville, KY 40211 . The program will be ran by Coach Moe from extreme makeovers and will start on March 3rd ,2018 and run to April 7th ,2018

City Agency: Louisville Metro Parks & Recreations
Contact Person: Mr Ben Johnson
Agency Phone: 502 574 5994

I have reviewed this request for an expenditure of city tax dollars, and have determined the funds will be used for a public purpose and have the attached documentation from the receiving department concerning the project/expenditure.

1		\$1,500.00	2/9/2018
District #	Council Member Signature	Amount	Date

Approved by: _____
 Appropriations Committee Chairman Date

Clerk's Office & OMB Use Only:

Request Amount: _____ Amended Amount: _____

Reference #: _____ To OMB: _____

Budget Revision #: _____

Account #: _____

To Project Manager: _____ Completion Date: _____

Actual Cost: _____ Funds Returned: _____

Department/Project: _____

Additional Signatures

I have reviewed this request for an expenditure of city tax dollars, and have determined the funds will be used for a public purpose.

Council Member Signature and Amount

District 1	_____	\$ _____
District 2	_____	\$ _____
District 3	_____	\$ _____
District 4	_____	\$ _____
District 5	_____	\$ _____
District 6	_____	\$ _____
District 7	_____	\$ _____
District 8	_____	\$ _____
District 9	_____	\$ _____
District 10	_____	\$ _____
District 11	_____	\$ _____
District 12	_____	\$ _____
District 13	_____	\$ _____
District 14	_____	\$ _____
District 15	_____	\$ _____
District 16	_____	\$ _____
District 17	_____	\$ _____
District 18	_____	\$ _____
District 19	_____	\$ _____
District 20	_____	\$ _____
District 21	_____	\$ _____
District 22	_____	\$ _____
District 23	_____	\$ _____
District 24	_____	\$ _____
District 25	_____	\$ _____
District 26	_____	\$ _____

NDF, CIF, MAP OR PAV INTERAGENCY CHECKLIST

Interagency Name: Louisville Metro Parks & Recreations

Program/Project Name: Fitness program at Southwick Community Center

	Yes/No/NA
Request Form: Is the Request Signed by all Council Member(s) Appropriating Funding?	Yes
Request Form: If matching funds are to be used, are they disclosed with account numbers in the request form description?	NA
Request Form: If matching funds are to be used, does the amount of the request exclude the matching fund amount?	NA
Request Form: If other funds are to be used for this project, are they disclosed with account numbers in the request form description?	NA
Funding Source: If CIF is being requested, does Metro Louisville own/will own the real estate, building or equipment? If not, the funding source is probably NDF.	NA
Funding Source: If CIF is being requested, does the project have a useful life of more than one year? If not, the funding source is probably NDF.	NA
Ordinance Required: Is the NDF request to a Metro Agency greater than \$5,000? If so, an ordinance is required.	NA
Ordinance Required: Is the request a transfer from NDF to cost center? If so, is the amount given for the fiscal year \$25,000 or less?	NA
Supporting Documentation: Does the attachment include a valid estimate and description of cost?	Yes

Submitted by:  Charles Weathers

Date: 2/9/2018

Weathers, Charles

From: Ann Cannon <anncannon1968@gmail.com>
Sent: Tuesday, February 6, 2018 11:27 AM
To: Weathers, Charles
Cc: Coach Mo
Subject: Coach Mo and the Exercise Classes in Park Duvalle at Southwick Comm Center

Mr. Weathers,

Classes will begin for Exercises 3/3- 4/7 6weeks.
The following is the 6 week layout of the program.
Packet given with : weigh in sheets, menu plan, exercise tracker, journal.

Week 1- Weigh in...Orientation.. Sign in. Identify preexisting medical concerns.
Receive food log. Take before pictures. Inches taken.
Stretching. Exercise

Week 2- Weigh In any concerns. Expectations.
Stretching . Exercise

Week 3- Weigh In. Struggle issues. Eating issues addressed.
Stretching. Exercise

Week 4- Weigh In. Partners created for people struggling.
Inches taken. Identify problem areas.

Week 5-Finishing Strong
Weigh In. Checking on health conditions or any concerns.
Request Menu Plan only for the next 7 days.
Expounding on Success or Failures
Answer questions.
Stretching. Exercise. Possible 10min walk.

Week 6- Last Class. Final Weigh in and inches taken. Final picture.
Health benefits of continuing the plan.
Overall well being checked by professionals free screenings.
Personal 1 on 1 talk.
Creating your new lifestyle and maintaining it.
Stretching. Exercise. 10 minute walk.
Thank you !

Light snack and water given at each class.

6 weeks budget.

Advertising for event : \$400.00
Coach Mo-\$850.00
Menu Plan- \$150.00
Light snacks and water: \$150.00

Weathers, Charles

From: Johnson, Ben
Sent: Tuesday, February 13, 2018 3:04 PM
To: Weathers, Charles
Subject: RE: Fitness program @ Southwick

Yes we will.

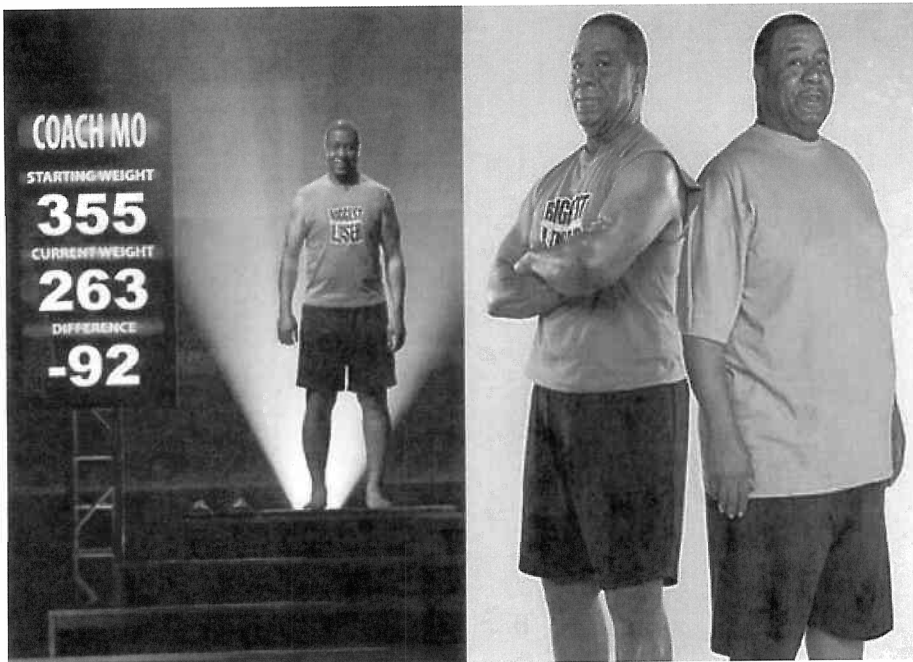
Can you give me a little more info so I make sure we are all on the same page. I know they have a few different programs going on down there.

Ben Johnson, CPRP
Assistant Director, Recreation
Louisville Parks and Recreation
1297 Trevilian Way
502-574-5994 (Office)
502-693-2408 (Mobile)
<http://www.louisvilleky.gov/MetroParks/>



From: Weathers, Charles
Sent: Thursday, February 08, 2018 11:05 AM
To: Johnson, Ben
Subject: Fitness program @ Southwick

Mr. Johnson , I am reaching out on behalf of Councilwoman Green to see if Louisville Metro Parks & Recreation would accept the funds from Councilwoman Green for the Fitness program at Southwick Community Center . Thank you C Weathers



GET FIT WITH COACH MO

Join Coach MO and get fit in March!

Starting March 3, 2018 get fit with Biggest Loser Alum and Louisville native, Coach Mo. It's every Saturday 1 hour of fun, fitness and fellowship at the Southwick Community Center!

This great event is Free to the community and will last 6 weeks.

Listen to Coach Mo as he shares his personal weight loss story and his knowledge of eating right and exercise.

6 weeks of Fitness

**Classes begin
March 3, 2018**

Register NOW!

Time: 11am-12pm

Join us at the

**Southwick
Community Center**

**SOUTHWICK
COMMUNITY CENTER**

3621 Southern Avenue
Louisville, Ky 40211
Ph: 502-775-6598