



# Recreation Centers 101:

*A Primer for Union Directors*

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*Presented by:*

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# Agenda

1. Evolution of Student Recreation Center
2. Driving Forces
3. Program and Budget Vocabulary
4. Typical Components
5. Process
  - Programming
  - Financing
  - Other
6. Case Studies
  - New: University of Alabama - Birmingham, Campus Recreation Center
  - Fusion: Nova Southeastern University Student Center
  - Addition / Remodel: Texas Christian University, Student Recreation Center
  - New: University of Maine Student Recreation Center
  - In Process: CSU Long Beach Student Recreation Center



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## Pre-War Era 1900 - 1940



*UCLA, Women's Gymnasium*

*University of Virginia, Memorial Gym*



*University of Michigan, IMSB*

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## Growth and Acceptance 1940 - 1970



*Texas Christian University, Rickel Center*



*University of California, Davis, Hickey Gym*



# Can we do More? 1965 - 1975

## University of Washington

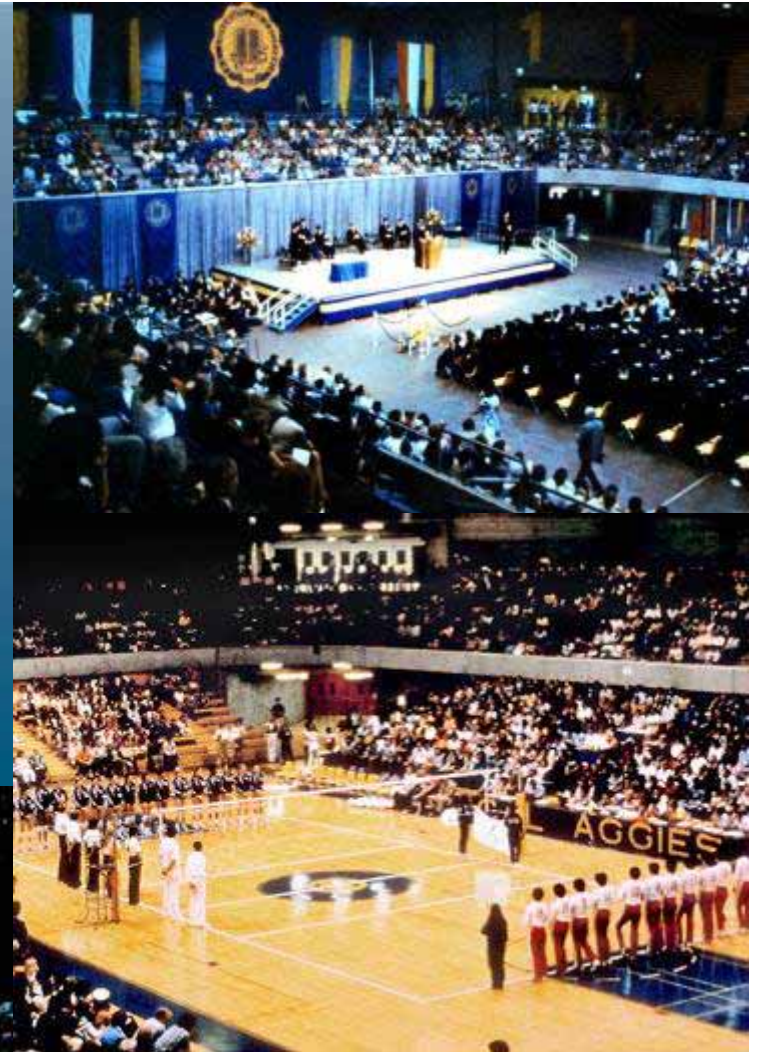
- Emergent Social Space
- Recreation / Intramural Only
- Controlled Entry



# Can we do more? 1965 - 1975

## University of California, Davis Recreation Hall

- Complex Security Issues
- Event / Recreation Schedule Conflicts
- Intercollegiate Spectator Needs
- Continued Academic Demands
- Events and Other Campus Needs
- All Functions Compromised
- Spectator Count Dictates Form
- Limited Budgets
- No Social Space



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# Coming of Age 1975 - 2006

## UCLA, John Wooden Center

- Rebellion. The pure recreation center emerges.
- An exploration of ideas.
- Recreation Center becomes a campus icon.
- Central location or catalyst for campus expansion.
- Designed 1980, opened 1983.





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## Driving Forces

***“According to a new report, in four years, the U.S. will see its largest number of high school graduates in the country’s history, and the numbers are expected to continue growing. By 2008-2009, the number of graduates is expected to peak, with 2.3 million students earning their high school diplomas – and preparing for college.”***

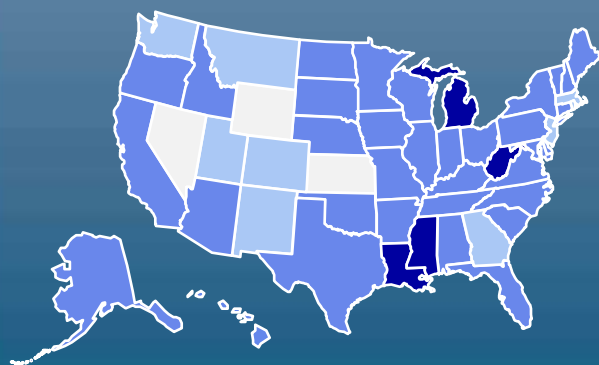
American Council on Education (Jan 2004)

Knocking at the College Door: Projections of High School Graduates by  
State, Income and Race/Ethnicity

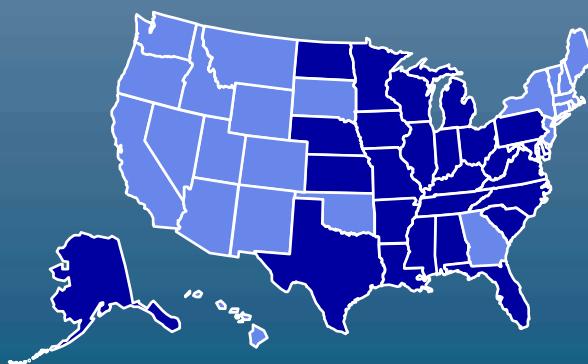




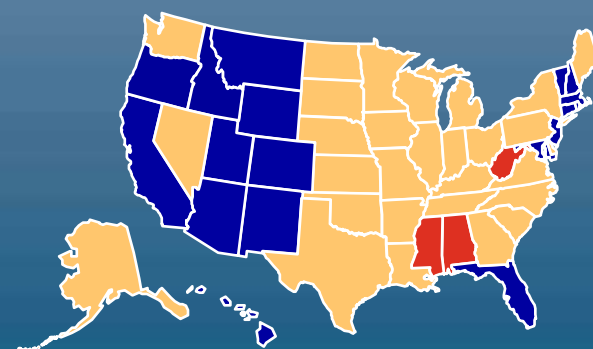
## Driving Forces



1991

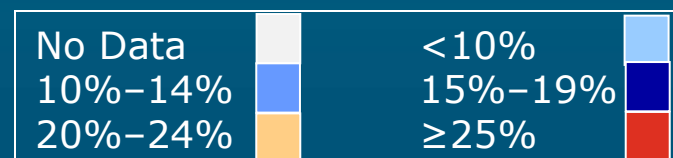


1995



2002

## Adult Obesity



Obesity Trends Among U.S. Adults, CDC's Behavioral Risk Factor Surveillance System (1991-2002)

2007 65% of Adults –overweight or obese (CDC)

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# Driving Forces

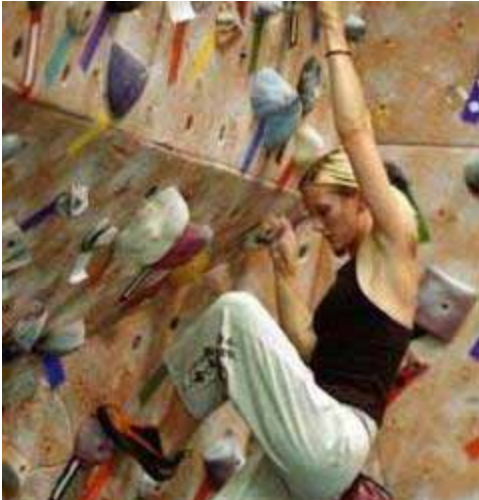
## Student Wellness:

- Since 1970... obesity rates for children 6-11 has tripled, and doubled among adolescents
- 9 million children >6 are classified as obese
- By 2050, Average US life expectancy will decline by 5 years

(Centers for Disease Control and National Science Foundation)







## Campus Considerations –Driving Forces

- Interest in Health & Wellness
- Student Expectations
- Capturing the Uncommitted
- Increased Participation by Women
- Social Engineering - Campus Life / Lifestyle Education
- Recruitment & Retention of Students
- Aging Facilities

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# SUSTAINABLE DESIGN RECREATION CENTERS

## Integral to design

### Natural Ventilation:

- User control
- Lower maintenance
- Energy efficient

## Natural Daylight

- Orientation
- Glare Control

## Indoor

## Environmental

## Quality

- Ventilation effectiveness

## Materials

## & Resources

- Recycled Content



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Partnership

Performance

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Imagination



# SUSTAINABLE DESIGN PROJECTS AND PROCESS



**LEED® Silver Rating**  
*Mission College, Sylmar, CA*  
Student Health and  
Wellness Center



**LEED® Silver Rating**  
*Cal State Long Beach,*  
Student Recreation and  
Wellness Center



**LEED® Silver Rating**  
*University of Wisconsin,*  
Oshkosh Student Recreation  
and Wellness Center



**LEED® Silver Rating**  
*University of Maine, Orono,*  
Student Recreation and  
Fitness Center

			<b>Total Project Score</b>	
			<b>Certified</b> 26 to 32 points	<b>Silver</b> 33 to 38 points
			<b>Gold</b> 39 to 51 points	
			<b>Sustainable Sites</b>	<b>Possible Points: 14</b>
Y	?	N	Prereq 1	<b>Erosion &amp; Sedimentation Control</b>
Y			Credit 1	<b>Site Selection</b> 1
			Credit 2	<b>Urban Redevelopment</b> 1
			Credit 3	<b>Brownfield Redevelopment</b> 1
			Credit 4.1	<b>Alternative Transportation, Public Transportation Access</b> 1
			Credit 4.2	<b>Alternative Transportation, Bicycle Storage &amp; Changing Rooms</b> 1
			Credit 4.3	<b>Alternative Transportation, Alternative Fuel Refueling Stations</b> 1
			Credit 4.4	<b>Alternative Transportation, Parking Capacity</b> 1
			Credit 5.1	<b>Reduced Site Disturbance, Protect or Restore Open Space</b> 1
			Credit 5.2	<b>Reduced Site Disturbance, Development Footprint</b> 1
			Credit 6.1	<b>Stormwater Management, Rate and Quantity</b> 1
			Credit 6.2	<b>Stormwater Management, Treatment</b> 1
			Credit 7.1	<b>Landscape &amp; Exterior Design to Reduce Heat Islands</b> 1
			Credit 7.2	<b>Landscape &amp; Exterior Design to Reduce Heat Islands</b> 1
			Credit 8	<b>Light Pollution Reduction</b> 1
			<b>Water Efficiency</b>	
			<b>Possible Points: 5</b>	
Y	?	N	Credit 1.1	<b>Water Efficient Landscaping, Reduce by 50%</b> 1
			Credit 1.2	<b>Water Efficient Landscaping, No Potable Use or No Irrigation</b> 1
			Credit 2	<b>Innovative Wastewater Technologies</b> 1
			Credit 3.1	<b>Water Use Reduction, 20% Reduction</b> 1
			Credit 3.2	<b>Water Use Reduction, 30% Reduction</b> 1
			<b>Energy &amp; Atmosphere</b>	
			<b>Possible Points: 17</b>	
Y	?	N	Prereq 1	<b>Fundamental Building Systems Commissioning</b>
Y			Prereq 2	<b>Minimum Energy Performance</b>
Y			Prereq 3	<b>CFC Reduction in HVAC&amp;R Equipment</b>
			Credit 1.1	<b>Optimize Energy Performance, 20% New / 10% Existing</b> 2
			Credit 1.2	<b>Optimize Energy Performance, 30% New / 20% Existing</b> 2
			Credit 1.3	<b>Optimize Energy Performance, 40% New / 30% Existing</b> 2
			Credit 1.4	<b>Optimize Energy Performance, 50% New / 40% Existing</b> 2
			Credit 1.5	<b>Optimize Energy Performance, 60% New / 50% Existing</b> 2
			Credit 2.1	<b>Renewable Energy, 5%</b> 1
			Credit 2.2	<b>Renewable Energy, 10%</b> 1
			Credit 2.3	<b>Renewable Energy, 20%</b> 1
			Credit 3	<b>Additional Commissioning</b> 1
			Credit 4	<b>Ozone Depletion</b> 1
			Credit 5	<b>Measurement &amp; Verification</b> 1
			Credit 6	<b>Green Power</b> 1

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Partnership

Performance

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# Program & Budget Vocabulary



## Programming *Area Arithmetic*

- Assignable Square Feet/Gross Sq. Ft.
- Building Efficiency





# Program & Budget Vocabulary

## Areas

A.S.F. = Assignable Square Feet (Usable Area)  
G.S.F. = Gross Square Feet (Total Building Area)

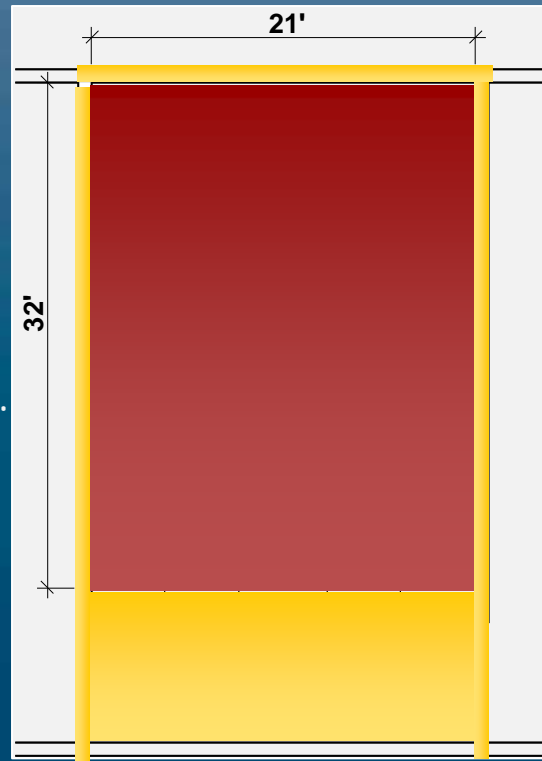


An international Squash Court is 21' x 32' = 672 A.S.F.

Add Approximately 30% to the A.S.F.  
To obtain the G.S.F.

$A.S.F. + (30\% \text{ of } A.S.F.) = G.S.F.$

$672 \text{ S.F.} + 202 \text{ S.F.} = 874 \text{ G.S.F.}$



Janitorial & Toilets



Mechanical Equipment



Lobby/Corridors



Elect. & Tele. Rooms



Ducts & Vertical Pipes



Stairs & Elevators

# Program & Budget Vocabulary

## Programming



### *Budget Arithmetic*

- Construction Costs / Project Costs



# Budget



## Typical Construction Cost

- A. Enclosed Building
- B. Landscape  
Demolition  
Utility Service  
Fixed Equipment
- C. Furniture, Fixtures,  
Equipment  
Art/Graphics

## Typical Soft Costs

*Architect/Engineer Fees  
Building Permits  
Testing & Inspection Fees  
Special Consultants  
Sewer Connection Fees  
Maintenance Endowment  
Parking Replacement Fund  
Construction Financing  
Legal Fees  
In-House Administration  
Other Finance Fees  
Contingency*

**Construction Cost Plus Soft Cost = Project Cost**





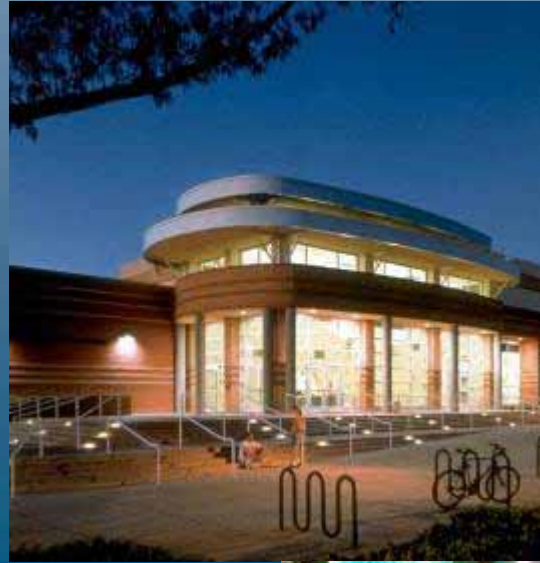
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# Lobby / Gallery / Identifiable Entries

- Beacon
- Safe Access
- Sense of Arrival
- WOW Factor



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# Public Spaces and Social Zones

- How Much
- How Many
- Proximity to Student Center





# Lounges

- A Place to Interact
- A Focus on Community
- Informal Study





# Food Service

- One Stop Workout
- Level Varies Widely
- Demand Proven





# Fitness / Weight Training

- Ambience
- Intimidation
- Programs
- Flexibility



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# Cardiovascular Areas

- Combined with Fitness
- Distributed
- Trends





# Gymnasium

- How many Courts
- Size of Courts
- Daylight
- Competition Use



# MAC

- Size
- Sports Accommodated
- High Impact





# Group Exercise Rooms

- Number
- Sized for Programs
- Sound Transmission
- Multiple Use



# Climbing Walls

- Fad or Fixture
- Height or Length
- Bouldering





# Jogging Tracks

- Length
- Number of Lanes
- Weather / Security Driven



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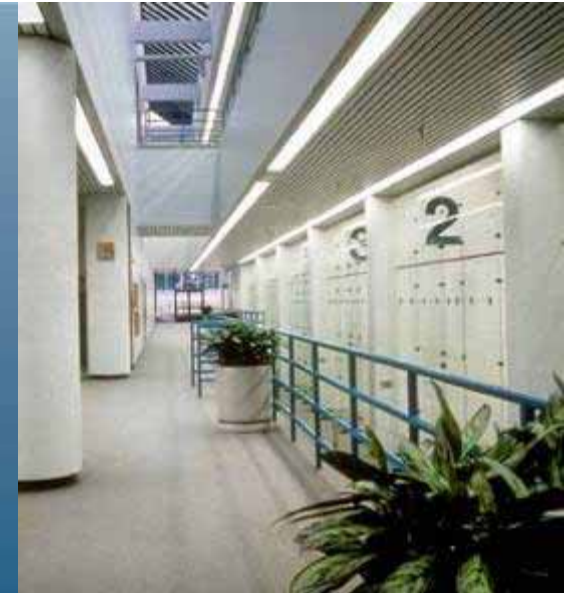
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# Racquetball / Squash

- Popularity
- Number of Courts
- Moveable Walls / Flexibility
- Regional Interest



# Locker Rooms

- How Large
- Rental / Day-use
- Security / Self-policing
- Maintenance



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# Recreation Pool Facilities

- Lap Pool
- Leisure Pool
- Spa
- Sauna
- Trends





## Other Components

- Pro-shop
- Outdoor Activities
- Childcare
- Spa Services
- Camp Support
- Ice Rinks
- Ice Climbing



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# Wellness / Health Typical Components

- Wellness Typical Components
  - Assessment / Testing Room
  - Massage Therapy Rooms
  - Physicians Examination Room
  - Health Information Lounge
  - Demonstration Kitchen
- Blood Labs
- Rehabilitation Gym
- Classrooms
- Reception / Offices
- Student Health Services - Controversial
- Psychology Services – Controversial
- Drug and Alcohol Counseling - Controversial



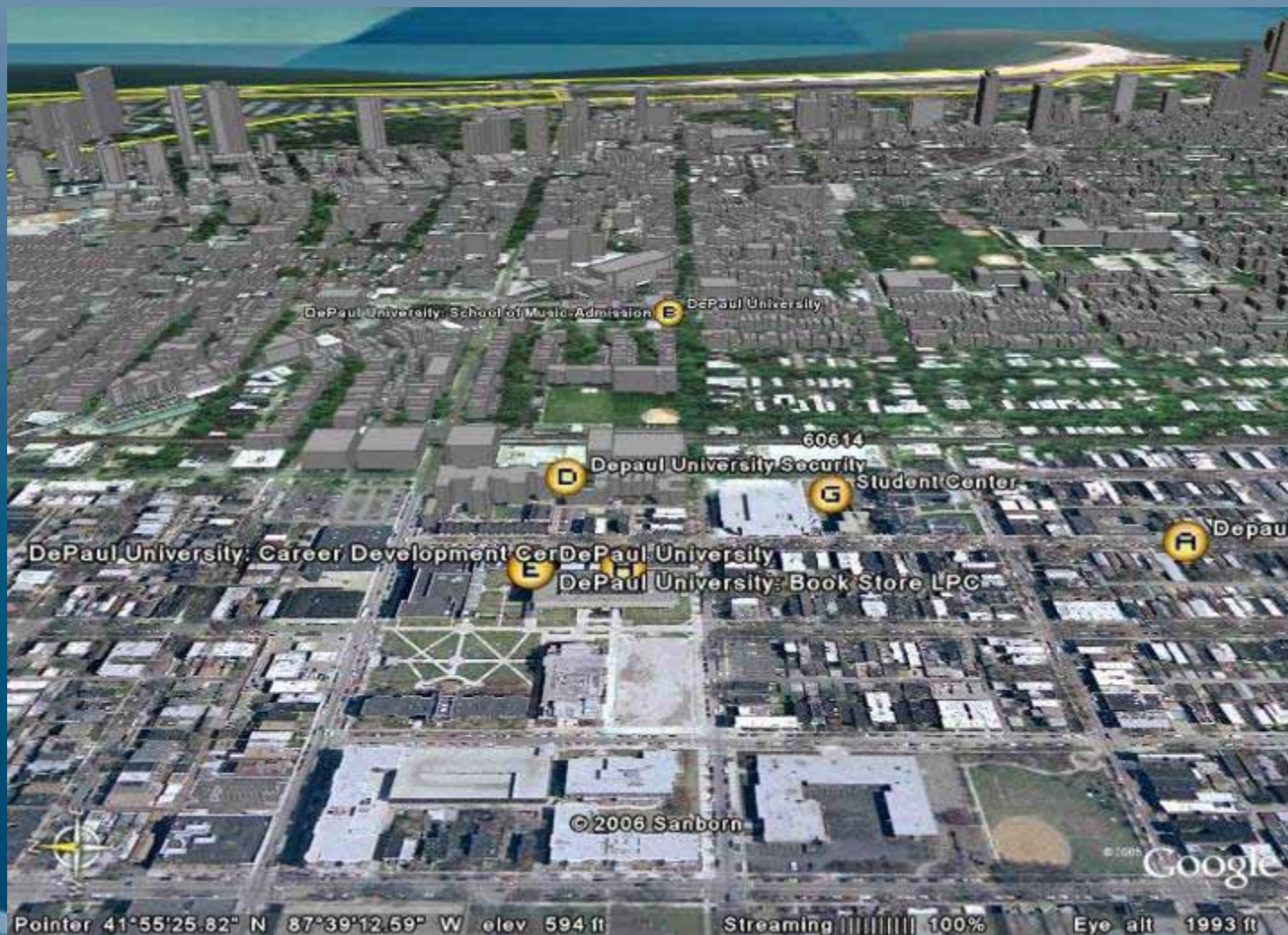
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# Fusion – DePaul University



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# Fusion – Central Washington University



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# Process

- Existing facilities audit
- Building schedule analysis
- Benchmarking & national trends research
- Focus groups
- Surveys
- Site analysis
- Cost estimate & financial analysis



# Process

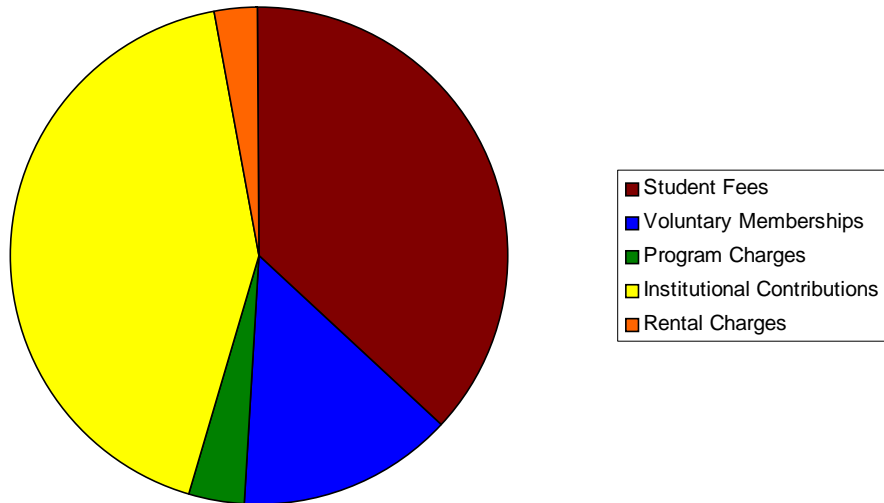
## PROJECTED BASIC OPERATING PRO FORMA

			First Year								
<u>INCOME</u>	Base Year	Factor	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Year 7	Year 8	Year 9
User Fee Income	923,000	100.0%	923,000	1,070,000	1,194,000	1,243,000	1,287,000	1,339,000	1,392,000	1,448,000	1,506,000
Credit For Current Budget	350,000	100.0%	350,000	350,000	350,000	350,000	350,000	350,000	350,000	350,000	350,000
Other Income	116,000	100.0%	116,000	159,000	204,000	251,000	261,000	271,000	282,000	294,000	305,000
<b>TOTAL INCOME</b>	1,389,000		1,389,000	1,579,000	1,748,000	1,844,000	1,898,000	1,960,000	2,024,000	2,092,000	2,161,000
<u>EXPENSES</u>											
<b>Personnel Expense:</b>											
Full-Time Staff Salaries and Fringes	177,000	100.0%	177,000	184,000	191,000	199,000	207,000	215,000	224,000	232,000	242,000
Part-Time Staff Salaries and Fringes	184,000	100.0%	184,000	192,000	200,000	208,000	216,000	224,000	233,000	243,000	252,000
Work Study Return (10% of Student Salaries)	-13,000	100.0%	-13,000	-13,000	-14,000	-14,000	-15,000	-16,000	-16,000	-17,000	-18,000
<b>Subtotal</b>	348,000		348,000	363,000	377,000	393,000	408,000	423,000	441,000	458,000	476,000
<b>Operating Expenses:</b>											
Utilities	89,000	100.0%	89,000	93,000	97,000	101,000	105,000	109,000	113,000	118,000	123,000
University Overhead Charge	0	100.0%	0	0	0	0	0	0	0	0	0
Building Maintenance & Repairs	25,000	100.0%	25,000	26,000	27,000	28,000	29,000	30,000	31,000	32,000	33,000
Custodial	89,000	100.0%	89,000	93,000	97,000	101,000	105,000	109,000	113,000	118,000	123,000
Service Contracts	51,000	100.0%	51,000	53,000	55,000	57,000	59,000	61,000	63,000	66,000	69,000
Miscellaneous Expenses	25,000	100.0%	25,000	26,000	27,000	28,000	29,000	30,000	31,000	32,000	33,000
Sports Equipment Maintenance & Repairs	25,000	0.0%	0	19,000	25,000	26,000	27,000	28,000	29,000	30,000	31,000
<b>Subtotal</b>	304,000		279,000	310,000	328,000	341,000	354,000	367,000	380,000	396,000	412,000
<b>TOTAL EXPENSES</b>	652,000		627,000	673,000	705,000	734,000	762,000	790,000	821,000	854,000	888,000
<b>NET OPERATING INCOME</b>	737,000		762,000	906,000	1,043,000	1,110,000	1,136,000	1,170,000	1,203,000	1,238,000	1,273,000
Debt Service Recreation Center	832,058	100.0%	832,058	832,058	832,058	832,058	832,058	832,058	832,058	832,058	832,058
CASH FLOW AFTER DEBT SERVICE			-70,058	73,942	210,942	277,942	303,942	337,942	370,942	405,942	440,942
CUMULATIVE CASH FLOW AFTER DEBT SERVICE			-70,058	3,885	214,827	492,769	796,712	1,134,654	1,505,596	1,911,539	2,352,481

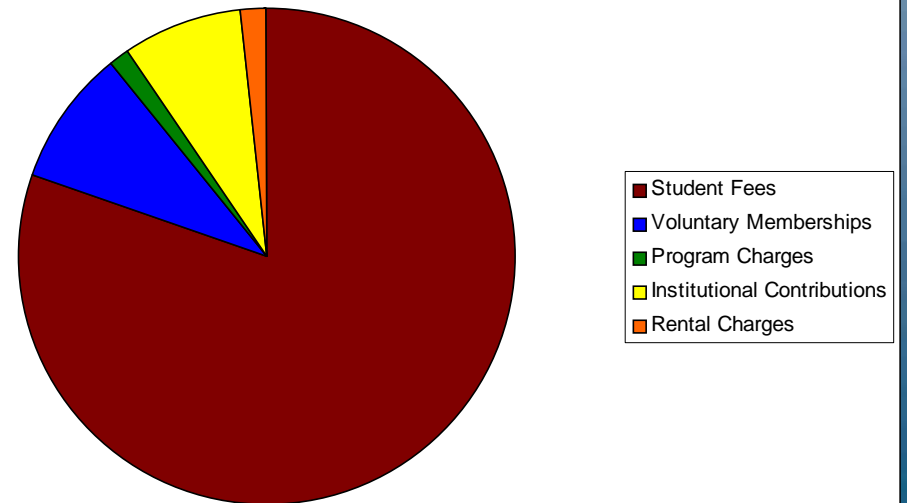


# Process

College or University < 5,000 Students



College or University 5,000 to 15,000 Students



# Process

- 8.5 to 10.5 Gross Square Feet Per Student
  - Small Residential Campuses Are Higher
  - Large, Urban Non-traditional Campuses Are Lower
- Add 1 to 1.5 Gross Square Feet Per Employee
- Add 5 to 7.5 Gross Square Feet Per Alumni / Community Member
- Add for Non-redundant Academic & Athletic Spaces
- Weight & Fitness = 1 Net Square Foot Per Student
  - Gender mix
  - Commuter mix
- Group Exercise = .5 Net Square Foot Per Student
  - Adjust for sport club and passive recreation use
  - Gender mix
- Wellness & Social Spaces are additional





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# Case Study: University of Alabama - Birmingham Campus Recreation Center, *Birmingham, AL*



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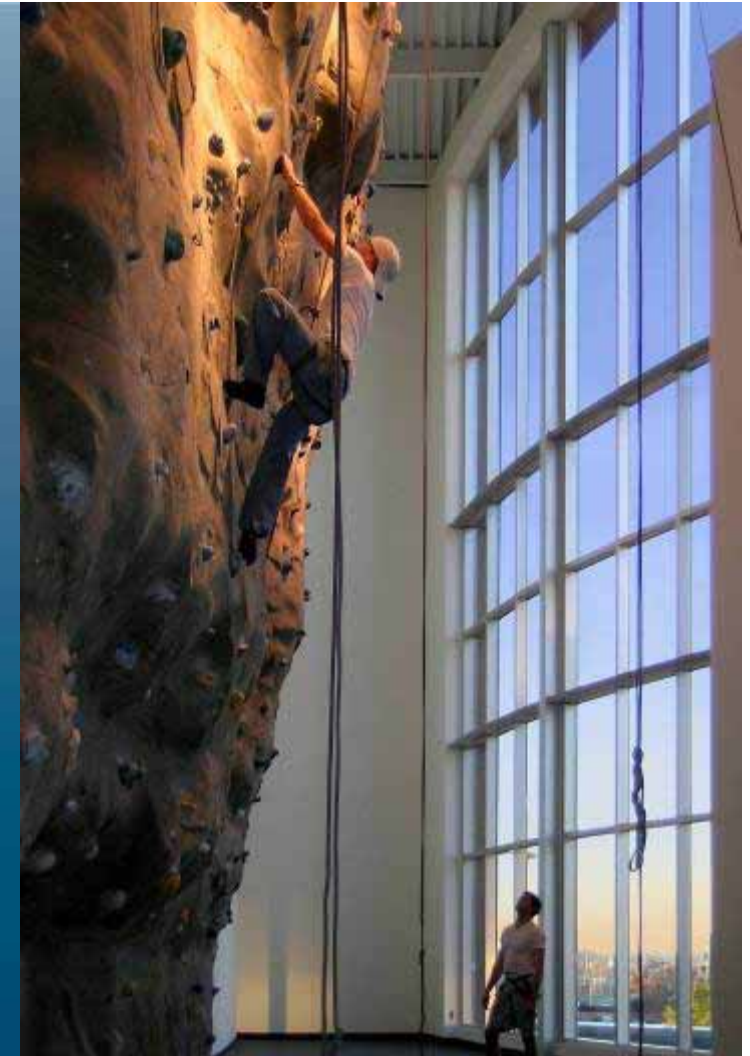
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# University of Alabama - Birmingham

## Campus Recreation Center

- Public University
- Founded: 1969
- Land Area: 342 Acres
- Enrollment
  - Undergraduate: 11,500
  - Graduate: 5,500
- Employees: 16,000



# University of Alabama - Birmingham

## Campus Recreation Center

### Campus Recreation Center

- Area: 150,000
- Total Project Cost: \$24 M
- Opened: April 1, 2005
- Members:
  - Students: 16,000
  - Faculty & Staff: 1,500
  - Household Spouses: 650
  - Alumni: 100
  - Others: 20
- Recreation Staff
  - Full-time: 12
  - Housekeepers: 8
  - Student Workers: 150





# University of Alabama - Birmingham

## Campus Recreation Center

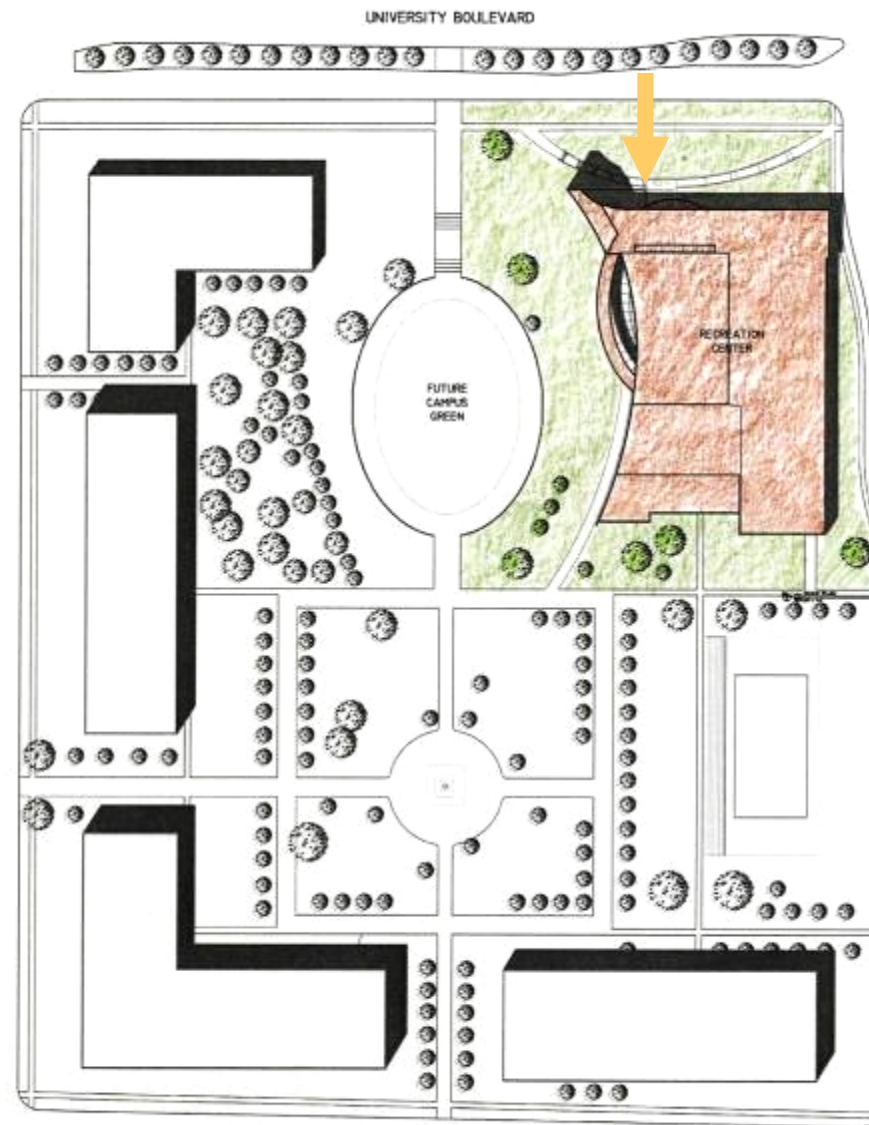
### Budgets

- Student Fee:
  - \$72 Per Semester for Full-time
  - \$48 Per Semester for Part-time

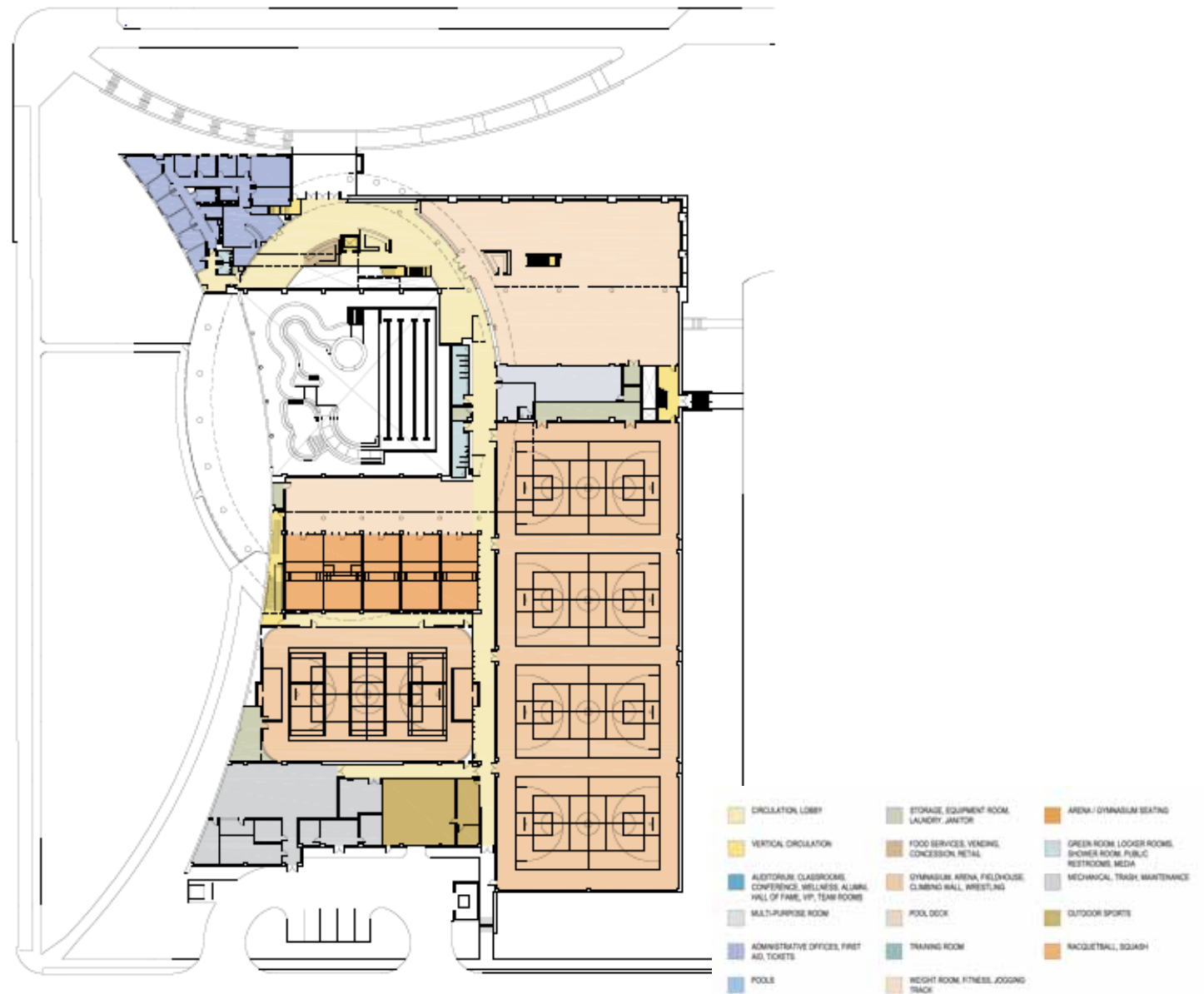
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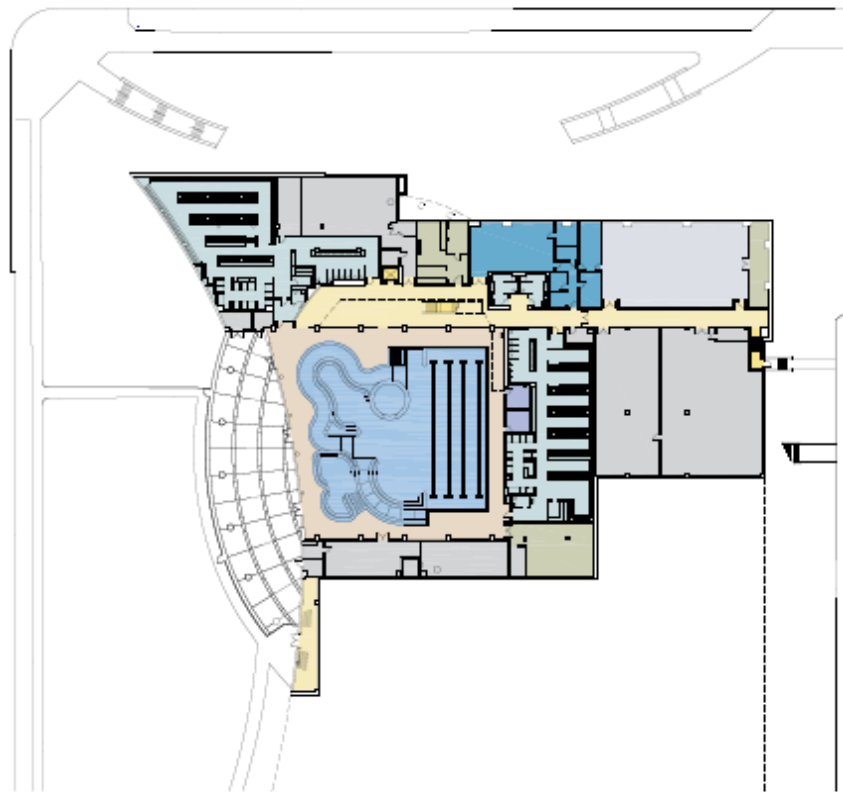
- Monday -Thursday: 2,100 (academic yr)
- Friday - Sunday: 1,300 (academic yr)
- Year-to-Date: 426,000











CIRCULATION LOBBY	STORAGE, EQUIPMENT ROOM, LAUNDRY, JANITOR	ARENA / GYMNASIUM SEATING
VERTICAL CIRCULATION	FOOD SERVICES, VENDING, CONCESSION, RETAIL	GREEN ROOM, LOCKER ROOMS, SHOWER ROOM, PUBLIC RESTROOMS, MEDIA
AUDITORIUM, CLASSROOMS, CONFERENCE, WELLNESS, ALUMNI, HALL OF FAME, VIP, TEAR ROOMS	GYMNASIUM, ARENA, FIELDHOUSE, CLIMBING WALL, WRESTLING	MECHANICAL, TRASH, MAINTENANCE
MULTI-PURPOSE ROOM	POOL DECK	OUTDOOR SPORTS
ADMINISTRATIVE OFFICES, FIRST AID, TICKETS	TRAINING ROOM	RACQUETBALL, SQUASH
POOLS	WEIGHT ROOM, FITNESS, JOGGING TRACK	

## Lower Level

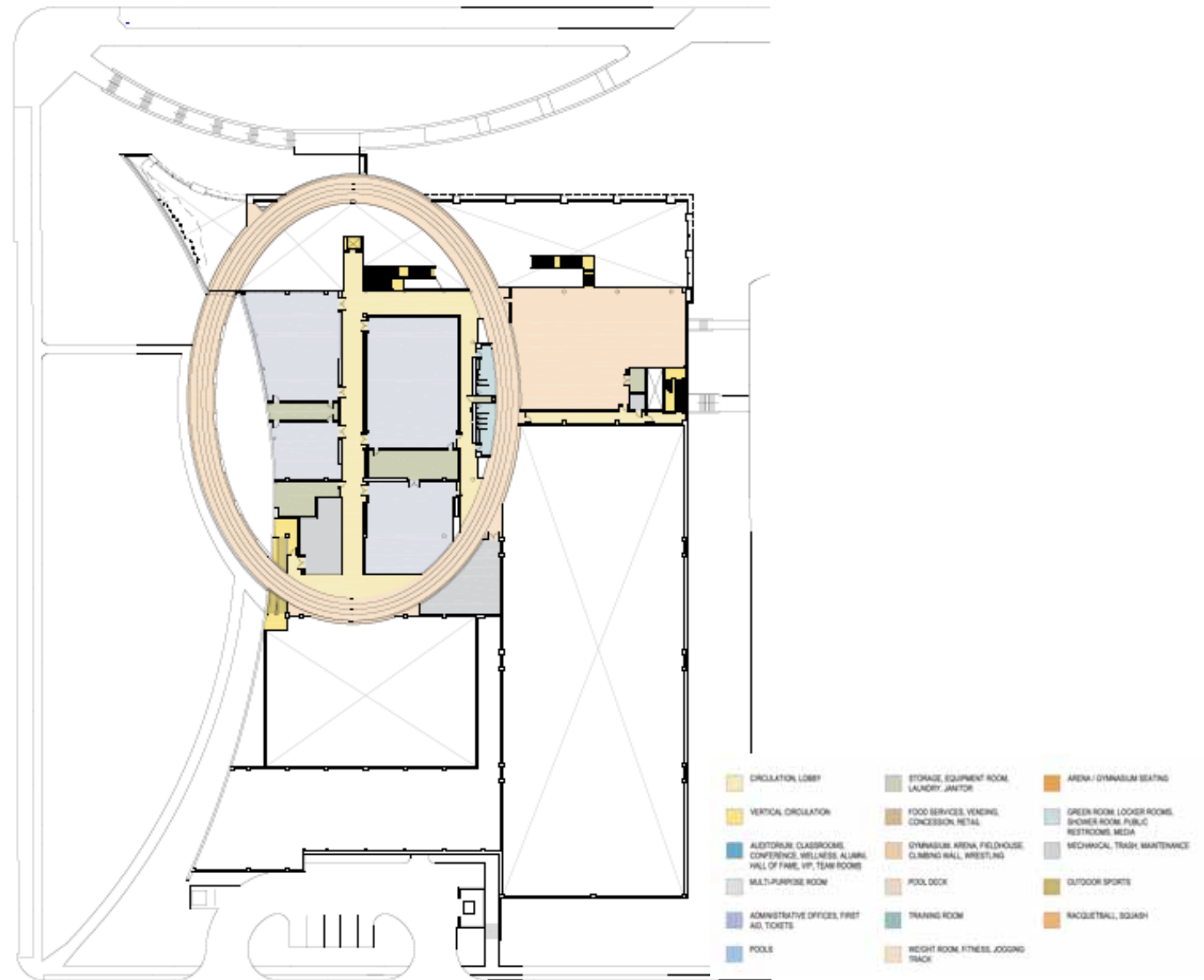
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## Second Level

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# Case Study:

Nova Southeastern University  
University Center  
Fort Lauderdale, FL

Institution: Private

Enrollment:

· Fulltime	2,600
· Part time	1,600
· Graduate	<u>13,600</u>
<b>Total</b>	<b>17,800</b>

On Campus Beds: 600

Building GSF: 253,000

· Student Activities	15,000
· Student Recreation	87,000
· Intercollegiate Sports/Arena	112,000
· Food Service	7,000 (+remodel)
· Conferencing	7,000
· Department of Performing Arts	<u>25,000</u>
<b>Total</b>	<b>253,000</b>

Arena: Flexible 1,250 – 4,700 seats

Funding Source: Not available







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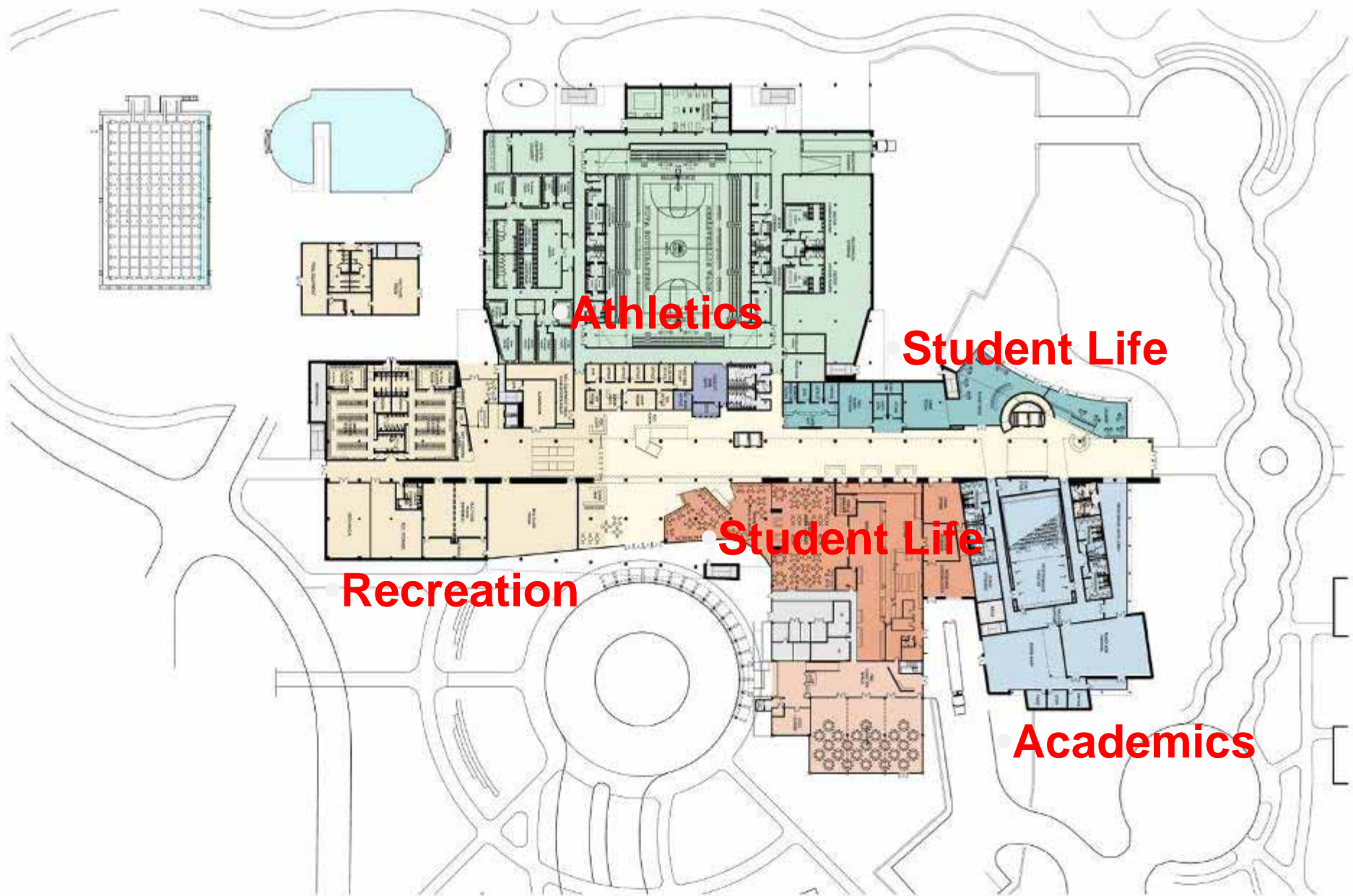
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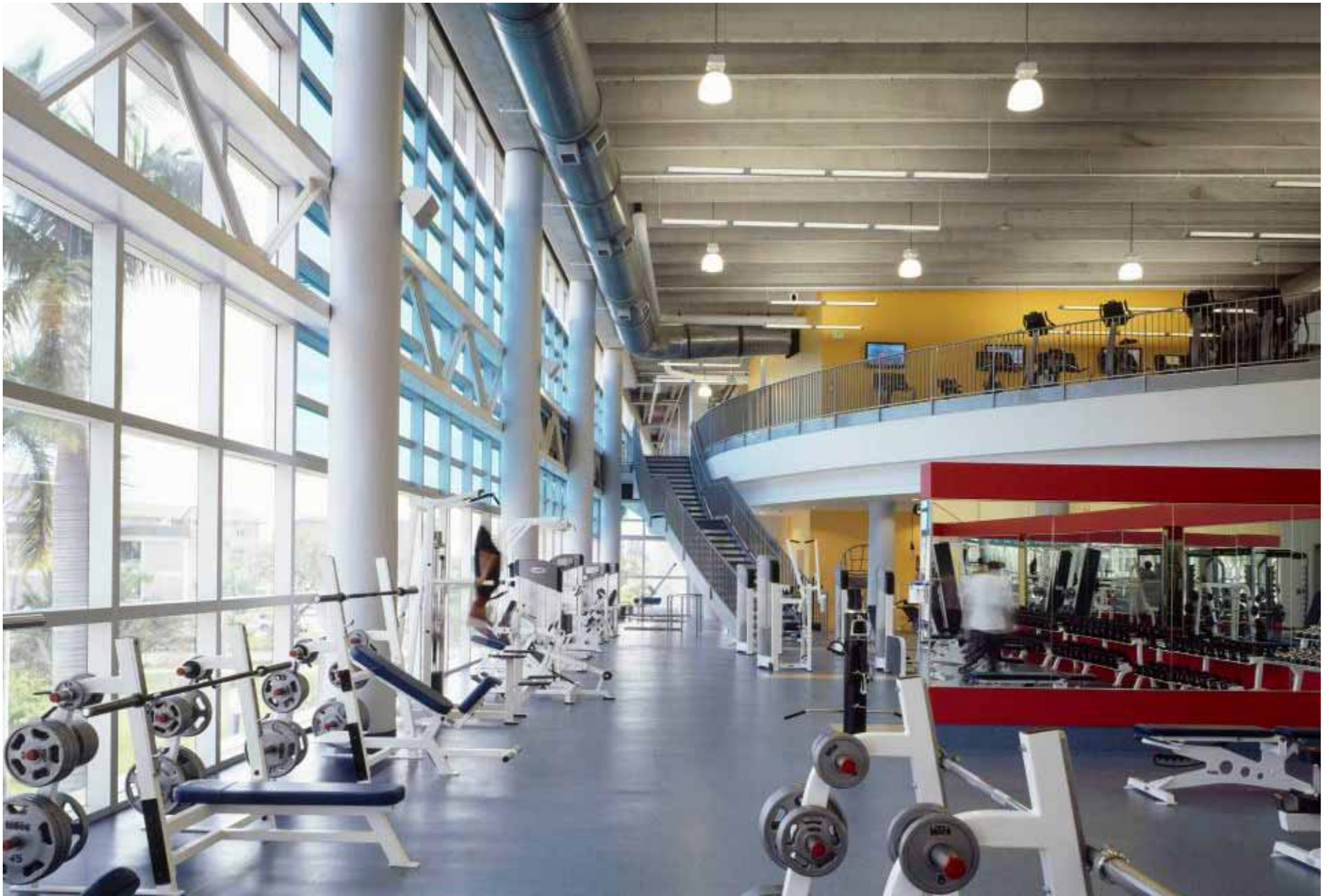
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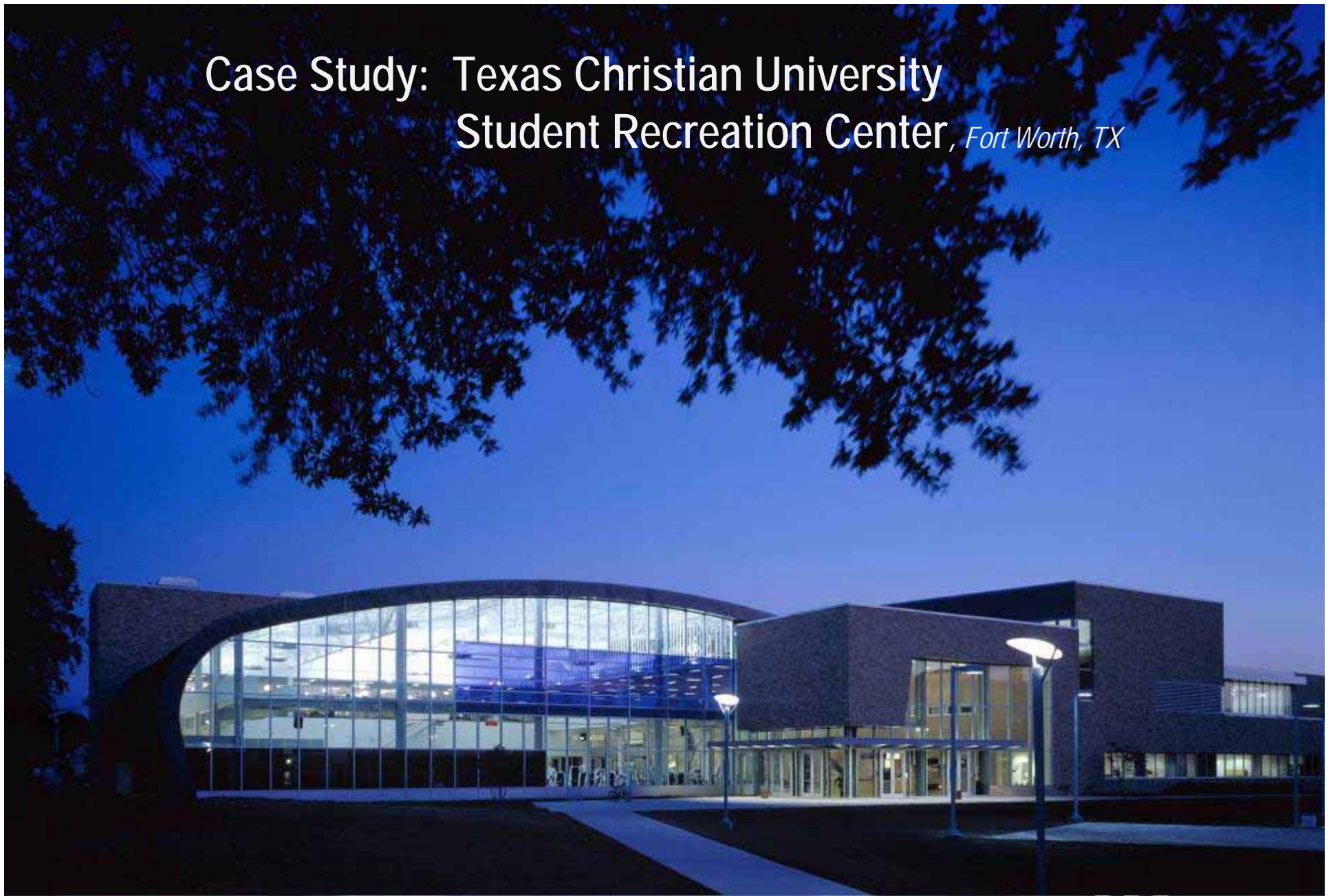


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# Case Study: Texas Christian University Student Recreation Center, *Fort Worth, TX*



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# Texas Christian University

## Student Recreation Center

- Private University
  - Founded: 1873
- Students

- Undergraduates: 7,200
- Graduate Students: 1,400

### Faculty / Staff

- Full-time: 1,600



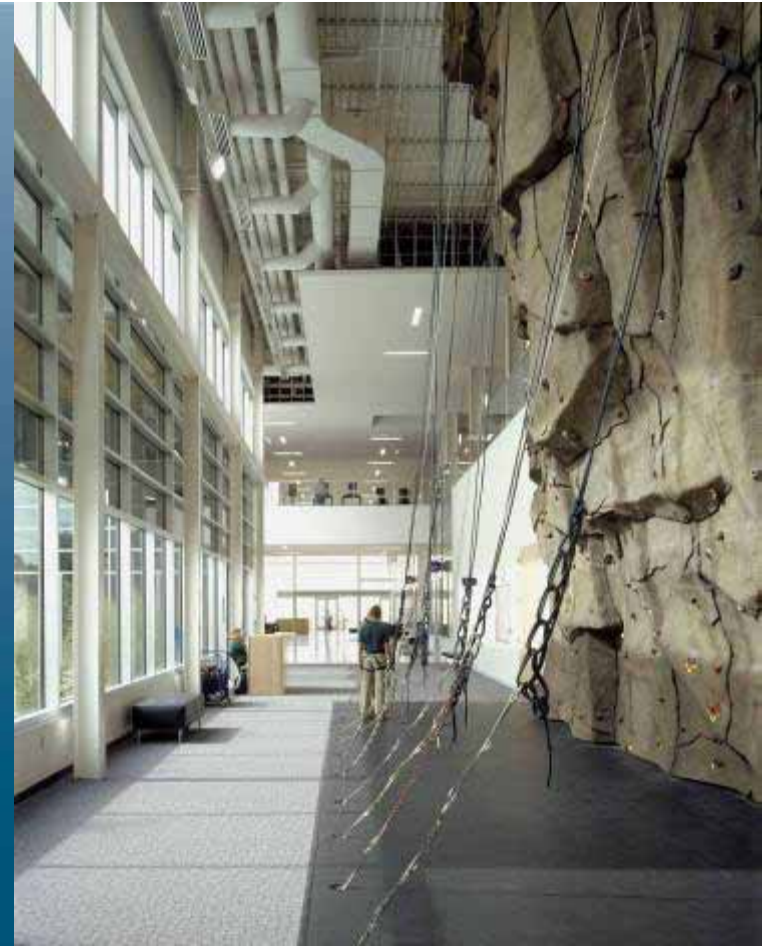


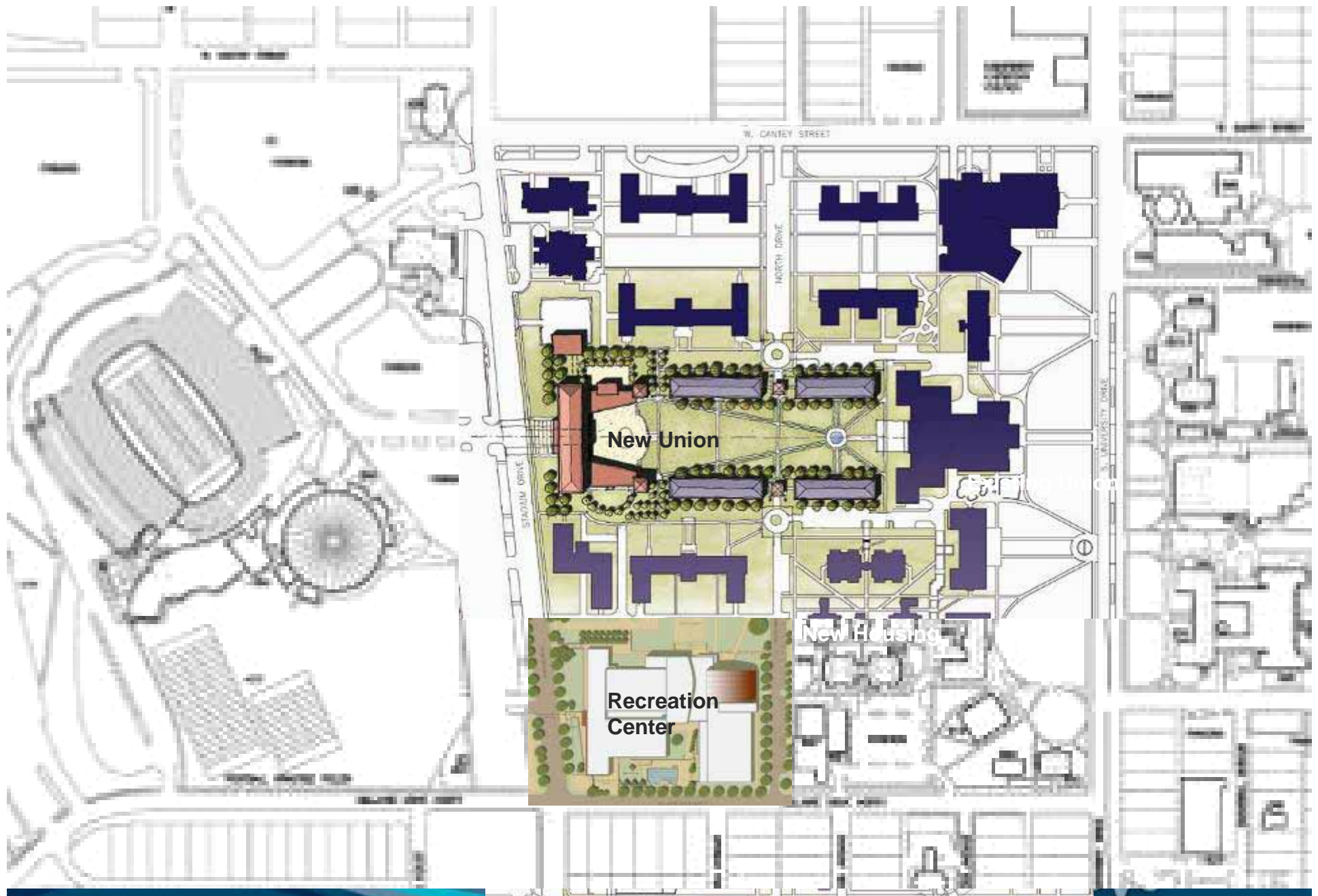
# Texas Christian University

## Student Recreation Center

### Student Recreation Center

- Area:
  - Renovated: 120,000 sf
  - New: 104,000 sf
  - Total: 224,000 sf
- Construction Cost: \$23.5 M
- Opened: October 2003
- Recreation Staff
  - Full-time: 10
  - Student Workers: 250
- Attendance:
  - 456,000 1<sup>st</sup> year
  - 1,300 Average per year





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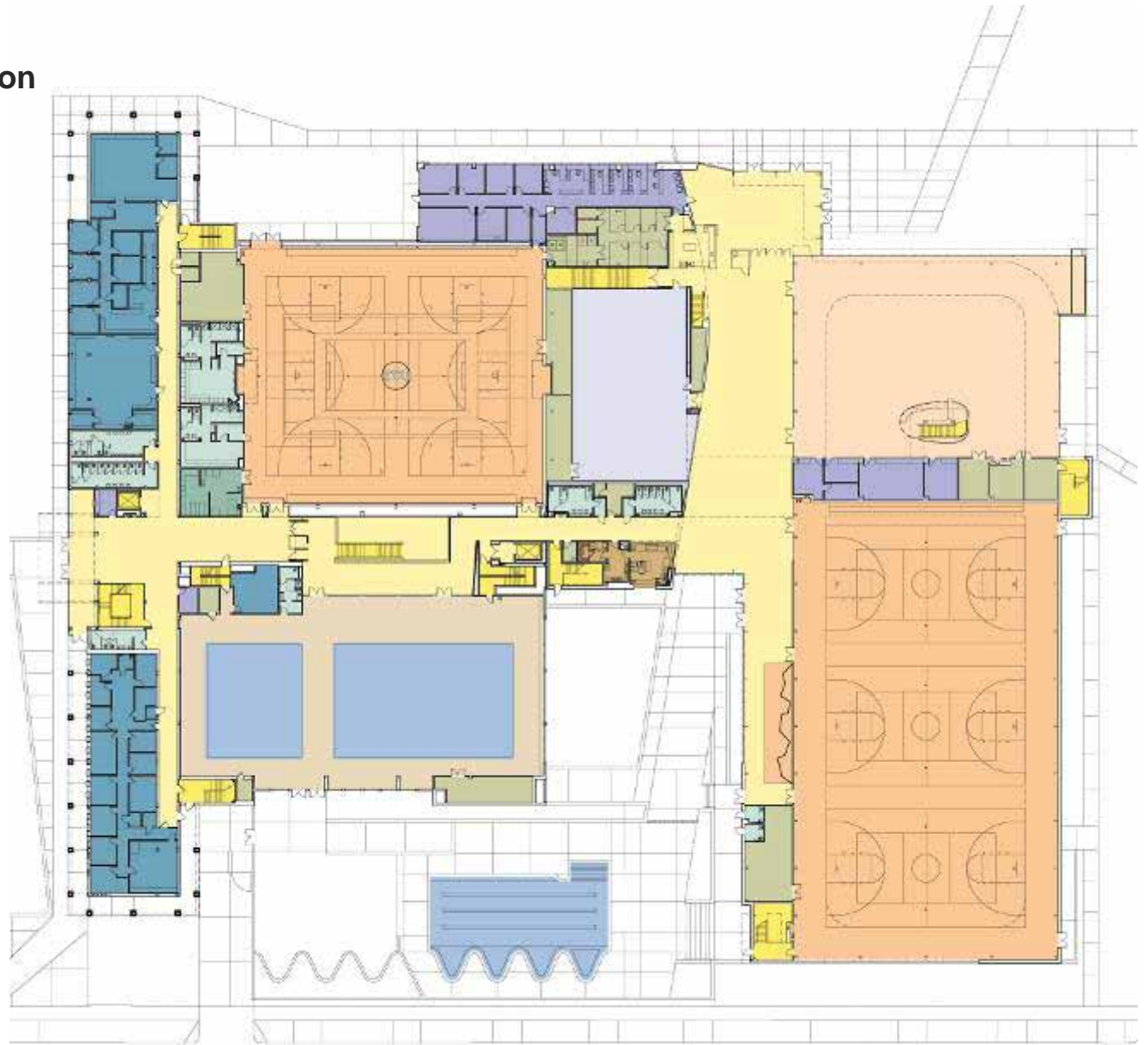
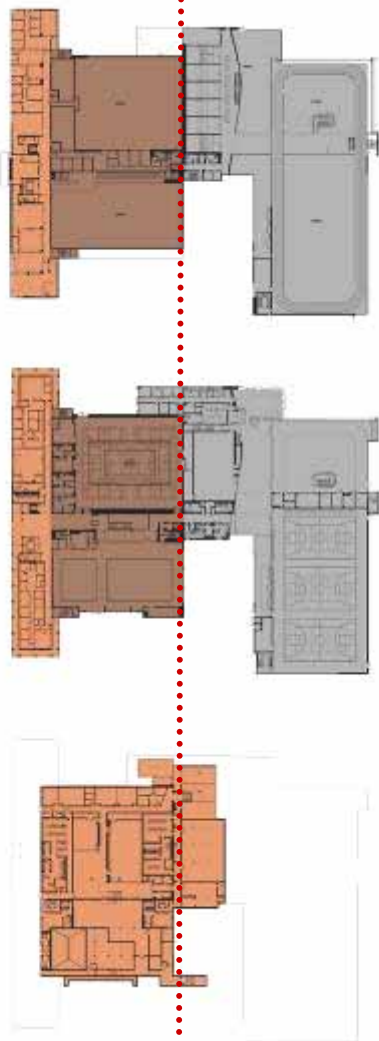


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## Renovation | New Construction





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# Case Study:

University of Maine

Public University

Founded 1865

Small Town Campus Setting

Enrollment:

Undergraduate 9,000

Graduate 2,000

Campus Area 3,298 Acres

Building Area 87,919 SF

Construction Cost \$17.1 million

Opened October 2007

Funding

Bond / Student Fee \$98

Annual Contribution from Operating Budget









THE UNIVERSITY OF MAINE  
STUDENT RECREATION & FITNESS CENTER

#### FIRST FLOOR PLAN

- 1 Entry Vestibule
- 2 Lobby
- 3 Control Desk
- 4 Juice Bar / Vending
- 5 Conference
- 6 Offices
- 7 Stair
- 8 Elevator
- 9 Circulation
- 10 Men's Restroom
- 11 Men's Locker Room / Showers
- 12 Women's Restroom
- 13 Women's Locker Room / Showers
- 14 Leisure Pool
- 15 Pool Storage
- 16 Pool Mechanical
- 17 Pool Office
- 18 Assisted Changing
- 19 Multipurpose Room
- 20 Weight Training
- 21 3 - Court Gym
- 22 Multipurpose Activity Court
- 23 First Aid
- 24 Equipment Check-out
- 25 Equipment
- 26 Mechanical
- 27 Gym Storage

0 16 32













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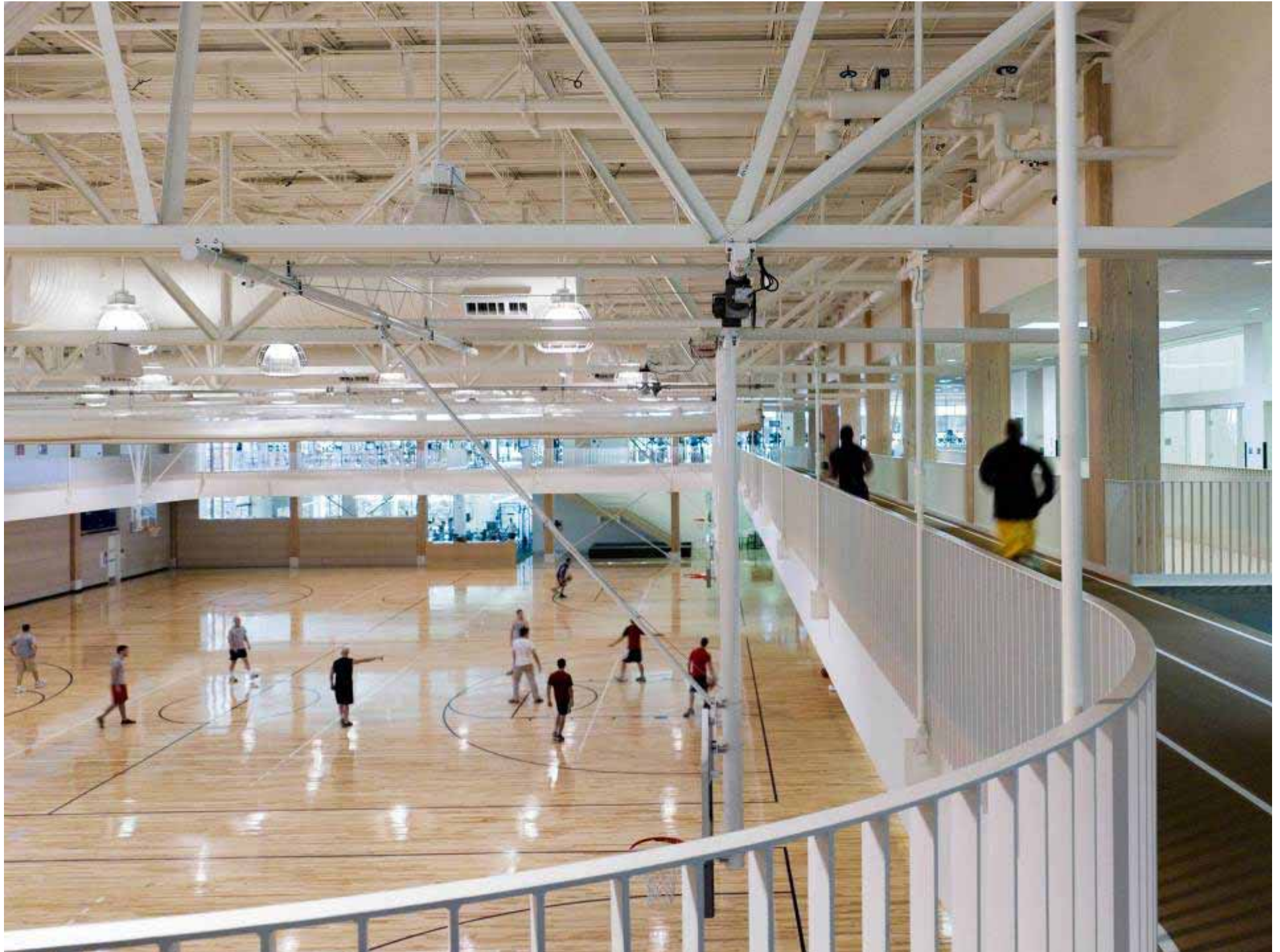
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# Case Study:

## California State University Long Beach Student Recreation and Wellness Center

- Public University
- Founded: 1949
- Urban Campus (metropolitan Los Angeles)
- Area: 322 Acres
- Enrollment: 36,870
- Faculty/Staff: 5,600



# Case Study:

## California State University Long Beach Student Recreation and Wellness Center

- Proposed Staffing:
  - Management: 2
  - Programs: 2
  - Admin. Support: 3
  - Facility Staff: 4
  - Student Staff: 150
- Operations:
  - Operating Budget: \$10 million
  - Student Fees: \$110/semester  
\$87/ summer





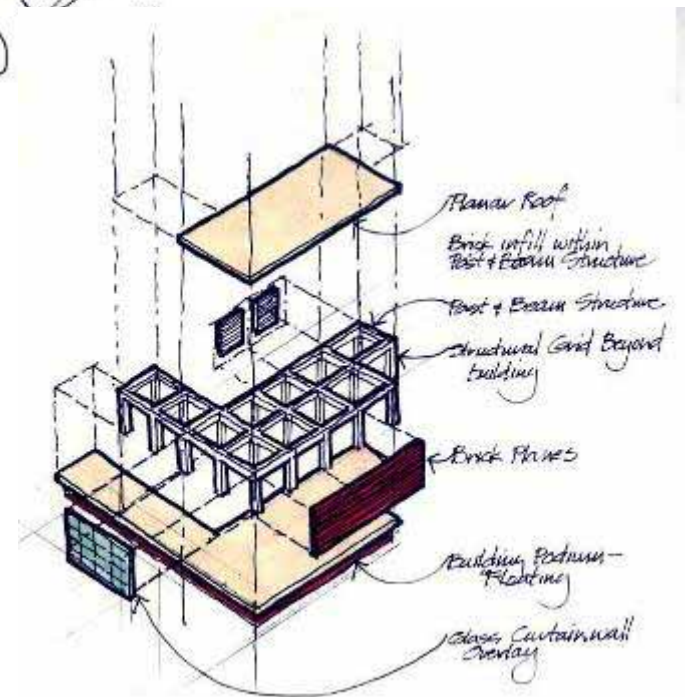
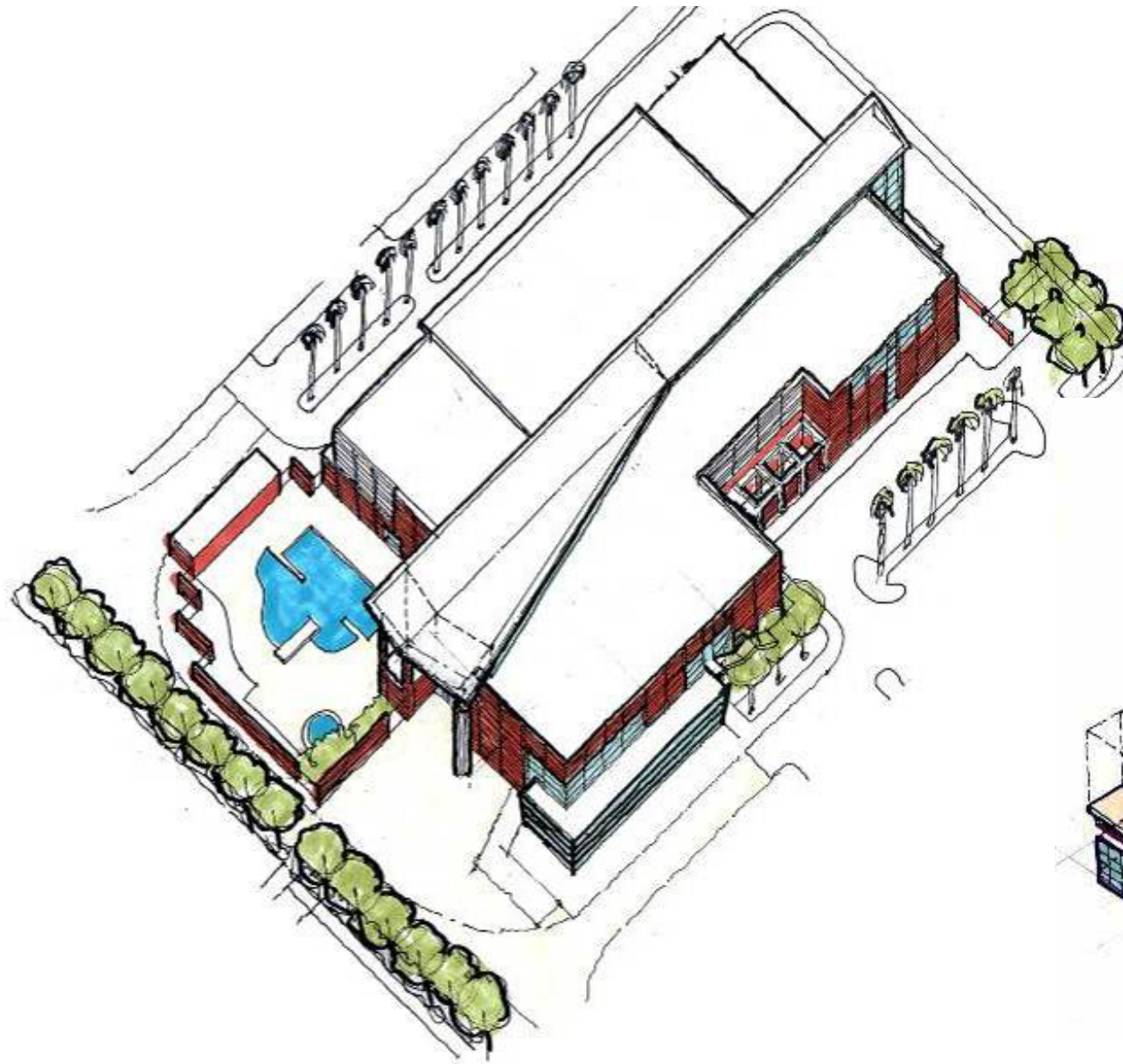
# Case Study:

## California State University Long Beach Student Recreation and Wellness Center

- Program Components
  - Fitness
  - 3 court gym
  - MAC
  - 3 Activity Rooms
  - Climbing Wall
  - Outdoor Rec.
  - Recreation Pool and Spa
  - Food and Lounge
  - Wellness
- Construction Budget: \$51.5 million
- Building Area (GSF): 108,000 SF



2002-2007







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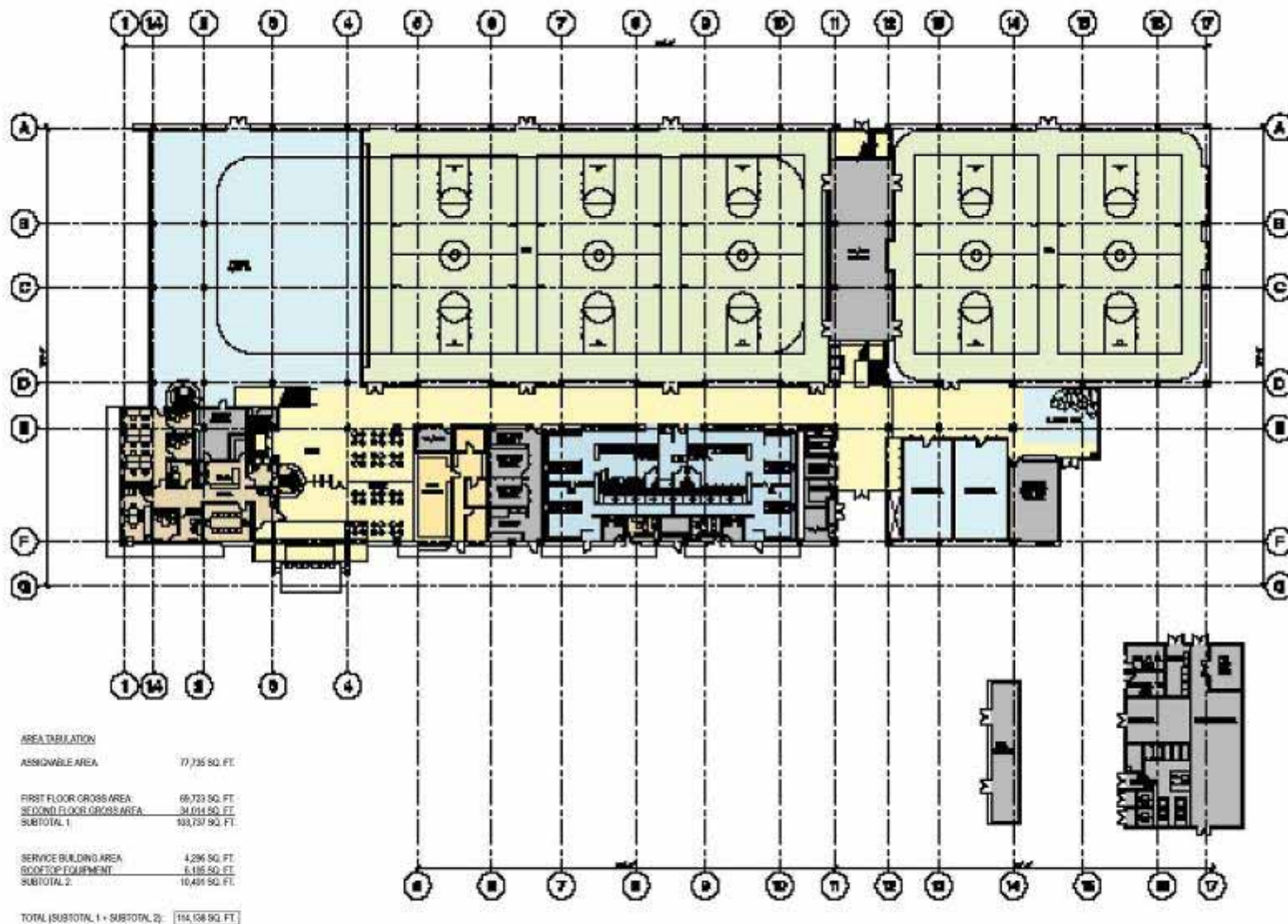
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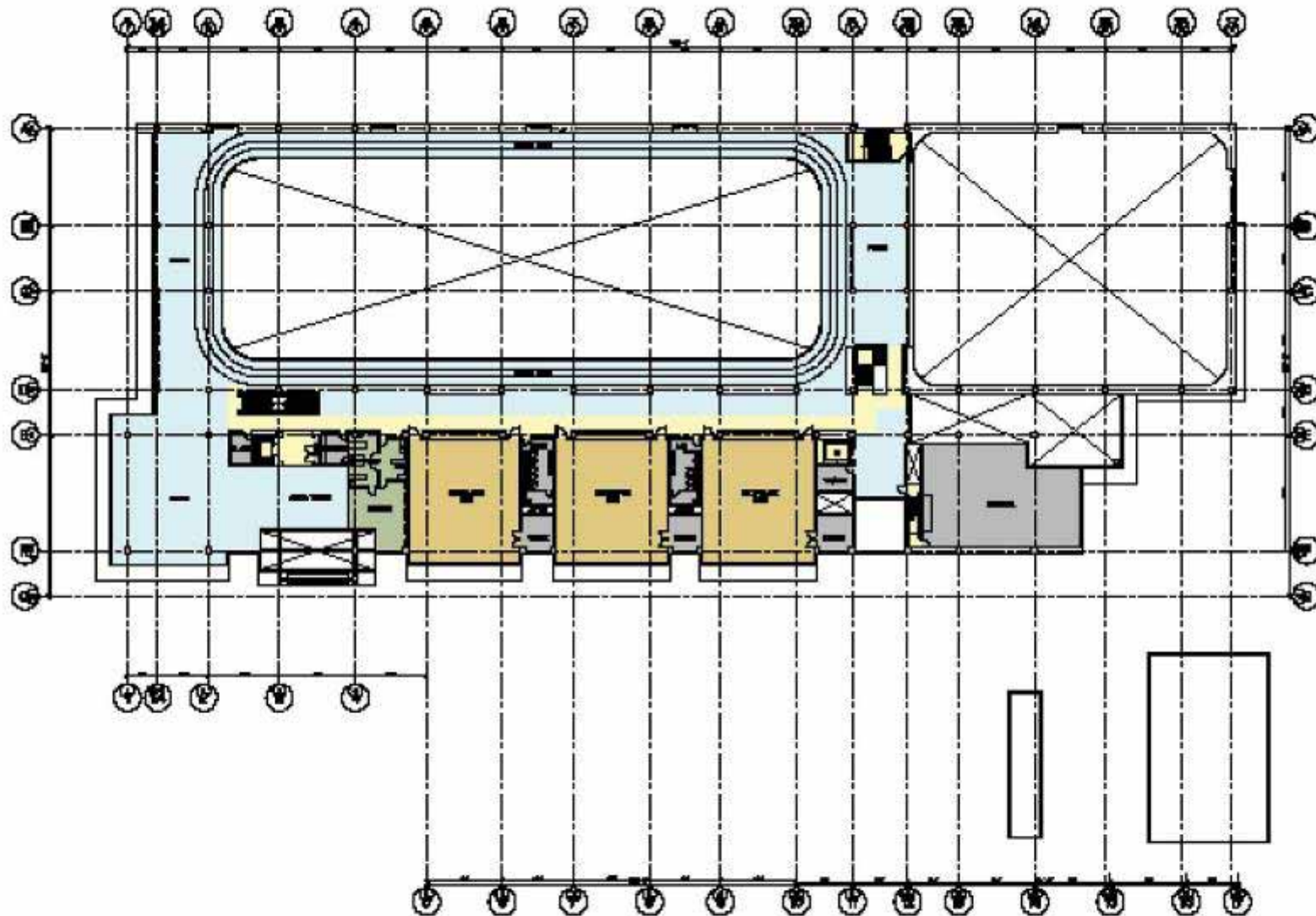


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WEST ELEVATION



SOUTH ELEVATION



EAST ELEVATION



NORTH ELEVATION







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## *A Primer for Union Directors*

**March 18, 2008**

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