Pan Am Boxing – North End Boxing Program

History

Pan Am Boxing was established in 1968 by Ed Yaremchuck and Allan Walls following the 1967 Pan American Games. Bob Black, acting as chair of the boxing portion of the games, purchase boxing equipment used during this event. Yaremchuck and Walls opened a boxing club to help keep youth off the streets and use of the equipment.

Pan Am Boxing is dedicated to providing high quality boxing training to all levels of athletes. It is a place of refuge for many troubled youth (and adults). One of Pan Am principles is "that no one shall be turned away", even if they cannot pay for the use of the facility or programs.

Programs and Services

The youth program is offered to all participants under the age of 10-18 at no charge. We provide this opportunity to assist youth with their mental, physical and self-esteem building. All of the programing teaches boxing skills without a risk of contact. Pan Am Boxing provides programs design to teach proper nutrition and high level fitness for members that would like to compete as well as complimentary fitness programs including spin and weight training classes.

Pan Am Boxing entered into partnership with The City of Winnipeg to offer after school "LiveSAFE" training program. This program will target 15-20 youth at risk between 12-14 years of age (male and female) from the Point Douglas area. The program will be free of charge to participants and will teach and enhance positive mental health, physical activity training, and core value skills such as respect, integrity, trust and accountability. Participants will develop leadership skills, control and how do deal with aggression in a non –confrontational way.

Project Description

Pan Am Boxing through collaborate efforts partnering with The City of Winnipeg secured a new location for this project at a City owned facility located at 1100 College Avenue.

We are seeking financial support to renovate the facility located at 1100 College Avenue to be able to provide a safe environment for youth attending this life skill building program.

We are planning to renovate and upgrade the following components:

- Painting
- Removal of t bar ceiling
- Furnace replacement
- Light fixture upgrade
- Install rubber flooring
- Bracing for boxing bags, window replacement, CO alarm/duct cleaning
- Asbestos, abatement of flooring and pipe insulation
- Wash ceiling and joists
- Alarm repair

This renovation project is going to be administered by City of Winnipeg Planning, Property and Development Department.

AAA FORT GARRY FLOORING
1208 Pembina Hwy
PO Box 23008 McGillivray PO
Winnipeg, MB R3T 6B3
Ph. 204-400-7161
Email: gkyt.mail@hotmail.com

Feb 3/2016

Pan Am Boxing
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NOUS VOUS REMERCIONS DE NOUS DONNER L'OCCASION DE PRÉSENTER LES SPÉCIFICATIONS ET LES PRIX SUIVANTS.
WE THANK YOU FOR THE OPPORTUNITY TO SUBMIT THE FOLLOWING PRICES AND SPECIFICATIONS.

QUANTITÉ	DESCRIPTION	PRIX UNITAIRE	PRIX TOTAL
	Supply 10 4X8 Rubber mats		622.50

PAYMENT SCHEDULE

TERIAL ON DELIVERY _____

ANCE ON COMPLETION 633.62

ENTIONNER LE NUMÉRO DE PROPOSITION DE PRIX CI-DESSUS QUAND VOUS PASSEZ UNE COMMANDE
ER TO THE ABOVE QUOTATION NUMBER WHEN PLACING YOUR ORDER

CI-DESSUS SONT VALIDES PENDANT 30 JOURS

ICES GOOD FOR _____ DAYS.

TPS / GST TVP / PST	31.12
TVP / PST	[illegible]
TOTAL	633.62

DEVIS/PROPOSITION

Kowal, Monika

From: Mike Enns <fast.track.mike@gmail.com>
Sent: Thursday, February 18, 2016 8:06 AM
To: Kucel, Greg
Subject: Re: budget pricing

Hey Greg,

Disregard my last email, our sub trade made an error on his quote

Below is the correct budget price

Paint 10' cinder block walls $ 2,400.00
Paint 6 man doors $ 950.00
Wash and paint open web joists and roof decking (light fixtures will be replaced) $5,850.00
Remove t bar ceiling $1,250.00 (includes hauling away to disposal site)

On Thu, Feb 18, 2016 at 7:47 AM, Mike Enns <fast.track.mike@gmail.com> wrote:
Hey Greg

Budget Price:

Paint 10' cinder block walls $ 4,800.00
Paint 6 man doors $ 950.00
Wash and paint open web joists and roof decking (light fixtures will be replaced) $6,850.00
Remove t bar ceiling $1,250.00 (includes hauling away to disposal site)

On Thu, Feb 4, 2016 at 4:22 PM, Kucel, Greg <GKucel@winnipeg.ca> wrote:

Hi Mike,

As per our phone conversation, I need a budget for my client who wants to clean up the 1600 sq ft multipurpose room at Boyd Park CC (picture attached). Please provide budget pricing for the following:

Paint 10' cinder block walls $

Paint 6 man doors $

Wash and paint open web joists and roof decking (light fixtures will be replaced) $

Remove t bar ceiling $

JOREY ELECTRIC LTD

6-1375 Niakwa Road E; Winnipeg MB; R2J 3T3
Phone: 255-4842; Fax: 255-7679
E-mail: info@joreyelectric.com
Website: www.joreyelectric.com

To: The City of Winnipeg **Date:** 4 February 2016
Attention: Greg K
Subject: Lighting at 1100 Collage Drive
Total # of pages:

We at Jorey are pleased to provide you with a budget price to change lights at 1100 Collage Drive
Price includes the fsupply and install of the ollowing

21-2 lamp 48 inch T8 fluorescent strips
21-wire guards
42-T8 lamps
-removal of 21 T12 fixtures

$3,500.00

Note
-PST and GST extra
-price is based on the replacement of lights in exact location

The above proposal is satisfactory and you are hereby authorized to do the work as specified.

Signature_____ Date_____

P.O. #_____

Price valid for 30 days. Please fax back signed copy.

Power Vac Services Ltd.
1355 Border Street
Winnipeg, MB
R3H 0N1

Ph: (204) 632-4433
Fax: (204) 633-4690

Email: powervac@shawbiz.ca

February 3, 2016

City of Winnipeg
Project Services Branch
4th Floor, 185 King St
Winnipeg, MB
R3B 1J1

Attention: Annette Brodbeck

Re: Asbestos Abatement - 1100 College Ave – Main Gymnasium

To provide all equipment, labour, materials and insurance all in accordance with the requirements of the Department of Labour Workplace Safety and Health Branch to perform the following:

- Remove and dispose of 1,650 sq. ft. of floor tile following type 1 procedures.
- Repair one 1/2" fitting following type 1 procedures.
- Remove and dispose of asbestos from two 1/2" fittings following type 2 glove bag procedures.

Cost $3,625.00

The above pricing is subject to GST.

Thank you.

Russell Swallow
Project Estimator

citwin69

City of Winnipeg – Planning, Property & Development Department

Description	Price
Paint block Wall	$4,000
Paint doors X5	$750
Remove t bar ceiling	$2,000
Replace Furnaces, twin 100,000 btu w/ econimizers	$10,000
Replace 21 light fixtures (2 lamp T8 fixtures w/ cage)	$3,500
Install rubber mat flooring	$4,600
Bracing for Boxings bags, window replacement, thermostat covers, duct cleaning, CO alarm	$2,000
Asbestos abatment of flooring and pipe insulation	$3,625
Alarm Repair	$2,332
Sub Total	$32,807
General Contract Costs and Profit 20%	$6,561
PP&D Labour	$6,000
Department Overheads 3%	$984
Corporate Overheads 3%	$984
Total	**$47,337**
Add to paint and wash ceiling and joists & overheads	$8,064
Total	**$55,401**
Options	
Add for Air Conditioning replacement	$3,000
Add to replace remaining light fixtures (26)	$4,350
Overheads and GC costs on extras	$3,575
Total with Extras	**$66,326**

Estimate 1100 College Repairing Alarm System

Alarm Panel DSC PC4020	$326.99
Keypad DSC LCD4501	$125.00
Motion Detectors 6 @$39.99 ea.	$239.94
Hardware and Wiring	$140.00
Labor 30 hrs @$50/hr	$1500.00
Total	**$2331.93**