What’s Going On in Reynolds Gym?

Campus Forums
September 27, 2016
Pugh Auditorium, Benson Student Center
Overview of Presentation

- A little bit of background
  - Timeline, tidbits, hard work

- Reynolds Gymnasium, Transformed!
  - What’s on the inside?

- Take a Look for Yourself
  - Virtual Reality

- ICYMI
  - Debunking mysteries

- Metrics & Information
  - Useful info & Knowledge

- What’s on your mind?
  - Questions w/ Answers

- Wrap Up
A Little Bit of Background
A Little Bit of Background

- Student Enrollment has grown to 4,900 Students
  - This is dramatically more than just 1,700 in 1955 (When Reynolds Gym was constructed)

- Building Space in Reynolds was Not Adequate
  - Could not serve all the programs within. Changes & updates were needed!

- Participation Metrics
  - One in three students participates in Campus Recreation, daily
  - One in five students participates in Club Sports
  - Eight of ten students participate in Intramurals during their time on campus

- Campus Recreation is the 2nd Leading On-Campus Employer
  - 266 current employees. That number will increase post-construction

- In addition to field space, Campus Recreation currently oversees . . .
  - Sutton Center, Reynolds Gymnasium, Outdoor Tennis (8), Outdoor Basketball (3) Outdoor Sand Volleyball (3), Frisbee Golf Course, Miller Fitness Center, and Group Exercise (1).
  - This will all increase dramatically post-construction.
A Little Bit of Background

- Building Space in Reynolds was Not Adequate
  - Could not serve all the programs within. Changes & updates were needed!
Long Time in the Making

- Surveys
  - 2007 Brailsford & Dunlavey Analysis
  - 2009 RDG Survey (Students, Faculty & Staff)
  - 2012 Brailsford & Dunlavey Financial Analysis
  - Several Institutional Cross-Tabulated Data Sets

- Focus Groups
- Meetings / Details
- Previous Campus Referendum
- Board of Trustees Meetings
- Strategic Decisions, Ongoing
- Interlaced Capital Projects
  - Athletics
  - Housing
  - Academic
  - Recreation
  - and more!
Key Objectives

- Facility that **encourages healthy lifestyles**, and provides **great resources for health and wellness** on this campus.

- Facility that helps build a **strong campus community**, and dramatically **improves on-campus amenities** for that.

- **Right-sized recreational spaces & programs** that encourage participation and use.

- Provide **healthy social options for the campus**, while elevating participation & learning of beneficial life-long recreation activities.
Key Objectives

- Reinforce Wake Forest’s attention to creating *spaces that foster high academic achievement & strengthen beneficial social interaction*

- Facility providing *activity, health, wellness, social, and decompression spaces* that will *strongly support this campus’ many diverse communities*

- **Why?** *Students who successfully establish regular exercise patterns* while in college ... *greatly impact their lifelong health*, personally & for their community*

* National Institute of Health, Consensus Conference, 1996
Measuring Success

• Adequate, beneficial, right-sized recreation space for the entire campus community
  – This is foundational, regardless of other activities in the building

• Accessibility and inclusion are foundational
  – The entire Wake Forest community, serving all abilities, will be well served
  – Infrastructure, equipment, and services

• Can serve many masters at one time
  – Varsity volleyball match, swim class, zumba class, drop-in recreation, a wellbeing seminar, intramural basketball, free bouldering, cardio craze, and more!

• Student organizations will reserve space to support their wide-ranging needs
  – Greek organization recruitment, to Wake-n-Shake, to Brian Piccolo fundraiser, to Aikido practice, to club water polo tournament, to social events.

• Campus organizations will reserve space to support their wide-ranging needs
  – Departmental events, to Board of Trustees gatherings, to wedding receptions, to Wake Forest community birthday parties. This is a multi-purpose facility!
Reynolds Gym Transformed
Way Back When ...

2008

2013
## Primary Program Spaces

### Recreation Spaces
- Aerobics Rooms
- Bouldering Wall
- Classrooms
- Collaboration Space
- Dedicated Storage
- Gymnasium
- Intramural Team Space
- Locker Rooms
- Lounge Space
- MP Assembly Venue
- Outdoor Programs
- Pool & Whirlpool Spa
- Rec Administration
- Social Areas
- Spin / Cycle
- Strength & Fitness
- Student Health
- Yoga Rooms
- Weights & Fitness

### Student Health Center
- Conference Room
- Dedicated Storage
- Exam Rooms
- Immunization Clinic
- Nurses Space
- Observation Rooms
- Offices
- Pharmacy
- Physician Space
- Procedure Room
- Receptionist
- Resource Room
- Sick Care Spaces
- Staff Space
- Support Spaces
- Triage Room
- Well Care Spaces
- X-Ray Suite

### Wellbeing
- Collaboration Spaces
- Dedicated Storage
- Display Space
- Fireplace
- Living Room
- Meeting Space
- Offices
- Resource Room
- Seminar Room
- Staff Space
- Student Spaces
- Wellness Suite
- Workroom

### Athletics
- Dedicated Storage
- Officials Room
- Team Meeting Space
- Training Suite
- Varsity Gym
- Volleyball Locker Room

### Health Education
- Conference / Meeting
- First Responders
- HES 100 Program Space
- Program Coordinator Office
- Receptionist
- Staff Space
- Student Group Room
- Work Study Space
Long Time in the Making
Phase 1 | North Addition

- Known as the Sutton Center
- 40,000 GSF, overall, w/ three primary levels
- Two Full-Size Gymnasiums
  - Basketball, volleyball, badminton, dodgeball, and many other indoor activities.
- Upper Gymnasium is Multi-Purpose
  - Designed to host a variety of social events, receptions, & dinners
- Outdoor Pursuits Program is on the 1st Floor
  - Trip planning, Equipment Check-Out, Team Meetings, Equipment Repair, etc.
- Connector Spaces on Multiple Levels
  - Social, gather, pre-function, study, relax, group activity, & more
- Temporary Accommodations
  - Campus Recreation Administrative Offices
  - Spin Cycle, Rowing, and Admin spaces in connector
  - Outdoor Pursuits will expand on the 1st Floor
Phase 2 | West Portion of Reynolds

- 80,000 GSF, overall, w/ five primary levels
- Dramatically improved Main Entry & Lobby
- Main Control Station & Customer Service Counter
- Two Gymnasium Courts
  - Both are Multi-Purpose Activity Courts (MACs), with dasher boards & goals
- Intramural Station for checking out sports equipment, game jerseys, first aid, & more
- 2,100 NSF Bouldering Area w/ three different climbing surfaces (up from 500 NSF)
- 18,000 NSF of Cardio & Strength Training space (up from 5,600 NSF)
  - Five Strength & Conditioning neighborhoods
  - Selectorized, Plate-Loaded, Olympic Lifting, Functional Training & Cardio
  - Approximately 200 pieces of Fitness Equipment (up from 50)
  - Treadmills, elliptical, uprights, recumbents, rowing, and many more
- Locker Rooms (M, F, & Gender Neutral) & supports spaces
- Office of Wellbeing, plus a 2,500 NSF Living Room / Social Space
- Various Offices for Campus Recreation
- Student Health Center, mostly complete
Phase 3 | East Portion of Reynolds

- 60,000 GSF, overall, w/ two primary levels
- Eight-Lane Pool & Whirlpool Spa (14 persons!)
  - Wet Classroom instruction space right off of large pool deck
- Locker Rooms (M, F, & Gender Neutral) for pool users
- Group Exercise Studios (2) w/ participant cubbies & dedicated storage
- Mind-Body / Yoga Studio (1) w/ participant cubbies & dedicated storage
- Group Cycling Studio (1) for 24 participants
- Core Fitness instruction Classroom (1)
- Recreation / Activity Lounge (table tennis, billiards, cards, etc.)
- Club Sports / Multi-purpose Rooms (3) including a Combative / Mat Room
- Campus Recreation Administration Offices
  - Conference room, offices, support, & student employee station
- Intramural Sports Administrative Office
  - Meeting space, coaches space, & equipment storage
- Varsity Volleyball Suite
  - Lockers, satellite training, hydro therapy, and lounge space

Complete: March 2018
Take a Look for Yourself
Floor Plan Overview
Gymnasium Courts (Traditional, & MAC)
Bouldering Wall
Debunking a Few Myths

- Jogging Track
- Cardio Equipment
- Juice Bar / Vending Distribution
- Health Exercise Science Department (HES)
- Squash & Racquetball Courts
- Sauna / Steam Room
- Stretching & Functional Fitness Space
- Drinking Fountains
- Air Conditioning
Building the Facility

Capital Investment

- Construction is part Wake Forest’s 10-year $625 Million capital investment
  - $325,000,000 2011-2015
  - $300,000,000 in 2016-2021

Fast Facts* from FL Blum (Construction Manager)

- 180,000 brick / block installed
- 370 tons of steel fabricated & installed
- 1,100 cubic yards of concrete installed
- 470,000 person-hours expended at completion
- 36 micro-pile foundations installed
  - 65” deep, each, under the building

* Rough estimates only, during construction. Not to be relied upon as a final value.
Building the Facility
Building the Facility
Building the Facility
By the Numbers . . .

- 140,000 GSF Existing Building
- 40,000 GSF New Addition
- 180,000 GSF Final Build Out

Program Space Distribution*
- Recreation: 81%
- Wellbeing: 2%
- Student Health: 6%
- Health Education: 1%
- Athletics: 9%
- Other: 1%

* Rough estimates only. Not to be relied upon as a final value.
Acknowledgements

- President's Office  
  - 1 person
- Board of Trustees  
  - 10 persons
- Office of the Provost  
  - 1 person
- Senior Officers  
  - 3 persons
- Campus Recreation  
  - 17 persons
- Advancement: VP Office  
  - 1 person
- Vice President for Campus Life  
  - 1 person
- Residence Life & Housing  
  - 5 persons
- Student Health Service  
  - 5 persons
- Law  
  - 4 persons

- Office of Wellbeing  
  - 1 person
- Hospitality & Aux Services  
  - 1 person
- Athletics: Administration  
  - 6 persons
- Athletics: Facilities Management  
  - 1 person
- Health Exercise Science  
  - 6 persons
- FACS: Project Management  
  - 12 persons
- Faculty / Staff  
  - Many
- Student Representatives  
  - Many
- Various Other Representatives  
  - Many
Questions . . . w/ Answers
More Information?

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  - Executive Director, Campus Fitness & Recreation
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- Additional Information
  - Select the "Renovation and Transformation Project" link