



Be The Difference.

RECREATION & WELLNESS FACILITIES

Programming Statement



JANUARY 26, 2011





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INTRODUCTION

Responding to ongoing student concerns about the quantity and quality of student recreation facilities, the Marquette University Student Government (MUSG) approved legislation in March 2010 to provide funding for a Recreation and Wellness Facilities Program Statement.

“Marquette Student Government with the approval of Reserve Fund Bill No. 1: Centering on Recreation pushed for improved student wellness. The bill was written to explain MUSG’s request to allocate \$42,500 for a recreational facilities program statement. The statement will contain possible options for a new or improved recreational center specific to student needs.”

In response to the MUSG legislation and funding approval, the university administration formed a working committee of students, and administrators charged with the task of preparing an assessment of the existing university wellness facilities and the preparation of short term and long term improvement strategies for wellness and recreation facilities.

The committee enlisted the services of the nationally recognized architectural firm Moody Nolan, to work with the Marquette Office of the University Architect in the: evaluation of existing facilities, survey of student use and demand for recreation facilities and the assessment the possible co-location of wellness facilities with student recreation facilities. The team from Moody Nolan and the committee met with students, faculty, administrators, and community members to gather input for the report. A group of committee members toured facilities at other universities and Moody Nolan contacted several peer institutions during their research.

The scope of this program report has been to define the size and character of the recreation facilities required to support the Marquette Community. To guide the effort, the project committee developed a vision statement for Recreation and Wellness Facilities at Marquette.

At the time of the MUSG legislation this study, then MUSG President Henry Thomas said; “This will allow the university to start preparing for the future....”

VISION STATEMENT

In its mission statement, Marquette University's Department of Recreational Sports commits to facilitate "the transformational learning experience by engaging students in a comprehensive wellness and activities program." This is best accomplished when outstanding academic programs are synergistically joined with exceptional out-of-class opportunities to foster a total learning experience for Marquette students.

The Division of Student Affairs Strategic Plan, recently updated in 2010, states several methods to help students achieve this developmental transformation. The strategic plan calls us to **educate** the whole person, to challenge students to **embrace** Ignatian values, to **engage** students in developing critical thinking skills, and to **empower** students to advocate for themselves and others. Our institution's mission to care for the total person calls for the physical space needed in a recreational wellness facility.

The vision for the Recreational Wellness Center is founded in the commitment to provide the best opportunities for Marquette University students in their quest to achieve excellence. This can be achieved in the following ways:

-
- By encouraging human development in a balanced set of physical, emotional, intellectual and spiritual dimensions befitting the Jesuit tradition of cura personalis.
 - By providing a complete university experience.
 - By offering a location that encourages social interaction, fosters community engagement and enhances academic tradition.
 - By providing an environment for students and other Marquette community members that encourages proactive physiological health and wellbeing.
 - By creating sustainable "signature" recreational facilities which celebrate, define and transform the university campus in a manner fitting the standard that Marquette's programs and facilities have set.
 - By offering state-of-the-art facilities, equipment and services.
 - By providing a setting that embraces the best of the Jesuit educational traditions.

STUDENT VOICE SURVEY, FOCUS GROUPS SUMMARY & CUSTOMER SATISFACTION SURVEY

The Department of Recreational Sports sponsored a campus wide Student Voice Survey conducted during Fall Semester 2009. Student Voice is a partner with the National Intramurals and Recreational Sports Association, NIRSA. The survey asks a standard set of questions allowing each school to benchmark with other comparable schools and a national average. Additionally, the Department of Recreational Sports asked multiple questions specific to Marquette facilities, programs and willingness to pay for services. A random sample of 2,500 students was surveyed with a 34% response rate. Questions concentrated on participation, satisfaction, programs and facilities.

- Participation at both recreation facilities
- Attitudes and satisfaction with facilities, programs and staff
- Priority of potential recreation facility improvements
- Purpose for participating in recreational sports programs
- Willingness to pay a recreation fee for improvements
- Anticipated grade point average of those participating in recreational sports

The entire survey results can be found in the appendix of this report; however the following charts reflect a summary of the student responses.

In addition to the Student Voice Survey, ten focus groups representing a wide range of stakeholders related to campus recreation including the Project Committee, met for two days on March 29 & 30, 2010.

- Project Committee
- Recreational Sports Full-time Staff
- Club Sports
- Intramural Sports
- Aquatics & Fitness
- Marquette University Student Government
- Academic Groups & Faculty /Staff
- Recreational Sports Advisory Council
- Health & Wellness
- Recreational Sports

The key findings and themes expressed by the multiple groups focused on the lack of space to accommodate programs and activities and inadequate facilities. It was noted that the Helfaer Center is not ADA compliant and both recreation facilities lack natural light.

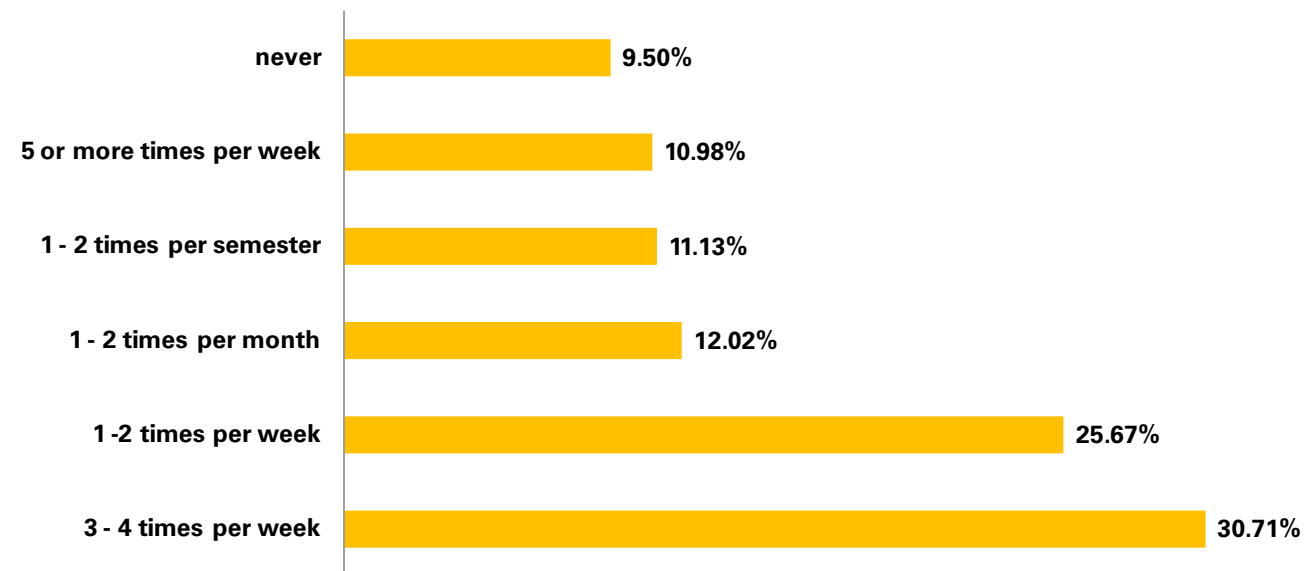
Marquette students reflect recreation trends seen across the country; high participation in self directed fitness exercise and increasing numbers of Club Sports. Both of these activities and intramural team requests are hindered at Marquette due to lack of space. Conversely, Marquette students place high value on recreation participation to reduce stress, meet new friends and provide leadership opportunities.

Minutes from the Focus Groups can be found in the appendix of this report.

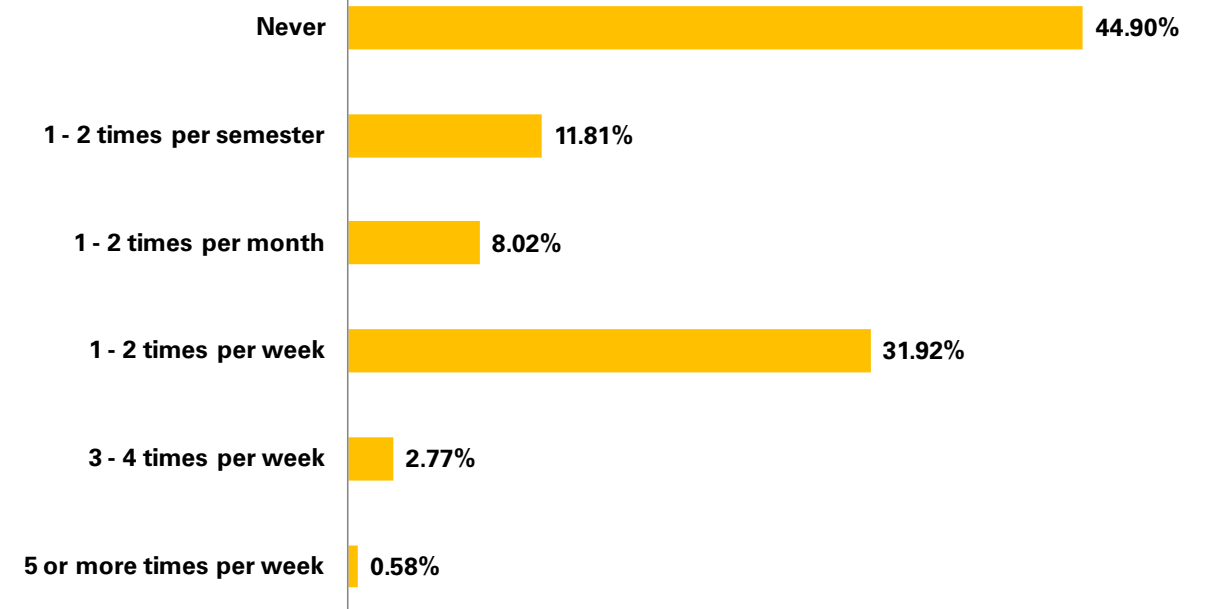
It should be noted that the Department of Recreational Sports conducts its own Customer Satisfaction Survey annually. This is not a statistically valid survey rather a customer/guest service evaluation tool. The results from the Customer Satisfaction Survey echo the Student Voice Survey and the Focus Groups comments.

An analysis of the Customer Satisfaction Surveys can be found in the appendix of this report.

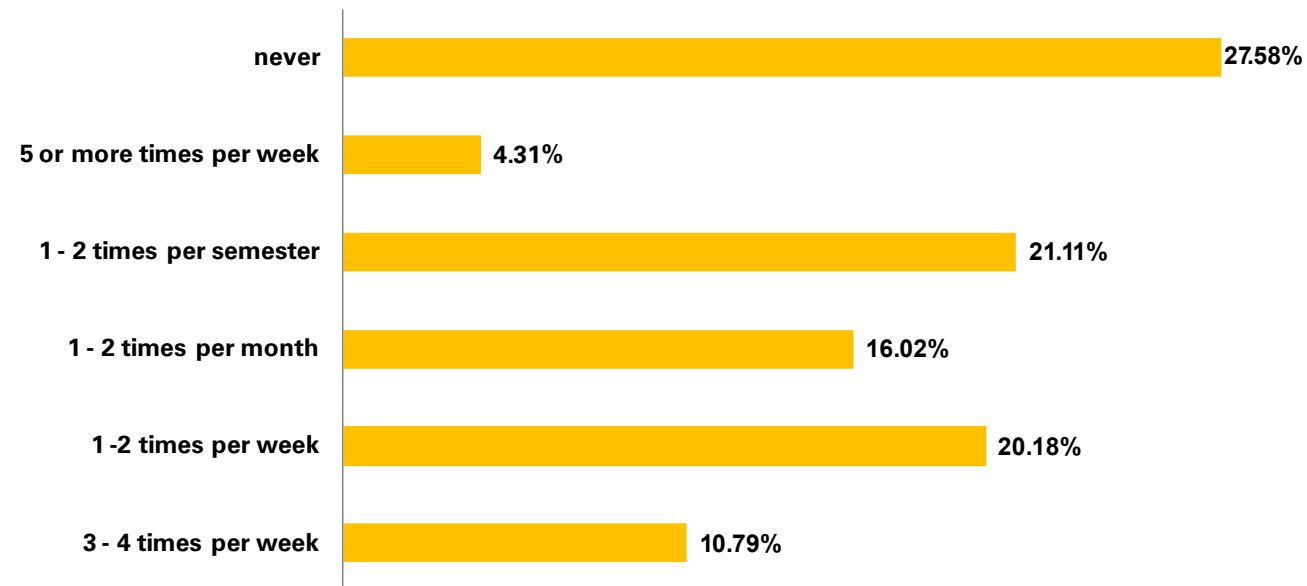
How often do you utilize the Helfaer Recreation Center?



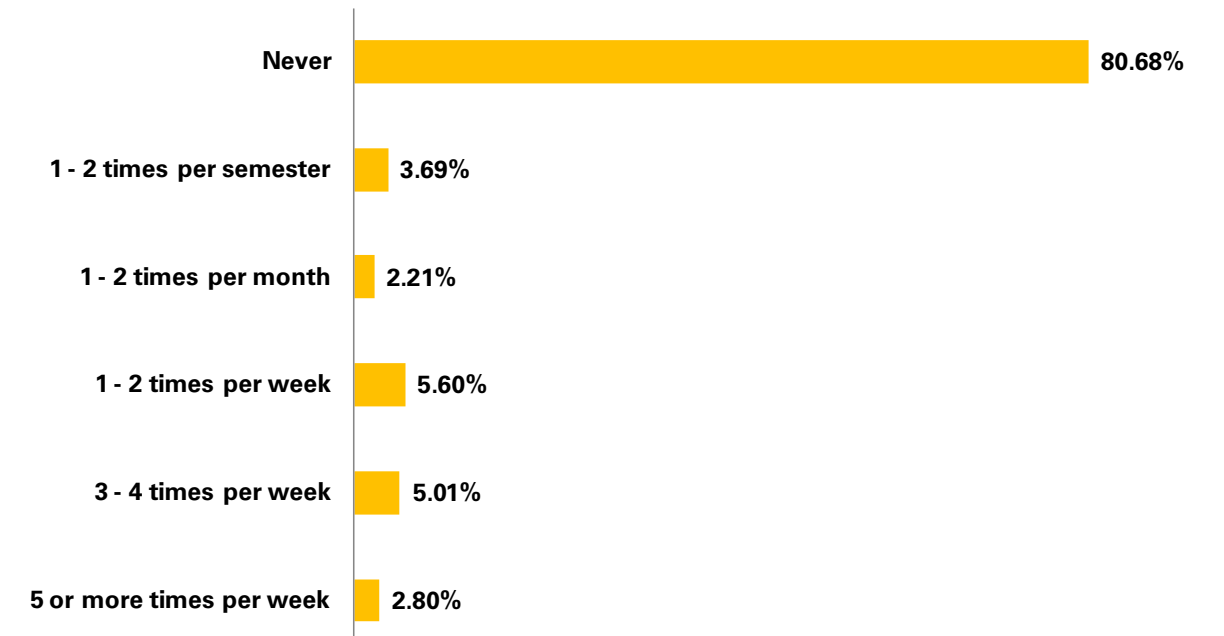
How often do you participate in Intramural Sports?



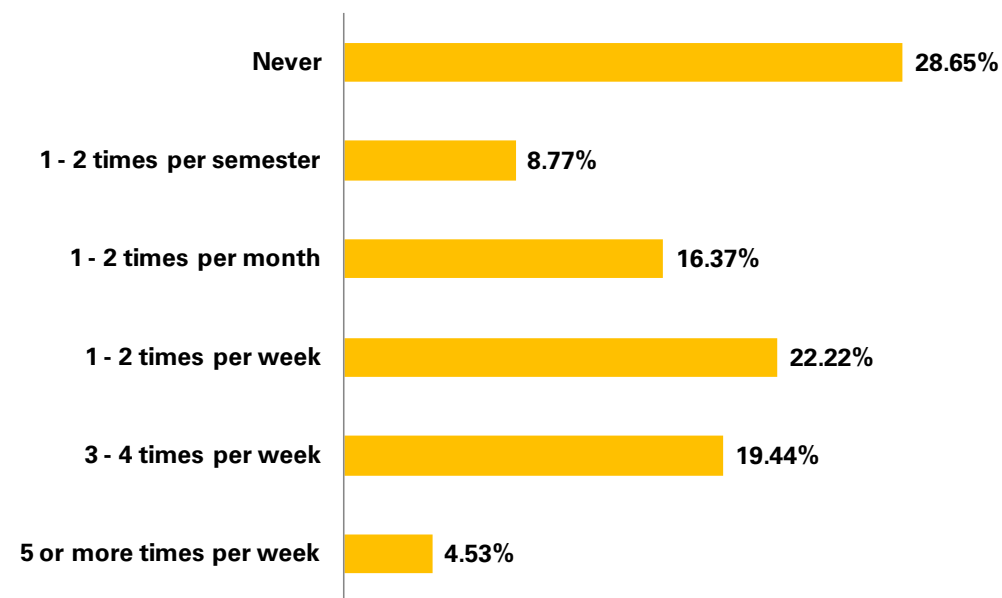
How often do you utilize the Rec Plex?



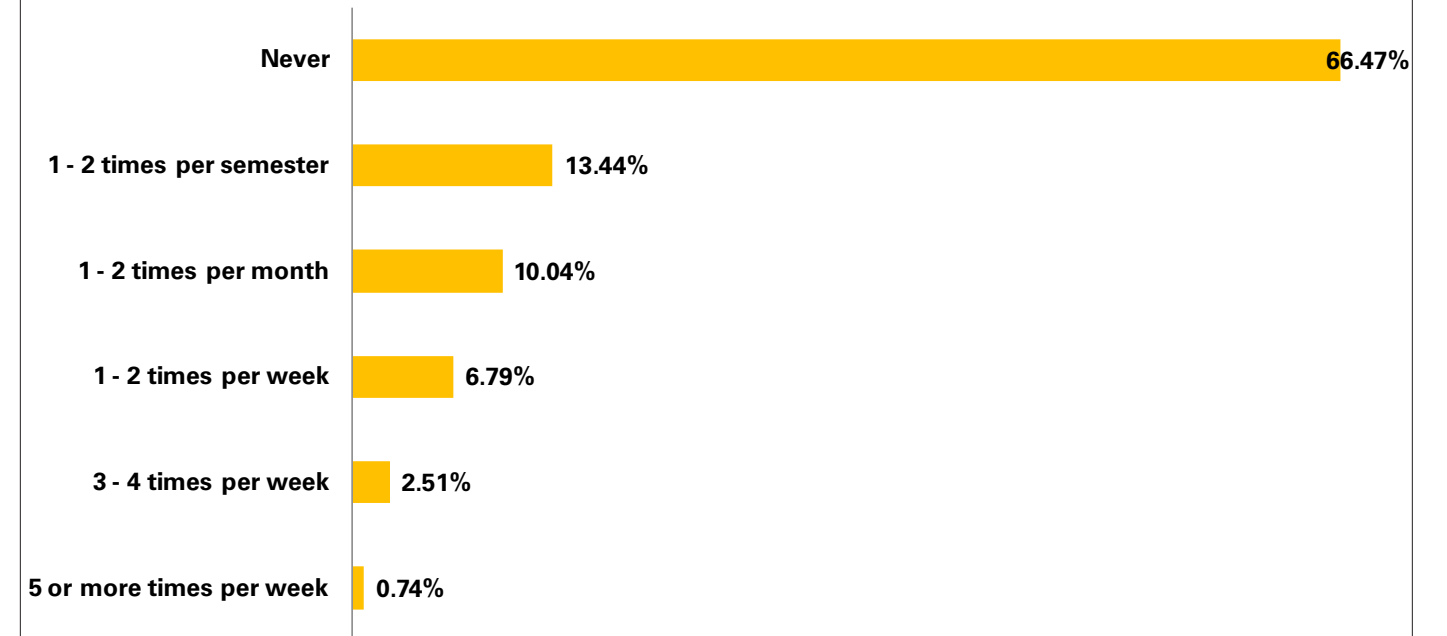
How often do you participate in Sport Clubs?



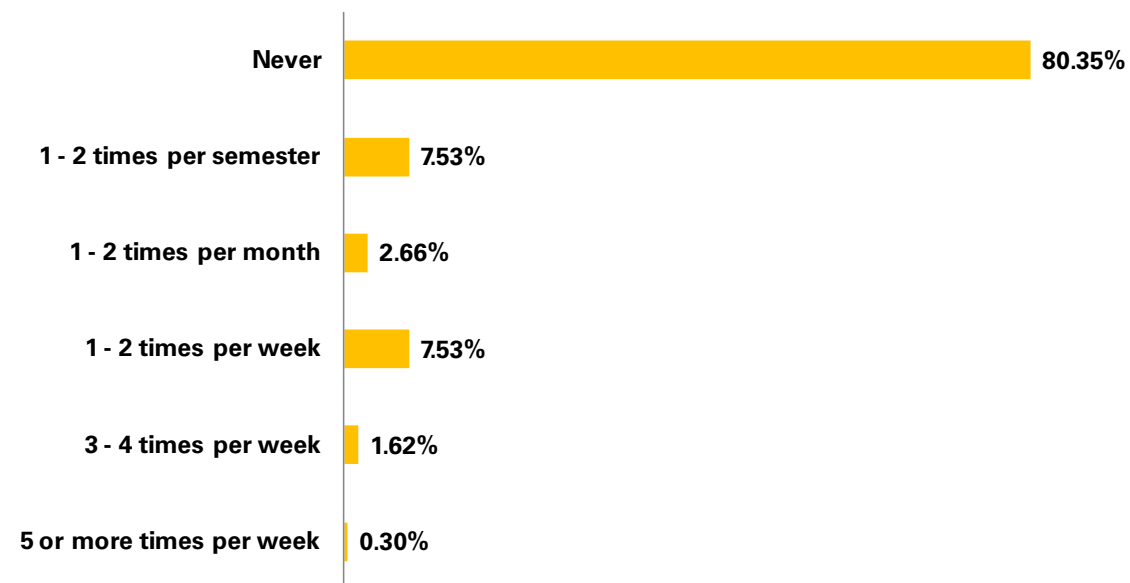
How often do you participate in Drop-in Fitness?



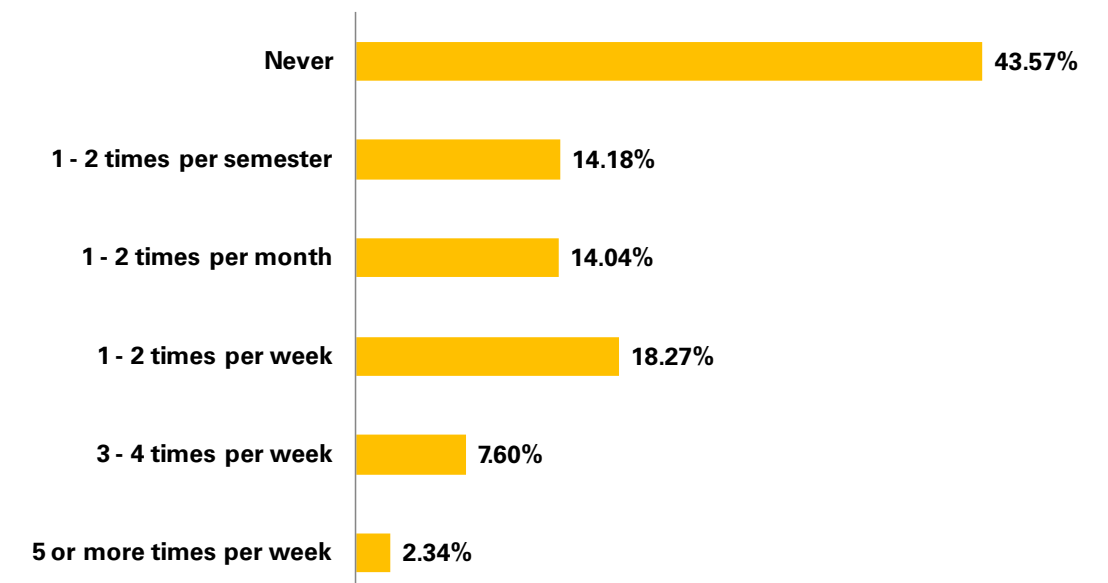
How often do you participate in Aquatic Activities?



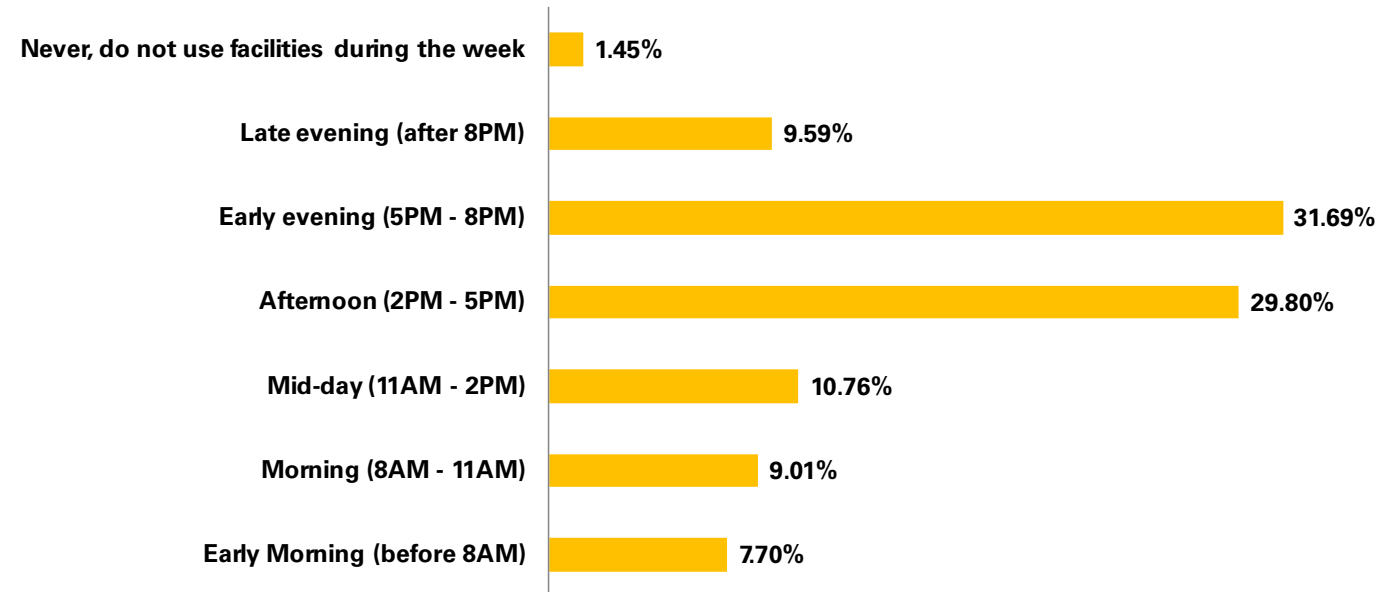
How often do you participate in Group Exercise Classes?



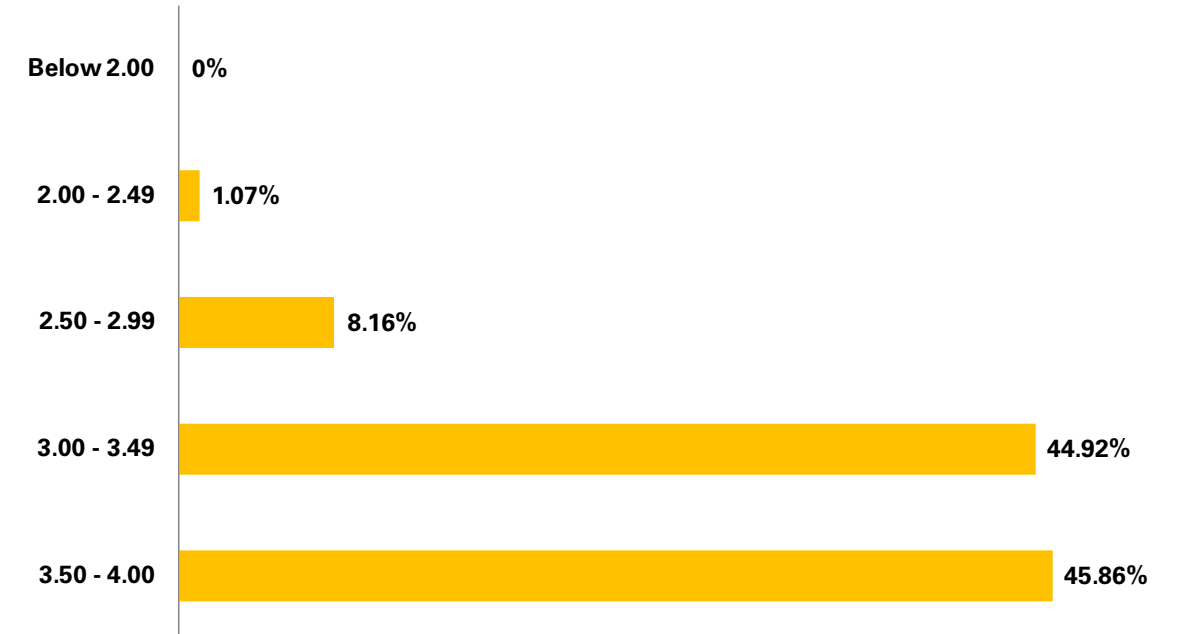
How often do you participate in Drop-in Open Gym Activities?



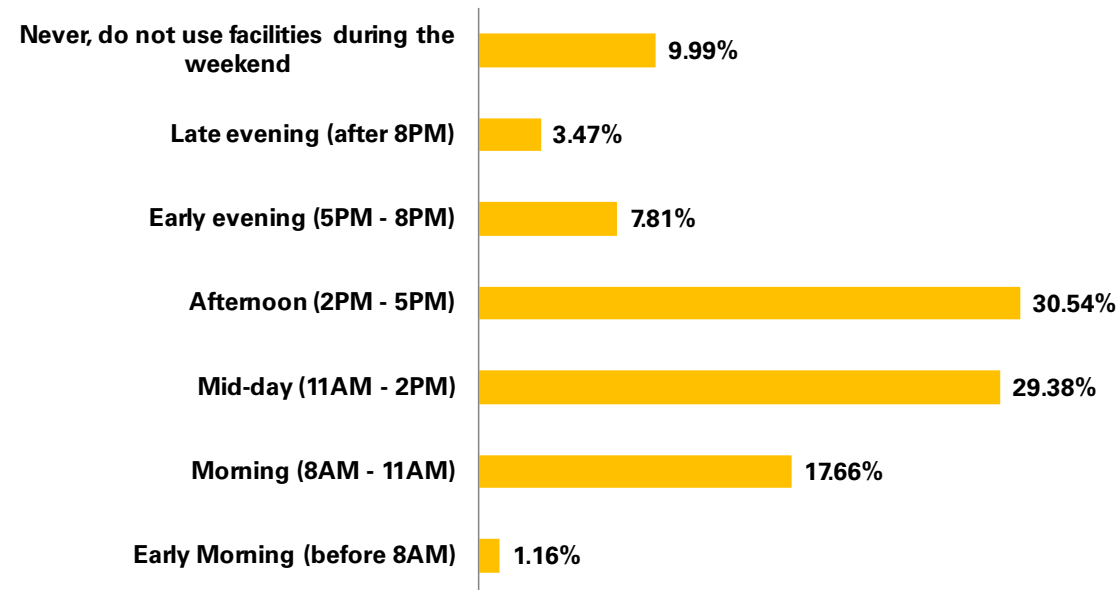
What time of day are you most likely to utilize the facilities during the week



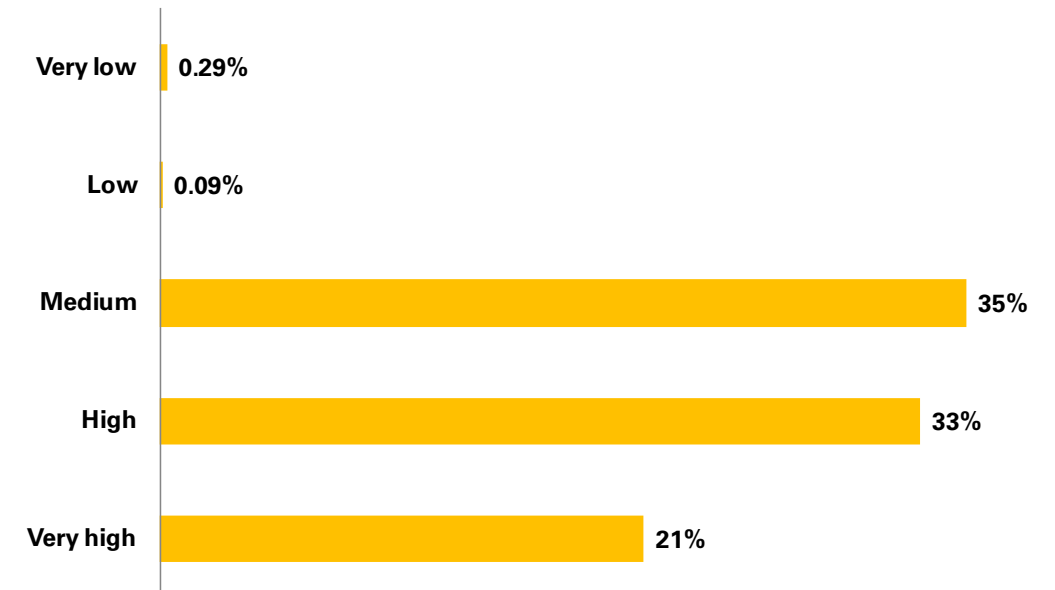
Expected GPA for Fall Semester 2009



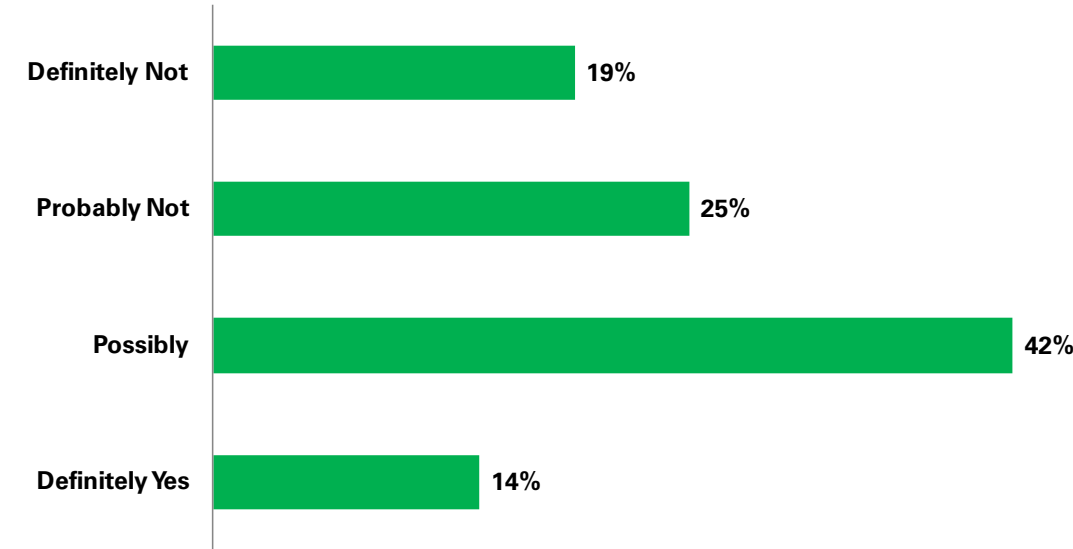
What time of day are you most likely to utilize the facilities during the weekend?



How high of a priority do you feel new recreation sports & fitness facilities should be for MU



Would you support a Recreational Sports student fee to fund new or renovate recreational sports facilities?



COMPARISON WITH NATIONAL INTRAMURAL AND RECREATIONAL SPORTS PLANNING GUIDELINES

MARQUETTE UNIVERSITY Recreational Spaces Comparison Benchmark										NIRSA; National Intramural-Recreational Sport Association					
Student Enrollment: 11,600+/- undergraduates & graduate students (Females= 50% & Males= 50% estimated) Law School enrollment 748 FT & PT										TOTAL EXISTING HTRC & RP		NIRSA Guidelines categorize large schools as having 10,000 - 19,999 students. This analysis is based on 11,600 students		COMPARISON TO NIRSA GUIDELINES	
Helfaer Tennis & Recreation Center (HTRC)					Rec Plex (RP)										
EXISTING Recreation Space	Rm#	# Of Units	ASF	Comments:	Rm#	# Of Units	ASF	Comments:	# Of Units	ASF	NIRSA Guidelines	Deficit/Excess			
Basketball Courts	EL 164 Courts 1-4	4	20,096	84' x 45' courts; minimum safety zones; sometimes used as a track running perimeter outside walls (84' x 45')	UL 280	1	6,285	large gym with elevated track	5	26,381	.45 Courts per 1,000 students = 5.4 or 6 basketball courts	Deficit = one basketball court			
Volleyball/Badminton Courts	EL 164 Court 5	1	5,024	1 volleyball court/3 badminton courts/1 soccer court; overlaid.							no guidelines; assumes each basketball court can accommodate a Volleyball court min.				
MAC		0			UL 280	1	2,945	small "gym"	1	2,945	No NIRSA Guidelines for MACs				
Multi-purpose Rooms	EL 160, LL 030	1	1462 + 592 = 2,054	low ceiling; carpet flooring & Squash Ct conversion	EL 154J	1	1,190	low ceiling; rubber flooring	2	3,244	average .5 sf per student = 6,000sf	Deficit = 2,756 ASF			
Fitness Area(s) + Rac/Squ Court Conversion (analyze on 10,852 enrollment/less Law School)	UL 201 + LL 024, 028	1 large area + 3 courts	8,661 + 1,600 = 10,261	high ceiling; synthetic flooring; limited natural light; + 2 RB courts = 2 cardio	UL 266, 254, 254A, 283C	3	5,215	cardio room & selectorize room, free weights & boxing room	7	15,476	1,186 sf per 1,000 students = 12,868 OR 1.5 sf per student = 16,278 sf (10,852 students)	Deficit = 802 ASF or Excess 2,608 ASF			
Rac/Squ Court Conversion	LL 024, 028, 030	3	2,192	1,600 sf- cardio (2 RB Cts) + 592 sf- spinning (1 S Ct)		0			3	2,272	72 sf per 1,000 students = 864 sf	Factored into Fitness Space above			
Track		0		perimeter of b-ball courts used for informal track; estimated 1/7.5 mile	within lg gym	1		elevated, banked track within gym; estimated 1/16th mile	1		NIRSA does not have guideline for tracks, however MN recommends track length minimum of 1/10 mile				
Racquetball Courts	LL 022	1	808		UL 287B,C, D & E	4	3,213		5	4,021	.39 courts per 1,000 students = 4.68 or 5 racquetball courts	on target			
Squash Courts	LL 030	0	0			1	592		1	592	.07 courts per 1,000 students = .84 or 1 squash court	on target (2nd existing court is used for spinning)			
Tennis Courts	LL 031	6	43,671	43671 sf; dedicated to varsity athletics; limited availability for recreation use		0			6	43,671	.21 courts per 1,000 students = 2.52 or 3 courts	recreation use of the existing indoor tennis courts could meet demand			
Pools	EL 102	1/6-lane	7,161	25-yd minimum deck space, 1-meter & 3-meter boards, not conducive for spectators/teams	LL 060	1/4-lane	4,472	minimal deck area	10- lanes	11,633	.92 lanes per 1,000 students = 11.04 or 11 lanes	Deficit = one lane; both pools are less than ideal for Club Sport competition swimming			
Whirlpool		0			LL 046F, 072F	2	552	within locker rooms	2	552					
Locker Rooms: Women	EL 150+	1	2,252	general population	LL 046, 046A	1	2,528	includes several pieces of fitness equipment	2	4,780	177 ASF per 1,000 students = ASF	Locker rooms may be of adequate size, but need re-organized; individual showers			
Locker Rooms: Men	EL 142+	1	2,521	general population	LL 072A, 072	1	2,440		2	4,961	average 165 AASF per 1,000 students= ASF	Locker rooms may be of adequate size, but need re-organized; individual showers			
Locker Rooms: W/Tennis	LL 009+	1	298	open to all		0			1	298					
Locker Rooms: M/Tennis	LL 001+	1	298	open to all		0			1	298					
Locker Rooms: Staff	LL 016/020	2	124	semi-private changing locker rooms		0			2	124		most contemporary facilities don't have separate staff & faculty locker rooms. Areas are arranged in alcoves for privacy with individual showers & dressing areas			
Subtotal Recreation Activity Spaces ASF			50,897	+ tennis courts @ 43,671 = 94,568 ASF			29,432			80,329	6.92 ASF of dedicated recreation space per student				
Ancillary Recreation Support Space (Offices, Control Kiosk, Lounges, Equip Issue, Meeting Rms, NO storage)			4,586				1,899			6,485					
			55,483				31,331			86,814	7.48 ASF of total recreation space per student	National Average is 10 - 12 SF per student			

CAMPUS COMMUNITY AREAS

VALLEY FIELDS

- intercollegiate (soccer, track)
- club sports (football, lacrosse, women’s rugby)
- intramurals

Approximate Dimensions (fields L to R on photo):

- 1 Regulation NCAA soccer field
- 1 practice fields, with overall approximate dimensions of 276’ x 324’
- 1 Regulation NCAA track with 1 regulation NCAA football field inside of track



The sport field complex at Valley Fields may be the most heavily used piece of real estate on the entire Marquette University campus. Serving the needs of Varsity Athletics, Club Sports and Recreational Intramurals for practices and competition, the complex is used until midnight most nights of the week. Located south of I-94 the Valley Fields complex is proximate, but not adjacent to the main campus. Students may request an escort by public safety back to main campus after dark.

Marquette is a member of the Big East Conference NCAA Division 1. Primary varsity sports using Valley Fields and the adjoining Shimek Memorial Track and Field Facility are Soccer and Track & Field. The university has announced that Men’s and Women’s Lacrosse will be added to varsity sports in 2013. In addition to varsity sports, there are multiple Club Sports from football to rugby and Special Events that also utilize the Valley Fields.

In the spirit of community, Marquette views the Valley Fields complex as a “park” and invites the greater community to use the fields when

they are free. Marquette Athletics sponsored Youth Sports Camps for boys and girls are held there during the summer months.

Scheduling practices and competitions is a never ending challenge for the Facilities & Events staff. The highest priority is varsity sports practices and competitions then Club Sports and finally Recreational Intramurals. The installation of synthetic turf on the practice field a year ago has significantly increased playability.

The Valley Fields complex also includes 40 parking spaces, a gate house with restrooms, office and equipment issue and a three bay high ceiling garage for grounds maintenance equipment and some Club Sports equipment storage. A future facility is planned for the area with support spaces for soccer, a training room and restrooms.

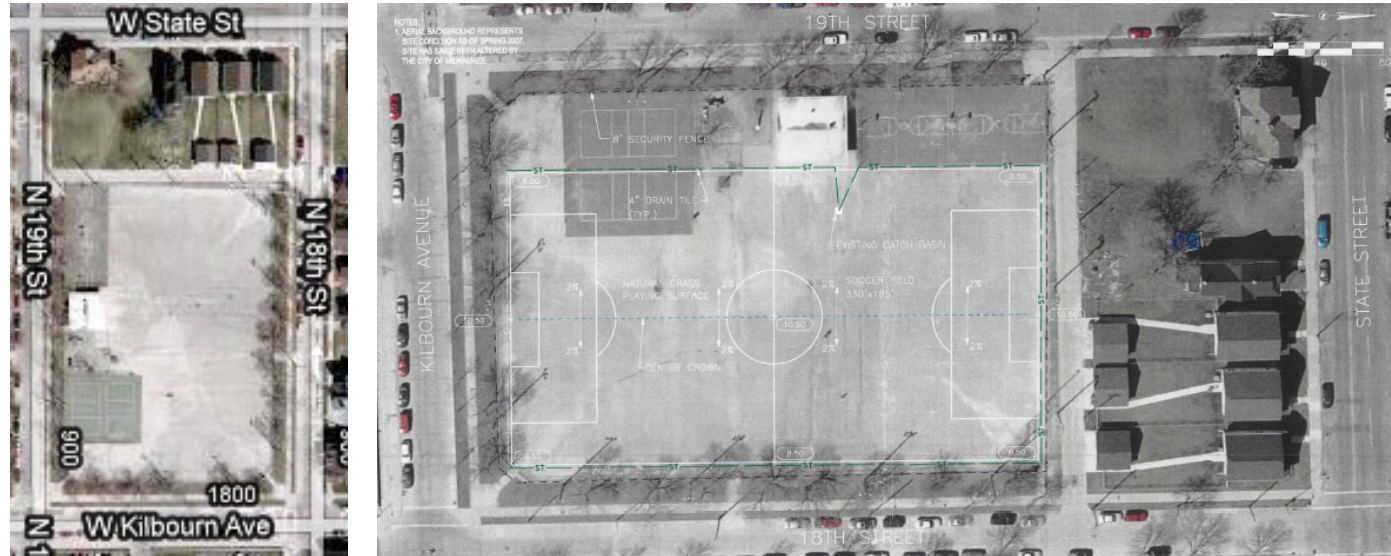
“Never enough time, space or dollars”
– Jim Nasiopulos

NORRIS PARK

- intramurals
- general student recreation

Approximate Dimensions:

- 348' x 265' = 2.12 acres



O'DONNELL FIELD

(LOCATED AT 18TH STREET AND WELLS STREET)

Approximate Dimensions:

- 165' x 188' = .71 acres

- general student recreation (frisbee, soccer, football, etc.) as well as basketball in the fenced court
- primarily O'Donnell residents only



SCHROEDER FIELD

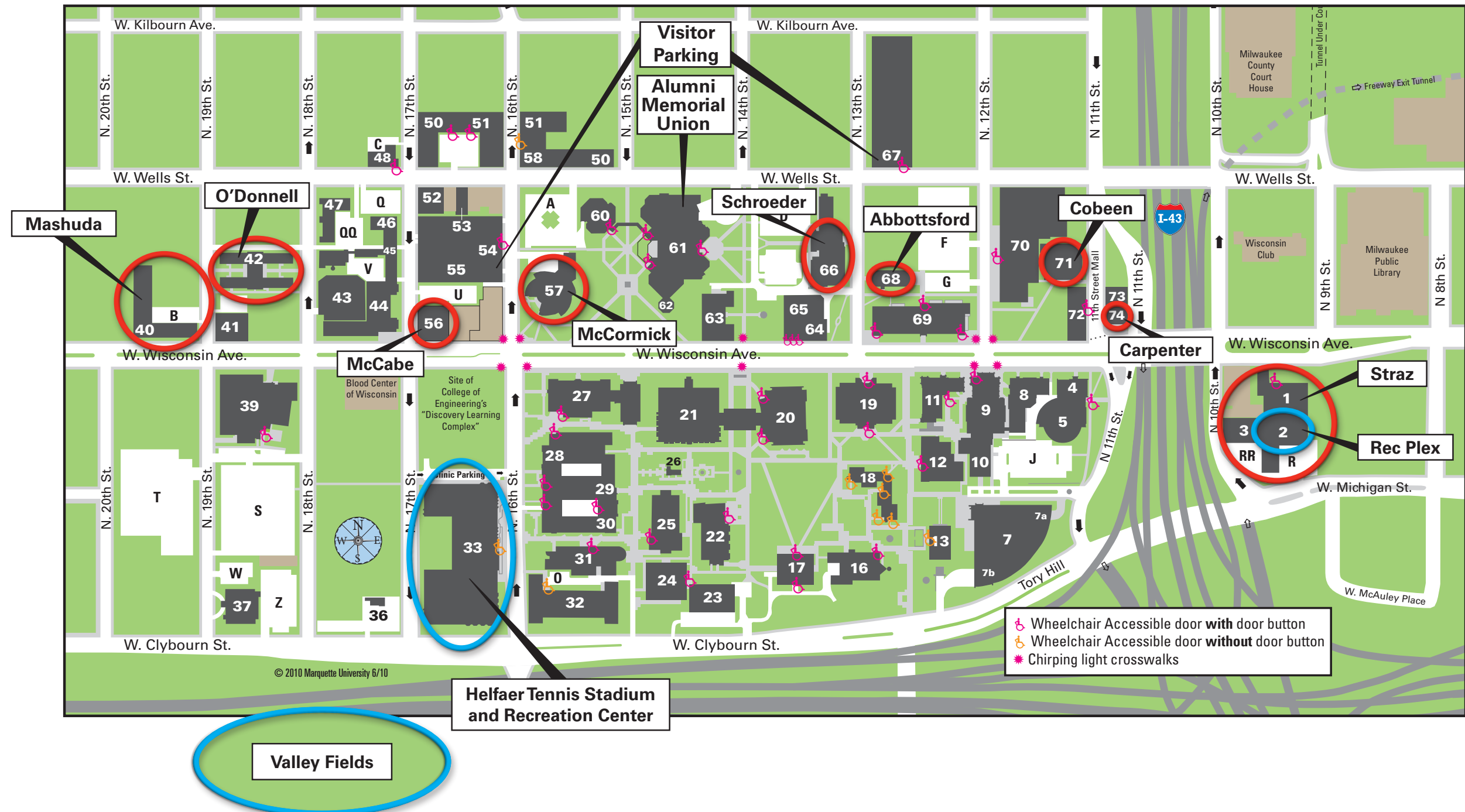
- general student recreation (frisbee, soccer, football, lawn games, etc)
- used for a wide variety of programming/ events (picnics, socials, etc)

Approximate Dimensions:

- 244' x 165' = .92 acres



MARQUETTE UNIVERSITY CAMPUS MAP



RESIDENCE HALLS – WEST

- Mashuda - 436 beds**
15% Freshmen
85% Sophomores
- O'Donnell - 325 beds**
100% Freshmen
- McCabe - 220 beds**
100% Sophomores

RESIDENCE HALLS – CENTRAL

- McCormick - 750 beds**
100% Freshmen
- Schroeeder - 680 beds**
100% Sophomores
- Abbottsford - 232 beds**
100% Freshmen

RESIDENCE HALLS – EAST

- Cobeen - 401 beds**
99% Freshmen
1% Sophomores
- Carpenter Tower - 320 beds**
40% Freshmen
60% Sophomores
- Straz Tower - 393 beds**
20% Freshmen
80% Sophomores

ATTENDANCE AND DEMOGRAPHIC ANALYSIS

An analysis of the attendance counts and the participant type for both Recreation facilities at Marquette University reveals interesting usage patterns. The 2009 Student Voice Survey confirmed that 87.45% of the entire Marquette University student population utilizes Recreational Sports facilities, programs and services. A total of **375,523** visits were made by students, members and non-members to both facilities from January 2010 through December 2010. Of that total, 69% of the visits were to the Helfaer Recreation Center and only 31% to the Rec Plex. Students account for 79% of all visits to both facilities. It should be noted that all indoor intramural sports programs are held at the Helfaer Recreation Center. The total attendance at the Helfaer Recreation Center in 2010 was less than 2009 due to renovations and maintenance projects throughout the year.

The percentage of Students using the Helfaer Recreation Center is 75% while only 25% of students use the Rec Plex. The five central and western Residence Halls, including Schroeder, McCormick, McCabe, O'Donnell and Mashuda hold 64% of the beds. Comparing the student usage numbers with the number of beds in the four eastern Residence Halls, Straz, Carpenter, Cobeen and Abbotsford, approximately 36% of students live closer to the Rec Plex than the Helfaer Recreation Center. Several factors may explain the preference toward Helfaer not the least of which is that the Rec Plex and Straz Residence Hall are separated

from the main campus by Interstate-43. Additionally, the Rec Plex is hidden within the Straz Residence Hall towers and Helfaer Recreation Center does have street presence. It should be noted that only freshmen and sophomores are required to live in Residence Hall, 97% of all students live either on campus or off campus within 1 ½ miles of the MU campus.

The usage numbers of participant visits are nearly opposite when analyzing the Members category. Approximately 15% of total users, or 56,370 member visits are to both facilities. Of those in the Member category, 71% prefer the Rec Plex and only 29% use the Helfaer Recreation Center. This difference may be explained by the fact that the Rec Plex prior to being acquired by MU was a YMCA. The university decided to allow YMCA members to continue their use and membership at the Rec Plex when it became MU property in 1993. Availability of parking at each location was not evaluated for this analysis.

The Non-Member category is comprised of student and member guests as well as visiting Sport Club teams engaged in tournaments and competitions, numbering 22,885 or approximately 6% of total users of both facilities. Interestingly, 92% of the Non-Members participate in activities at the Helfaer Recreation Center with only 8% of Non-Members using the Rec Plex.

ATTENDANCE FIGURES FOR THE HELFAER RECREATION CENTER AND THE REC PLEX

1/2010 – 12/2010

TOTAL ATTENDANCE = 375,523	Helfaer = 258,055 (69%)	Rec Plex = 117,468 (31%)
STUDENT ATTENDANCE = 296,268	Helfaer = 220,818 (75%)	Rec Plex = 75,450 (25%)
MEMBERS = 56,370 (15%)	Helfaer = 16,100 (29%)	Rec Plex = 40,270 (71%)
NON-MEMBERS = 22,885 (6%)	Helfaer = 21,137 (92%)	Rec Plex = 1,748 (8%)

MARQUETTE UNIVERSITY COMPARISON WITH PEER INSTITUTIONS

The Study Committee identified six schools to benchmark recreation facilities. These schools represent Jesuit institutions, Catholic institutions and regional state institutions.

- Loyola University of Chicago
- Saint Louis University in St. Louis, Missouri
- DePaul University in Chicago
- Notre Dame University in South Bend, Indiana
- University of Wisconsin in Madison, Wisconsin
- University of Illinois in Urbana Champaign, Illinois

LOYOLA UNIVERSITY OF CHICAGO has an enrollment of 15,897 undergraduate and graduate students. The 69,000 square foot (SF) Halas Center was built in 1982 and was renovated in 2004. The university is in the midst of a campus wide major capital improvements effort; however work on the Halas Center will be limited to a small addition to increase their fitness spaces.

The Halas Center has a three basketball court gymnasium and similar to Marquette, they use the perimeter safety zone area for an area to walk and jog indoors. Their fitness activity spaces are separate with cardio equipment in two rooms that were formerly four racquetball courts, a selectorize equipment room and a free weight room for a combined total of 6,275 SF. They have one multipurpose group exercise room with a resilient wood floor at 1,800 SF and a small spinning studio at 300 SF.

The recreation pool is a 5 lanes/25 yard shallow body of water ranging from 3' to 7' in depth. There are currently two racquetball courts. They are planning to add a climbing wall within four years.

Outdoor intramurals and sport clubs have the use of a synthetic turf field sized roughly at 28 yards x 75 yards with a two lane running track around it. There are two singles tennis courts that are slated to become a building site; however they will be replaced with two doubles tennis courts. The Loyola students use a City of Chicago beach several blocks from campus.



Preparing people to lead extraordinary lives



SAINT LOUIS UNIVERSITY has an enrollment of 12,700 undergraduate and graduate students. The 82,000 square foot (SF) Simon Recreation Center was built in 1981 for a construction cost of \$5.2 million. In addition to the Simon Center, the Department of Campus Recreation operates the Salus Fitness Center on the Medical Campus of the university.

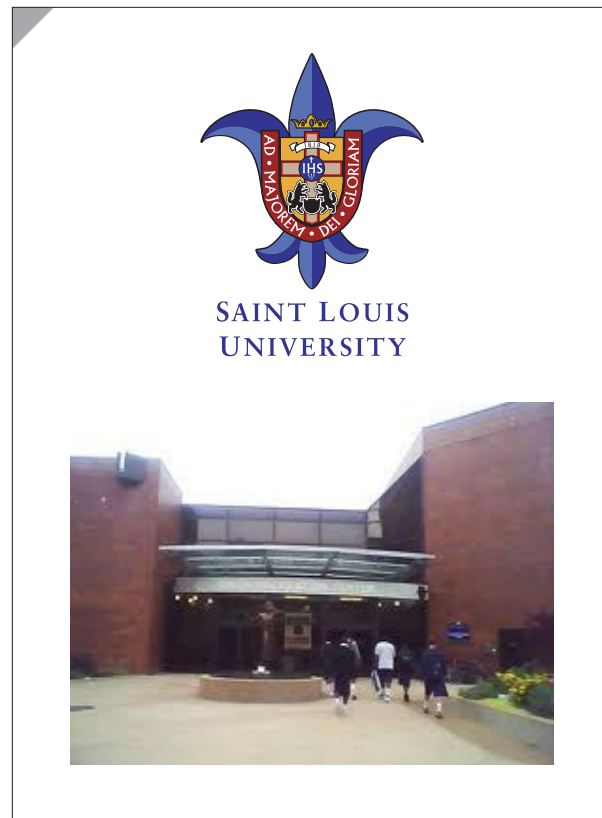
The Simon Center has six basketball courts, four racquetball/handball courts, one squash court and a smart classroom on the main level. The fitness equipment area is located on the upper level of the facility as is a multipurpose dance room along with a 7.5 mile long track. The lower level houses a Juice Bar and lounge, two multipurpose rooms, a spinning studio, a mind/body room and the Wellness Suite.

The six lane stretch 32 yard pool with a bulkhead and associated locker rooms are located on the main level of the facility. The pool depth starts at 3.5 'and goes to 13.5', allowing both a one meter and three meter diving boards. There is spectator seating for 100. Additionally there are two outdoor pools and a sand volleyball court at the Ruba area.

Many outdoor intramurals and club sports are held at the Billiken Sports Center, which is primarily an athletics complex. The facilities include a softball diamond, a baseball diamond, a natural turf soccer stadium and a multipurpose field. A one third mile track surrounds one of the fields.

DEPAUL UNIVERSITY in Chicago has an enrollment of 25,072 undergraduate and graduate students. The 123,000 square foot (SF) Ray Meyer Fitness and Recreation Center built in 1999 is the first facility dedicated solely for student recreation and fitness. The purpose for some spaces in the center have evolved over the past 11 years, however the facility has remained the same size.

The Ray Meyer Center has a four basketball court gymnasium with an elevated four lane/200 meter banked track running above. The track is used by athletics, who installed the "banks" for increased speed. The staff do not recommend a banked track for safety reasons. The open fitness area is 13,000 SF and includes cardio, selectorize and free weight equipment. Group exercise programs and club sports are accommodated in five multipurpose rooms ranging in size from 400 -2,000 SF. Additionally there are two classrooms each at 2,000 SF.



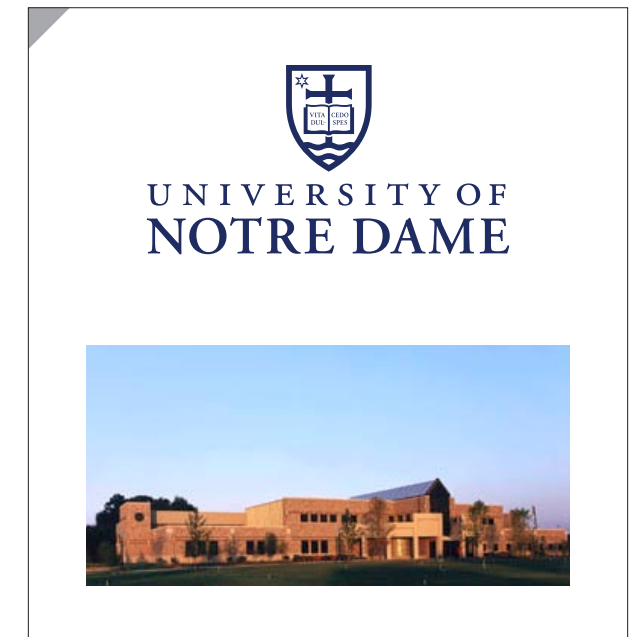
There is a 6 lane/25 yard recreation and fitness pool with abundant natural light and super graphics. The three racquetball courts have glass back walls and enliven the entry level lounge and juice bar area. The center had a demonstration kitchen and removed it to create a classroom. Their wellness program is offered online.

As an urban campus, DePaul has very limited outdoor recreation space. Recreation, intramurals and club sports share one multi-use field with athletics.

NOTRE DAME UNIVERSITY has an enrollment of 11,731 undergraduate and graduate students. The 77,100 square foot (SF) Rolf Sports Recreation Center, the newest university recreation facility, is dedicated to student recreation programs. Recreation and athletics share the Rockne Memorial and Rolf Aquatics Center for active recreation and aquatics activities. The 5,000 SF fitness area in the Rolf Sports Recreation Center received a facelift during summer 2010.

Between the Rolf Sports Recreation Center and the Rockne Memorial are six basketball courts and each facility has 5,000 SF of fitness with an additional 600 SF for personal training at the Rockne. Each of the two facilities also have two multipurpose group exercise/club sports studios with the two at the Rolf being 2,000 SF each. Originally there were ten racquetball courts available for recreation at the two facilities; currently there are eight courts on spinning studio at 800 SF and a climbing wall. The Rolf Sports Recreation Center has a 50' x 100' multi- activity court (MAC). The Rolf Aquatics Center has a 50 meter competition pool with no diving and the Rockne has a shallow 25 yard exercise and recreation pool.

Altogether there are 23 acres for outdoor recreation at Notre Dame, of which nine baseball diamonds are overseen by Student Activities, not RecSports. Additionally there are two lighted multi-purpose fields and three lighted tennis courts.



UNIVERSITY OF WISCONSIN AT MADISON

has an enrollment of 42,099 undergraduate and graduate students. The Division of Recreational Sports shares three indoor facilities with Athletics, Physical Education and Kinesiology; the SERF, the Nat, Neilsen Tennis Stadium and the Shell, totaling approximately 500,000 square feet (SF). A recent student referendum for renovating and expanding recreation spaces was defeated in early 2010.

The SERF and the Nat each have eight basketball courts, with an additional six courts at the Shell for a total of twenty-two courts. The combined fitness equipment areas in the SERF and Nat total 22,000 SF and the SERF has an elevated four lane 1/10 mile track. Three multi-purpose rooms and two dedicated spinning rooms are located in the SERF and Nat. The university has two aquatic venues; the Nat with an eight lane 25 yard competition pool plus a diving well and the SERF with a 63 meter stretch pool. A total of 16 racquetball courts are located in both the SERF and the Nat with two of them in the SERF being wheelchair accessible. The Neilsen Tennis Stadium houses 12 indoor tennis courts and six squash courts. A climbing wall and bouldering area are currently under construction in the new South Union and will be managed by the student group the Hoofers.

UW Madison's outdoor facilities consist of eight basketball courts, 12 multi-purpose fields, six of which are lighted, four sand volleyball courts and 12 tennis courts. While the students don't have an outdoor swimming pool, they do have beach access to Lake Mendota.

UNIVERSITY OF ILLINOIS URBANA CHAMPAIGN

has an enrollment of 41,918 under graduate and graduate students. Indoor recreation programs and services are delivered at two primary locations on campus the 340,000 square foot Activities and Recreation Center, ARC, and the 107,147 square foot Campus Recreation Center East, CRCE. Both facilities are dedicated for student recreation, and have undergone major renovation and expansions over the past five years. The exception being the 50 meter pool at ARC is shared with athletics.

The ARC has four gymnasiums the largest has five basketball courts and one multi activity court (MAC). Two of the gymnasiums each have two basketball courts and the fourth gymnasium has three basketball courts. The CRCE has a three basketball court gymnasium and a MAC suitable for indoor soccer, floor hockey, roller



hockey with portable spectator seating. The fitness areas for both facilities total 45,600 SF with 34,000 SF at ARC and 11,600 SF at CRCE. Collectively nine multi-purpose rooms are on campus with ARC having seven plus a dedicated martial arts/combat room and CRCE having a dividable multi-purpose group exercise studio at 5,211 SF. Both facilities have three lane walking/jogging tracks the ARC being one sixth mile and CRCE being one eighth mile. ARC has 12 racquetball courts and three squash courts and CRCE has two glass backed racquetball courts and one convertible racquetball/squash court.

Indoor and outdoor aquatics are large components of the Illinois recreation program. The expanded CRCE has a 7,800 SF leisure pool and an associated 4,434 SF sun deck. ARC has a four lane 50 meter outdoor pool with a diving well. The ARC also has a 50 meter indoor pool that is shared with athletics. Additionally students have access to the campus Ice Arena and the older swimming pool at Freer Hall.

Outdoor recreation facilities are in three locations, the Complex Fields, Outdoor Center Fields and Illini Grove. Collectively Intramural Sports and Club Sports have use of eight lighted football fields, five soccer fields (two are lighted), four lighted softball diamonds, four sand volleyball courts (three are lighted), four basketball courts ((three are lighted), 15 lighted tennis courts, two lacrosse fields, two rugby fields, one inline rink, and an ultimate disc course.

THE BUTLER UNIVERSITY WELLNESS MODEL



Butler University Health and Recreation Complex

Entry Level Plan

Although not identified as a peer of Marquette University, Moody Nolan has recently completed a recreation and wellness center at Butler University in Indianapolis, Indiana, the 85,000 square foot Health and Recreation Complex. With a total student enrollment of 4,640, Butler University is less than half the size of Marquette University at 11,633 students.

The Butler University Health and Recreation Complex has two entries to the facility and is essentially a pass-through building with access to health services and counseling on one end off a common corridor. Recreation spaces occupy the majority of the building and include fitness, gymnasiums, track, multi-purpose rooms, aquatics and support for those activity spaces. The Health Services and counseling have separate waiting rooms; they share a common internal connection, kitchen and recordkeeping.

Health Services, Counseling, Health Education and Recreation Services at Butler are under Student Affairs similar to Marquette. Prior to the planning and design of the new Health and Recreation Complex Health Services and Counseling were located together in a small house, Health Education was in a different location and Fitness was in a small basement room. The ability to coordinate services for students was limited by physical barriers more than intent.

A prevailing goal for the new Health and Recreation Complex was to foster a proactive collaboration amongst all four service providers focused on Wellness for the entire campus community. The Health and Recreation Complex has been open for five years and the professional staff all agree that the goal of a holistic approach to Wellness has been achieved. The co-located services have been particularly beneficial when dealing with eating disorders.

NATIONAL TRENDS IN COLLEGIATE RECREATION

Collegiate recreation, once primarily male orientated intramural sport leagues has evolved over the past 40 years to embrace female students and accommodate the hectic schedules of all students with self-directed activities. A pivotal point in campus recreation came in the early 1970's with Title IX, mandating equal opportunity and resources for both male and female students from K – 12 and in the arena of collegiate athletics. The surge of young women participating in organized sports for sheer recreational value or on a more competitive level with school teams and travel teams came in the 1980's, necessitating change in the delivery of collegiate recreation programs and the facilities in which they were held. The popularity of soccer as a recreational sport for both boys and girls also contributed to increased interest and demand for organized sports on multiple levels. Today's college student has recreational sports opportunities ranging from vary casual drop-in open gyms and structured intramural leagues to inter collegiate club sports leagues.

The national focus on active living and healthy lifestyles has lead to tremendous growth in self-directed fitness activities. Typically the first area in a collegiate recreation center to be crowded or be perceived to be crowded and needs to expand is the fitness area that houses a variety of equipment form cardio machines to selectorize machines, cable equipment that concentrates on core muscles and a range of free weights from light beauty bells to barbell platforms. The non-structured character of the fitness floor allows students to fit their exercise routines conveniently into their personal schedules rather than meeting a strict schedule.

Conversely, the concept of participating in an exercise routine with others, or group exercise is another trend that has gained great popularity for college students. Group exercise activities can be done in a multi-purpose studio simply with rhythmic music or with a range of props from steps and exercise bands to stationary bikes for spinning and mats for yoga. Regardless of individual preference of fitness activities, students expect multiple

choices at peak times, usually from 4:00 PM to 9:00 PM. The key to maximizing scheduled group exercise program flexibility is appropriately sized and located storage for the various props and equipment that continually change.

Club sports participation is a third area of growth in collegiate recreation. Typically these are students who may have been high school athletes and those involved with traveling sports leagues. They want a higher level of competition than that offered in intramural sports leagues, but not the commitment necessary for the elite collegiate varsity athlete. Club sports compete inter-collegiately and are either hosting or traveling to competitions, usually on the weekends. Many club sport programs can use the same multi-purpose studio spaces that are used for group exercise programs. The multi-purpose spaces need variety in size, ceiling heights, flooring and mats or wall padding to accommodate sports ranging from martial arts and fencing to wrestling.

With the campus recreation center being the center of so much activity, its nature is to be a social place, as well. Lobbies and lounges with views into different activity spaces have become gathering places for student to hang out between classes, study or meet friends. Casual furniture and simple food offerings enhance the character of the recreation center as a vital and lively center of the campus community.

NATIONAL TRENDS IN WELLNESS

Mind, body and spirit have long described the integrated concept of wellness or well-being. The National Wellness Institute’s definition is that “Wellness is an active process through which people become aware of, and make choices towards, a more successful existence.”

On college campuses across the country the term “wellness” has become somewhat of a catchall for programs and services ranging from individualized fitness routine prescriptions to full-fledged health centers providing preventative and curative care for the entire campus community.

There are six generally accepted dimensions of wellness; social wellness, occupational wellness, spiritual wellness, physical wellness, intellectual wellness and emotional wellness. Some institutions also include financial wellness, aesthetic wellness and environmental wellness.

Today’s students are health conscious and engage in active living as a matter of routine. They have participated in organized sports leagues from a very young age and view exercise as both a way to stay physically fit and to mitigate the stress of daily life. Research has confirmed that students who regularly engage in recreational activities cope better with stress, are more resilient to illnesses and maintain higher grade point averages than those students who aren’t active. Beyond physical activities the wellness initiative has focused on nutrition as a component of healthy lifestyles with a greater awareness of eating disorders and the challenges they bring to the college campus.

An emerging trend in campus facilities is to combine the student health center and counseling services with the student recreation center. Typically, these buildings have at least two entries to offer privacy of purpose to visitors. Issues that must be addressed with design are the separation of ill students from well students and the de-stigmatization of those seeking counseling services. However, as mental health issues are recognized and dealt with in a more open manner,

nationally, the perceived need to separate those services diminishes, allowing the logical grouping of spaces for mind, body and spirit renewal.

The determination and direction each school takes embracing wellness on their campus is often the result of cooperation, or not, among various entities from traditional health care and counseling services, healthy living incentive programs for faculty and staff, academic health related programs and student recreation. In the case of Marquette University, a spirit of cooperation has prevailed with each entity realizing the greater benefit for all by working together.

PROBABLE PROGRAM ELEMENTS

CAMPUS COMMUNITY AREAS

ENTRY: As one approaches, the Campus Recreation Center's main entry door is clearly visible to the students and guests. The entry serves as access to recreation and club sports activity areas of the center for the campus community. The entry will be easily recognizable, well lit and promote a sense of safety. A secondary special event entry may be located proximate to the multi-activity court or MAC within the center. This secondary entry should be unlocked only for scheduled events and is typically not for everyday public use.

WELCOME AND CONTROL DESK: Immediately visible as you enter the center is the open Welcome and Control desk located in the lobby and the source of information on recreation programs, activities, team standings and upcoming events. The central control point of the center can accommodate up to three computer workstations, including point-of-sale transaction computer cash drawer and user pass verification scanner. The desk has visual connection to the entry doors, the lobby and many of the recreation activity areas. The control desk typically connects to the administrative offices and may function as the equipment checkout for items such as basketballs, volleyballs, table tennis paddles and balls, etc.

LOBBY/LOUNGE: The lobby/lounge will welcome and inform the regular user and the first time visitor. While this is primarily a student facility, it may also serve the greater multi-generational Marquette University community, therefore attention should be given to graphic and directional way finding. The lobby/lounge is a "see and be seen" space and will have visual connection to many of the internal activity spaces on the entry level often including the gym, the multi-purpose pool, the fitness area, the elevated track and the Juice Bar. The use of glass and windows will allow the entry and lobby to "glow" in the dark.

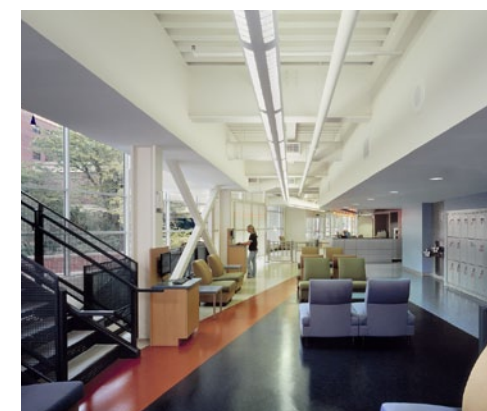
MEETING/CLASS ROOM: A general-purpose meeting/class room with casework and secure storage may be located in either the "free zone" or inside the "control zone". The classroom will be scheduled for both instructional classes and informational meetings with a capacity of up to 50 lecture style.



University of Illinois at Springfield
Student Recreation Center



University of Illinois at Chicago
West Campus Sports and Fitness Facility



University of Illinois at Chicago
West Campus Sports and Fitness Facility

JUICE BAR: Counter service, pre-packaged or simple preparation snacks and beverages will be offered through university as self-operated, the food service operator or in leased space. The Juice Bars should be located off the lobby/lounge area, typically in the "free zone". This area needs a point-of sale transaction computer, plumbing and associated storage to suite the items offered.



Butler University Health and Recreation Complex

RECREATION ACTIVITY AREAS

FITNESS AREA: Area for all fitness equipment including cardio equipment, selectorize equipment, plate loaded equipment, core strength equipment, free weights and stretching; accommodating approximately 275 workout stations. Equipment may be arranged into "fitness neighborhoods" to create separated circuits for beginners and advanced users. The fitness area should have both internal and external views, natural light and adequate ventilation (ACSM Standards). Mirrors will be placed 18" above the floor in the free weight area for safety. Flooring will be shock absorbent in the free weight area where the flooring may be reinforced as well. Other areas with selectorize and cardio equipment may have anti-microbial carpet for sound attenuation.



Oklahoma State University
Colvin Recreation Center Expansion

Multiple flat screen monitors with wireless transmitters will be located in the primary cardio area for entertainment. Cardio equipment may also have individual personal entertainment screen components. This is largely a budget issue decision.



University of Akron
Student Recreation Center and Athletics Field House

MULTI-PURPOSE GROUP EXERCISE STUDIO:

Generally, square rooms with highly resilient wood flooring, mirrors along two walls with ballet bars and cubbies for personal items. One room may have resilient synthetic flooring, no mirrors and padded walls for martial arts and combative activities. Sound control guidelines for these spaces should have a STC Rating of 45 to 55.

Storage for the Multi-purpose Group Exercise Studios may be shared between two rooms to maximize flexibility of programs. The storage rooms should have double doors and may have a double set to facilitate equipment issue and neat returns.



Hocking College Student Center



Hocking College Student Center

GYMNASIUM: Typically the multi-purpose collegiate recreation gymnasium with a ceiling height of 26' minimum, holds basketball courts sized 84' x 50' with safety zones a minimum of 8' from the walls and 6' between courts. Up to three Volleyball courts at 29'6" x 59' can be accommodated on two basketball courts and two badminton courts at 20' x 44' may be accommodated on one basketball court. The space is usually divided with a drop down curtains for safety and separation of activities.



Miami University Recreational Sports Facility and Natatorium

Associated storage space for gymnasiums needs adequate height for volleyball stations and official's stands, ball baskets and portable goals. Often flooring covers are stored and the handling systems are typically 42" x 12', necessitating double doors into the storage area.

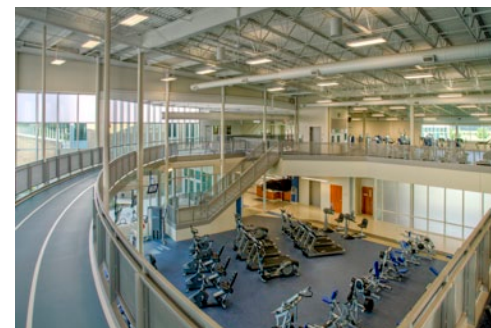
The Marquette program suggests two gymnasiums one with two basketball courts and one with four basketball courts.



University of Akron Student Recreation Center and Athletics Field House

M.A.C. COURT: A multi-activity court with resilient synthetic flooring and rounded corners will facilitate a wide range of activities from indoor soccer and broom hockey to durable special event space. While there are no specific standard sizes for a MAC, the ceiling height is typically 25' and goals are recessed.

ELEVATED WALK/JOG TRACK: The elevated track will physically and visually connect multiple spaces within the recreation center. It may circle a gymnasium but, need not be limited to that area alone. The three-lane track is both an active physical space as well as a social space. The track's length should be a minimum of 1/10 of a mile without banked corners.



University of Illinois at Springfield Student Recreation Center

ROCK CLIMBING AND BOULDERING WALL: A rock climbing wall and bouldering area may be located in a highly visible area of the facility. The wall may reach a height of 35' to 40', requiring belaying ropes. The bouldering area is 10' to 12' high. Both climbing areas require shock absorbent flooring meeting ASTM F1292 standards.

A small storage room needs to be proximate to the climbing area for shoes, helmets, harnesses, ropes and records.

RACQUET SPORT COURTS: Racquetball and Handball Courts are 40' long x 20' wide and 20' in height. A Squash Court is smaller being 32' long and typically 21' wide. Another option for maximum flexibility is to install an International Racquetball/singles Squash court with a moveable glass back wall. For club sport competitions, six racquetball courts are recommended.

COMPETITION POOL: The eight lane 25 yard pool will accommodate swim team practices and meets with a water temperature of 78" – 82". The pool depth at the shallow end is 4'sloping to a depth of 12'6" in the diving area. The 25 yard lap lanes pool will have a diving area with both 1-meter and 3-meter springboards in the deep end. The ceiling height above the diving area is 16½' above the 9'11" 3-meter board. The competitive pool natatorium will have built-in seating for 200 spectators and deck space adequate for dry land practices. ADA accessibility will be with a ramp and/or a hydraulic lift.

MULTI-PURPOSE POOL: The 3,500 square foot multi-purpose pool is a warm water pool, 82" – 86", with the depth of water ranging from zero to 3½' to 4'. A variety of features can be in the multi-purpose pool from a current channel to a bubble bench for social interaction. The warm water is conducive to many recreation programs including a learn-to-swim program and arthritis exercise classes. ADA Accessibility will be by hydraulic lift and/or a ramp incorporated into the zero beach area.

WET CLASSROOM: A Wet Classroom is directly adjacent to the recreation pool. This space can be used for lifeguard training classes, dry land activities for scuba and learn-to-swim programs and for social event rentals. It has securable casework and a sink.

AQUATIC STAFF OFFICES: Two designated staff spaces are within the wet environment of the natatorium. The lifeguard room and the aquatic's administration staff will be located on the pool deck with access off the wet locker room corridor.



The Ohio State University Adventure Recreation Center



The Ohio State University Recreation & Physical Activity Center (RPAC)



Butler University Health and Recreation Complex

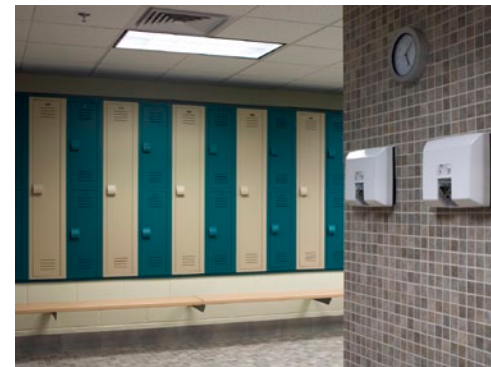


Hocking College Student Center

LOCKER ROOMS: The locker rooms serving the entire facility are located immediately adjacent to the aquatic center and proximate to fitness and the gymnasiums. The locker rooms will have both dry side toilets and wet side toilets. Grooming stations are located in the locker rooms with adequate electrical outlets for hairdryers. A water extractor will be located in each locker room.

COMPANION ASSIST/FAMILY CHANGING ROOMS: Companion assist changing rooms provide privacy for the physically challenged and for families allowing parents to supervise the clothing changing of their children of a different sex. The changing areas may have showers, toilets and a sink. The lockers for this changing area are located outside the changing rooms

WELLNESS SUITE: The Wellness Suite includes both Student Health Services and the Counseling Center. Typically the two functions of the Wellness Suite will have separate reception and waiting areas. The Student Health Services includes physician's offices, nurse's area, exam rooms, lab, pharmacy and X-Ray room. The Counseling Center has small acoustically separated counseling rooms, testing room and a resource room. Associated with many Wellness programs is a nutrition lab for instructional classes and programs. The nutritional lab may have internal views to a circulation corridor and may open to the classroom with an operative wall separating the two. A refrigerator, stovetop, oven, three compartment sink and dishwasher may be located in the lab.



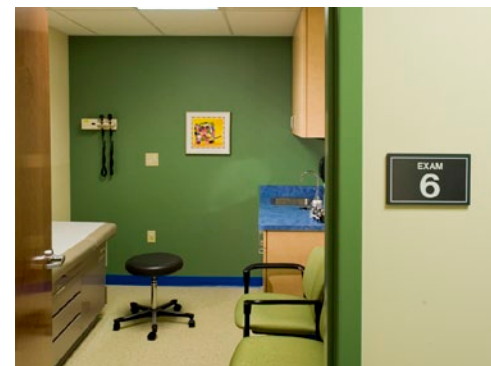
Tom Muehlenbeck Center Plano, Texas



Tom Muehlenbeck Center Plano, Texas



The Ohio State University Recreation & Physical Activity Center (RPAC)



University Hospitals Health System
Twinsburg Health Center Twinsburg, Ohio



Providence Hospital Women's Center
Columbia, South Carolina

ADMINISTRATIVE OFFICE SUITE: The Recreation Center's program and supervisory staff will be housed in an office suite located immediately off the lobby/ lounge with access to the recreation control zone and has connection with the control desk. The center management staff will have private offices, supervisors and student staff will have defined workspaces in an open office area with modular furniture systems. The suite will have a workroom for office equipment, student staff workroom with lockers and a staff break-room. Included in the office suite is a conference room that accommodates up to twelve with access from lobby for small meetings in the evening.

MECHANICAL AND BACK-OF-HOUSE SPACES: Adequate and appropriate mechanical space will be distributed throughout the center to maintain comfort and safety of students, members, guests and staff. Specific storage areas have been identified within the program and are distributed throughout the facility. Janitor closets and housekeeping electrical outlets should be planned for ease of facility management. A loading and receiving area should be located adjacent to the aquatic area. A chemical delivery port will be located proximate to the pool mechanical area.



The Ohio State University
Recreation & Physical Activity Center (RPAC)



The Ohio State University
Recreation & Physical Activity Center (RPAC)



Worthington Community Center Worthington, Ohio



Claude Moore Recreation Center Sterling, Virginia

Marquette University Student Recreation Activity Spaces			
Preliminary Program of Spaces			
		Concept Program	
Program Item	NOTES:	NSF	COMMENTS:
CAMPUS COMMUNITY AREA (FREE ZONE)			
Campus Common Spaces			
Entry Vestibule	single entry; not pass thru	300	
Welcome & Control Desk	Control & Registration (3 workstations)	200	single point of control for entire center
Equipment Issue	adjacent to the Welcome Desk	200	
	casual furniture, café tables & chairs, area for queuing, views to activity spaces	1,500	
Lobby/Lounge		500	
Meeting/Classroom		400	
Juice Bar Café	Counter service no cooking	100	
Juice Bar Storage		60	
Vending	4-5 vending machines		
Subtotal Campus Community Spaces		3,260	
RECREATION AREA (CONTROL ZONE)			
Fitness & Group Exercise			
Fitness Weights/Cardio Circuit Training	Cardio, Selectorize & Free Weights; 250 +/- stations	16,500	1.5 sf @ student
Equip Storage/Maintenance Room		500	
Group Exercise/Dance /Spinning Studio(s)	4 @30 capacity @ 1pers/50 sf=1,500 sf (may vary in sizes)	6,000	
Group Exercise Storage	shared btwn studios moveable fitness equip/ audio	400	
Fitness Assessment Room	private area for personal trainers to conduct assessment/consultations	150	
Fitness Staff office	office w/internal views to fitness areas (2 FTE)	150	
Subtotal Fitness & Group Exercise		23,700	
Gymnasiums & Active Recreation			
4-Court -Multi-purpose Gymnasium	84' x 50' w/ divider curtain	23,400	
2-Court - Multi-purpose Gymnasium	84' x 50' w/ adjustable hgt baskets & divider curtain/wall	12,200	safety margins need to increase if portable bleachers are used
Gym Storage	VB stanchions , goals, balls	600	
MAC (multi-activity court0	rounded corners w/recessed goals & synthetic floor	10,000	
MAC Storage	may be combined with gym storage	300	
Climbing Center	climbing wall & bouldering	800	
Climbing Center Storage	area for shoes, helmets, harnesses, ropes & records	150	
Walk/Jog Track (elevated)	3 lanes @ 3' 1/10 mile	5,280	1/10 mile is minimum length
Subtotal Fitness & Gym Areas		52,730	

		Concept Program	
Program Item	NOTES:	NSF	COMMENTS:
Racquet Sports			
Racquetball Courts	5 minimum/6 for tournaments	4,800	
Squash Courts	1 court	672	
Subtotal Racquet Sports		5,472	
Aquatics Center			
Natorium	fixed spectator seating for 200	16,500	
Competition 8 lane 25 yard pool	4,500 SF		club sport & recreation users
Multi-purpose Pool	3,000 SF leisure water area		may have lap lanes
Spa & Water Features	lump sum \$300,000,		high-rate sand & UV filtration
Pool Equipment Room		1,200	
Pools Storage & Receiving		400	
Wet Classroom	meet management & lifesaving classes	500	
Aquatic Staff		150	
Lifeguard Office		300	views to both pools
First Aid Office	proximate to gymnasiums & pools	100	
Subtotal Aquatic area		19,150	
Locker & Changing Facilities			
M/F Locker Rooms-Showers-Toilets	wet/dry side toilets @ 3,000 sf	6,000	full & half high lockers
Express Lockers	outside various activity areas; distributed through center	400	
Companion Assist/Family Changing Rooms	3 stalls; @one toilet/shower	250	
Subtotal Locker area		6,650	
WELLNESS SUITE (FREE & CONTROL ZONES)			
Student Health Services			
Reception & Lobby	access from both free & control zones	750	
Exam Rooms - 15 @120	15 private @ 120 sf	1,800	
Treatment, Therapy & Procedure Rooms		2,000	
Physician Offices - 6 @ 150	6 private @ 150 sf	900	
Dietician Office - Shared 2 people		200	
Business Admin. Offices - 2@ 150	2 private @ 150 sf	300	
Director's Office	private office	200	
Health Education Staff -3	open workstations	300	
Nurses Area	open workstations	300	
Medical Assistant Work Room	open workstations	300	
Laboratory	security	300	
X Ray Room		300	
Pharmacy	security	250	
Nutrition Lab	may be used for catering	400	
Conference Room	capacity for 10; voice/data/AV	300	
Break Room	sink, micro, coffee, refrigerator	250	
Storage		500	
Subtotal Student Health Services		9,350	

EVALUATION AND RECOMMENDATION

Recreation facilities have been available to students at Marquette University since the construction of the Marquette Gymnasium in 1925. The university was once a leader in the development of student recreation facilities when the Helfaer Tennis and Recreation Center opened in 1974. The last major change in the quality and capacity of available facilities occurred with the opening of the Rec Plex in the mid 1990's. The attitude and expectations of the student population towards recreation have changed dramatically in the last fifteen years. The current capacity and condition of recreation and wellness facilities at Marquette University are at best a neutral factor with respect to student enrollment, satisfaction, recruitment and retention. Due to the age of the existing recreation facilities at Marquette and student concerns about the capacity of the recreation facilities a committee was formed and a consultant was engaged to study existing facilities and make recommendations. In funding this report, the Marquette University Student Government has made a significant statement about student concerns over the quality and capacity of recreation and wellness facilities on campus. It is clear that the students are asking the university to consider improvements to the existing facilities. The university leadership recognized the student concerns and asked the project committee to identify short term and long term options.

The Marquette University Recreation Facilities currently occupy two indoor facilities located six city blocks apart. The 29,432 assignable square foot Rec Plex Facility is a modified former YMCA constructed in 1957 and the 94,568 assignable square foot Helfaer Tennis and Recreation Center (originally constructed in 1974 as primarily a student recreation building) has evolved into a shared facility with the 43,671 square foot tennis courts largely occupied by the Intercollegiate Tennis Team. Removing the area of the tennis courts from the assignable area calculation reduces the available recreation space in the Helfaer Center to 50,897 square feet. The combined total of existing assignable area available for Marquette University student recreation is 80,329 asf. The total proposed assignable program of spaces

identified in this report is 115,648 asf, not including the Wellness Suite that houses both Student Health Services and the Counseling Center.

The overall amount of indoor area on the Marquette University Campus dedicated to student recreation is approximately or 7.48 square feet per student. The benchmark identified by the National Intramural-Recreational Sports Association is 10 to 12 square feet of indoor recreation space per student. Nationally, the recreation area per student at colleges and universities is trending upward and good planning would dictate that Marquette University over a period of years, should aim to increase recreation space to 15 + sf per student.

The committee and consultant also evaluated the quality of the existing recreation facilities on the Marquette campus. It is a bit unusual for a university of Marquette's size to operate two indoor facilities located so distant from one another. In evaluating the assessment of quantity and quality of space it is important to note that operating efficiency and student convenience is compromised due to the multiple locations.

In addition to evaluating the physical attributes and limitations of the existing recreation facilities and program spaces at Marquette, the committee identified the following four national recreation activity and wellness program trends among college students.

- Drop-in, self-directed fitness (fit it into your schedule)
- Popularity of group fitness classes
- Significant expansion of club sports teams and participants
- Merging of Wellness programs with Recreation programs

Program Item	NOTES:	Concept Program	
		NSF	COMMENTS:
Counseling Center	NOTES:	NSF	COMMENTS:
Reception & Lobby	access from both free & control zones	750	
Offices / Counseling Rooms 18 @ 175	18 @ 175 sf/sound barriers	3,150	
Testing Room		200	
Large Group Room		400	
Conference Room	capacity for 8; voice/data/AV	250	
Administrative Offices		300	
Director's Office	private office	200	
Resource Room	information, library, casual furniture	300	
Break room	sink, micro, coffee, refrigerator	250	
Storage	seasonal "give-aways"	500	
Subtotal Counseling Center		6,300	
Office & Support Spaces	NOTES:	NSF	COMMENTS:
Reception & Guest Waiting	access from both free & control zones	150	
Recreation Center Director	1 private @ 150 sf	150	
Associate Directors	1 private @ 120 sf	120	
Assistant Directors	3 private @ 100 sf	300	
Intramurals & Club Sports	2 staff @ 100 sf (shared private)	200	
Professional Recreation Staff	4 workstations @ 64 sf	256	
Student Staff Workstation	4 workstations @ 50 sf	200	
Workroom	office machines	200	
Staff Break Room w/ staff lockers	sink, micro, coffee, refrigerator	300	
Small Conference Room	capacity for 6; voice/dataAV	200	
Conference Room	capacity for 12; voice/data AV	350	
Storage		120	
Subtotal Admin Suite		2,426	
Back-of-House Support	NOTES:	NSF	COMMENTS:
Building Engineer		120	
Maintenance/Receiving/Custodial/Storage		1,000	
Laundry	one commercial washer/dryer	200	proximate to aquatics
Subtotal Support Space		1,320	
Subtotal NSF	NOTES:	130,068	
Building Support	NOTES:		
Mechanical/Service/Structural/Circulation @ 30% = 70% efficiency		55,743	70% efficiency
Elevator to track Mezzanine			
Basic Building Construction GSF	14 sf @ student (recreation)	185,811	

IMPROVEMENT OPTIONS FOR CONSIDERATION

The committee and the consulting team identified three options for consideration by university leadership:

1. SHORT TERM REQUIREMENT - MAINTAIN THE STATUS QUO

The initial research conducted for this report identified that the existing student recreation center facilities were seriously overcrowded and in fair to poor condition. Responding to these findings, during calendar year 2010 the installation of new windows, lighting and interior finishes were completed at the Helfaer Recreation Center and a new multipurpose room was added at Humphrey Hall. These short term improvements could be followed by a regular cycle of maintenance driven improvements at all recreational and wellness facilities which will result in better but not larger capacity or more flexible facilities. If the university chooses to maintain the status quo, it is likely that the level of student satisfaction will continue to decline. Maintaining the status quo will require strategic investment of maintenance funds and demand creative work on the part of the staff to keep the facilities functioning at present levels of service to students.

2. EXPAND, RENOVATE, AND ADD TO EXISTING FACILITIES

If the university elects to continue to operate recreation and wellness facilities in scattered locations across campus, a proactive approach to improving recreation and wellness facilities would be a planned expansion and renovation of existing facilities and possible addition of another modest facility. This scenario involves the construction of an enclosure to infill the outdoor volleyball court area adding approximately 15,000 square feet to the Helfaer Center. Additionally, multipurpose rooms could be made available at other campus locations similar to the rooms created in Campus Town East and at Humphrey Hall or a third location aimed specifically at fitness could be constructed. To address the wellness facilities, a renovation, expansion or relocation of Student Health Services would be necessary.

The committee does not recommend this option because it will require millions of dollars in investment over a period of many years and the end result remains compromised by the costs inefficiencies, and difficulties of operating in many locations. Electing to expand, renovate and supplement the existing Helfaer Center, Rec Plex and Student Health Service locations does not significantly change the student experience in the recreation & wellness area.

3. LONG TERM SOLUTION - CONSTRUCT AN ENTIRELY NEW FACILITY AND CLOSE THE EXISTING FACILITIES

Living up to our mission of excellence requires the university to actively challenge the existing organization of services and to pursue the best offerings for our students. The most ambitious alternative is the construction of a new combined Recreation and Wellness facility to replace the Helfaer Center, Rec Plex and existing Student Health Center. The pursuit of this aggressive alternative will significantly improve the student experience at Marquette University.

The construction of an 185,000 gross square foot building as a permanent and lasting center for student wellness and recreation is an ambitious project. The total cost of design and construction of the facility will reach \$60 million. In addition, demolition or repurposing of the renovation of the existing recreation facilities will require the University to expend additional funds. The result of this very aggressive construction activity will be that Marquette would commit itself to a long term program of activities aimed at educating students about the development of a healthy lifestyle. The decision to construct a new facility is complicated and the committee understands that the risks and opportunities must be thoroughly evaluated by the university community and leadership. This Recreation and Wellness Facilities Program Statement defines the size and type of facilities recommended for Marquette University. If the university chooses to pursue the feasibility of constructing new building, a comprehensive assessment of potential construction and operating costs must be completed.

RECOMMENDATION

Dynamic transformation of recreation and wellness facilities at Marquette University can best be achieved through the construction of a new building. For the university, renovation and expansion of existing facilities will fail to dramatically change the student experience. The creation of a major new facility combining facilities for fitness, intramural and club sports, student health, and counseling will result in an energizing environment that fosters the development of a healthy lifestyle.

Determining the place of recreation facilities in the overall university priorities is beyond the scope of this committee. It is clear to the committee that Marquette students have a high level of participation in recreational activities and that top quality recreational and wellness facilities provide positive options for students to develop healthy lifestyles. The existing facilities have served the student population for a long time and will require continual reinvestment.

It is the recommendation for the committee that the university continue to explore the option to construct an entirely new facility and close or repurpose the existing facilities.

APPENDICES

FOCUS GROUPS

Meeting Minutes: March 29, 2010

PROJECT COMMITTEE: 1.15 – 2.15PM

1. Tom Ganey: Student initiative to pay for this study.
2. Mel Austin: No money available to build at this time.
3. Tom: Construction would be 5 – 7 years out. Want short term output as well. Asked us of natural trends
4. Janet Jordan: Recreation & wellness – people are thinking about them more holistically; increasing participation in fitness; continues to explode.
5. The 3 facilities that make the most impact on students' out of classroom experience: Union, Rec Center & Library.
6. Tom Ganey: any info on number of hours students spend on Rec & sports would be helpful.
7. About Marquette: 97% of students live within 1 ½ mile radius; 4000 beds on campus; 2 year residency requirement; 3000 daily attendance at the 2 facilities; 90% of Rec Center use is by students; 70 % of Rec Plex use is by students; Students use the buildings for both fitness and club sports
8. End of semester – 1st week of May. 7th May is last day of classes and finals go on for one week later.
9. In the 1st week of fall semester, would like to give the student government a progress report.
10. Summer activity is mostly drop-ins, except for camps.

RECREATIONAL SPORTS: FULL TIME STAFF: 2.30 – 3.30PM

1. Dance classes e.g. Zumba (Latin American dance fitness)
2. Multiple martial arts classes/clubs
3. Spin classes are always packed – have a dedicated spinning studio
4. Intramurals – tug of war for space. Not enough space between 5pm and midnight.
5. Priorities are: intramurals & club sports
6. Do not do intramurals in the Rec Plex (except overflow for dodge ball)
7. 4 or 5 tournaments scheduled during the weekends for club sports
8. Intramurals are held 7 days a week,
9. Intramurals on Sundays only at the Valley fields.
10. Have conflicts – take up 4 of the 5 courts.
11. Main intramurals: basketball (5 on 5), Volleyball.
12. Go till 1am at the Valley because of no space elsewhere
13. 10pm till midnight for indoor practice for outdoor sports.
14. Students are mad because they cannot practice with their intramural teams
15. Cannot do outdoor practice because the Valley is pretty much scheduled.
16. Rec Plex gets teams after 8pm, but does not allow them to book during primetime.
17. 1 outdoor basketball court by O'Donnell but no one uses it. They go with Res. Life.
18. 32/33 clubs. Survey of presidents about a year ago revealed that 30% of their practice time need is met. Now there are 3 or 4 more clubs!
19. Storage: people's cars, apartments and basements
20. Designated storage is jam packed. Have one row of cabinets and one small cage.
21. Space may not be adjacent to where it is needed.
22. Fitness Space/Drop-in fitness area: students work out at the YMCA, their apartments

and other clubs, when they are not working out in the rec centers. 4 residence halls have tiny rooms with some fitness (the Y on Grand Ave, six blocks away).

23. There is an agreement between the Y and Marquette students.
24. Women not in Free Weights room. Mainly in Selectorized equipment area
25. No easy and good way for women. Do not feel comfortable.
26. In winter (Jan/Feb), have lines waiting to use the fitness equipment – between 3 and 8pm.
27. Sign up required. Limited to 30 minutes of cardio.
28. 220 pieces of workout equipment including Selectorized, cardio and plate load.
29. Rec Plex – 35 pieces of cardio on the floor.
30. Rec Plex – have members who join just for the running track. Walkers and joggers work out quite well together.
31. Rec Center – only have a walking/jogging track around the 5 basketball courts.
32. Cannot be used while a game or practice is going on, interferes with the safety zone.
33. Fitness assessment is not private as the office is shared. Assessment is free.
34. Cost to the student for a personal trainer is \$12/hr.
35. Not much space for floor exercises.
36. Examples of schools with good rec facilities:
 - Ohio State U.
 - UW Oshkosh
 - U of Missouri
 - Miami U of Ohio (structured to their campus)
 - UIC East Campus
 - DePaul U.
37. About 400 faculty/staff members use the facility
38. Also have community/alumni members (MU to supply numbers)
39. Total number of non-student membership is 550 – 600, not including families. A lot of potential for more.
40. 8 -12 Tuesdays – group fitness class.
41. Limited conference room facilities
42. Lack of social lounge space
43. Limited office space
44. There is a big push to have Wellness programs on campus nowadays. John Sweeney is trying to sell the program to faculty/staff.

CLUB SPORTS: 3.30 – 4.30PM

1. 900 students in club programs. 10% of student body, highest percentage of all rec activities.
2. Includes 3 martial arts & 1 fencing club.
3. Request, budget, competition
4. Baseball – east practice space (former store)
5. Martial Arts – storage
6. Martial arts have to get a space in different locations each time.
7. 10 x10 mats they share that they have to carry around each time.
8. Club soccer – old gym
9. Need to store balls & uniforms. Keeps balls in her car trunk and apartment.
10. University insurance does not cover clubs.
11. Funds are raised by dues & fundraising. MUSG gives a little money - \$20,000 to split between 35 clubs.
12. Club VB constant conflict with intramurals – limited on ability to host competitions. Get bumped. Have to wait.
13. Sometimes, people drive 2 hours for tournaments. Need their own space. Nowhere to store volleyballs.
14. Club basketball – conflicts. Courts are tiny.
15. Jim Nasiopulos says NO 6 out of 10 times.

16. Frisbee Club is one of the largest. Always play outside. No green space on campus to host anything. Only practice. Do not get a large space to practice. Only do conditioning. Compete only in the spring.
17. Need Frisbee play/practice space within walking distance.
18. Student has 2 boxes of Frisbees in his apartment.
19. Why do students participate in club sports? What is the benefit to students?
 - Passion – continuation of high school activity. Like a fraternity – team mates become like family.
 - Chance to try something new, something more, reduce stress, meet people, gives purpose.
 - Played sports in high school, having fun while working out and staying healthy physically & mentally.
 - Incentive to go to the gym to stay healthy for club.
 - Saw it at an organization-fest, tried something new and has looser structure than team sports.
 - Being in a sport makes you have to put it on a schedule. Helps to do better in school.
 - Helps with organization.
20. 2.5 minimum GPA required to play in club sports.
21. Has become a determining factor in where students go to grad or professional schools.
22. Get a ton of calls asking whether certain club sports exist?
23. Sports they have chosen become lifestyle sports.
24. Leadership experience – 3 leaders per club, about 100 people.
25. When Tom Ganey asked how they would rank getting a new recreation facility with dining, housing, and an academic building for their major, most of the club sports captains ranked a new recreation facility #1.
26. Many also ranked their high school recreation/sports facilities higher.
27. Basically, their major complaint was that there is simply not enough room/space for all the required activities.
28. Walking distance to the Valley is okay.
29. Club rowing is one of the largest clubs. Facilities are inadequate. Housed in the basement of an academic support building.
30. Student dues ranged from \$150 per year to \$2,000 for hockey & lacrosse!

INTRAMURAL SPORTS: 4.45 – 5.30PM

1. How important? Very!
2. 80% students participate
3. Release from the stress
4. Social aspect – meet new people
5. Lots of range for a bunch of different people
6. Not as huge a commitment as club sports
7. Soccer – didn't want the competition
8. Suffer forfeits because cannot get teams to get up at 7am on Sundays.
9. Soccer has 2 minute half-times.
10. Everyone's frustrated – adds to stress.
11. Marquette is very competitive
12. Over 475 teams – 5 – 6,000 participants
13. Able to accommodate the entire intramural team/league request? No! Biggest problem in space.
14. Problem has been persistent for 15 years (Anne Pufahl)
15. Valley Field is not safe to be playing out there late.
16. Generally pretty inconvenient. Kids do not want to go down there.
17. Campus loop shuttle does not serve Valley Fields. Runs till 3am on weekdays and 4am on weekends.
18. Facilities get overcrowded at peak times. Chaotic and uncomfortable.
19. Space between basketball courts is 3 feet. Can be dangerous.
20. Courts are 84' x45' – less than high schools'.
21. Nowhere for spectators – "spectate at your own risk"!
22. Lots of disappointment and frustration.
23. Stressful when flag football & soccer are playing at the same time.

24. Good things about intramural sports:
 - A good thing
 - Scheduling is good by IM office. Organized.
 - Diverse sports. No real limit on how many you can do.
 - Can give you a job for the rest of your life.
25. The face of intramurals is students: they are on site, in charge and running it. Real popular.
26. When Tom Ganey asked them to rank the need for a new recreation center, dining, housing or their academic major building, 6 out of 8 ranked a new recreation center highest.

AQUATICS/FITNESS (SWIMMING AND FITNESS): 6 – 6.30PM

1. Group fitness:
 - Rec Center flooring can be dangerous
 - Odd shape and equipment
 - Ventilation not good
 - Small wall with mirror - visuals not good
 - No platform
 - Have to limit the number
 - Sound system – incorporate i-pods-acoustics bad
 - Overlook would be nice – see and be seen.
 - Sound transmission.
2. Rec Plex – not enough space for fitness. No more than 10. Use steps. Have to move equipment around (sound speakers).
3. Classes are switched out – scheduling is a problem
4. Equipment is different in different rooms
5. Switching out at short notice presents problems
6. Music equipment malfunctions sometimes
7. Spin studio has 12 bikes and not enough room
8. Not enough bikes for triathlon competitions.
9. Janet reminded them that they are ahead with having a dedicated space. Was previously a squash court.
10. Acoustics are bad. Instructor lost her voice. Students cannot hear the instruction. Sound leak is a problem.
11. Students want the classes. Limitations are brick and sticks, not ability to run the program.
12. Locker rooms are crowded.

Aquatics:

13. Rec Plex is 4 lanes and Rec Center is 6.
14. Other schools have more modern pools – 50m including diving, laps and swimming across.
15. Need more deck space – cannot host meets.
16. No spectator space. Nowhere to put people.
17. Cannot have a diving program. Turned people away – no pool time for them.
18. Compete with Wheaton, Carthage, Lawrence & Notre Dame.
19. Only swim against NCAA teams. Would have to invest in a new facility to become an NCAA team. Cannot do it financially now.
20. Do not have a 20'x20' section that is just 3' deep.
21. Need a pool that could be raised from 13' to 6' (saw that at another college).
22. Currently do lap swimming, water polo, swim team, senior water aerobics, swim lessons, intramural water polo, and triathlon club clinics.
23. Other schools usually have just lap pools, no leisure swimming.
24. Senior patrons comment on the pool deck being wet.
25. Rec center pool: deck is slippery, walls too close to pool.
26. Intramural: Energy Water Polo is social. Otherwise, the pool is not really a social place.
27. Swimming lessons for kids: 10 weeks, 30 – 45 minutes, Tuesday evenings, 6-6.45 and 6.45-7.15; a community service.
28. Pool temperature: 79 degrees for laps, 82 degrees for swim lessons.
29. Demand for lessons is always there.

30. Would like a more modern facility; more deck space, more lane space.
31. Lap lanes are too narrow. Sometimes overcrowded.
32. Also maintenance issues that need to be taken care of.
33. Peak times: Rec Plex – 6am; Rec Center – 7-8am, 4.30-6pm (after class and before dinner).
34. Locker rooms are way too crowded at the Rec Center at peak time. (Tom to get us the # of lockers).
35. Typical back pack will not fit in locker. Puts people off. May not come to fitness because there's nowhere to put their stuff.
36. Gang showers are old school.
37. Faculty & staff do not want to share lockers and showers with students.
38. Privacy issues for trainers having to share offices.
39. 6 personal trainers. Waiting list of about 15 people.

MARQUETTE UNIVERSITY STUDENT GOVERNMENT (MUSG): 6.45 – 8.00PM

1. Tour guides – taking people to the Rec Center is a disappointment. Because of library, student union & science building – the expectation is raised
2. Student involvement in recreation is high at MU
3. Saw the need from students that they want more of the Rec Center. What is there is not satisfactory.
4. Not enough space when working out. Students on top of each other.
5. Ditto club sports.
6. Wellness, holistic, yoga
7. Require space & comfort: race from one machine to another - defeats the purpose of being there.
8. Big East is a prestigious conference but the Rec Center is an embarrassment. Need to keep up with the name and reputation.
9. There's been a shift in the idea of wellness: lunch place, juice bar, reflecting the current idea of a rec center.
10. Dire need for more club and intramural space – students are very involved – need to meet the need!
11. Need for a fitness community. Don't know what to ask for. Need us to show them what goes on elsewhere.
12. Programming:
 - Plenty of opportunity for physical (?)
 - No nutrition & counseling
 - Good for club & intramural
 - Need more introductory level classes that are friendly for those who do not know what they are doing.
 - Space to watch videos – football
 - 20 /40 space is convenient and well used but not crowded, it is welcoming and bright
 - Has a lounge, laundry facility & TV. Interplay of different activities – synergy.
 - Could be competing at a higher level if there were facilities and space to meet students' needs.
 - Need therapy in the wellness center.
 - Have a great physical therapy program. Could be incorporated.
 - Special programs – Orientation, Rock the Rec, Little Sibs Weekend, (terrible for dance), Health & Wellness Scavenger Hunt.
 - Cannot get students to attend any programming on Friday & Saturday nights because they go drinking.
 - Any indoor practice space is welcome.
 - Windows!!!

MEETING WITH TOM GANEY: 9.15AM

1. Deliverables:
 - Quantify what is needed - advances the argument as to why a new rec center will uplift the status of the University and how it will make MU more attractive to high school students
 - Renovation of Rec Center/ Rec Plex
 - New facility
 - Something in-between – build a small satellite with a complement e.g. fitness/juice center.

2. Approx 800 students in residence halls near the Rec Plex
3. Tennis occupies a lot of real estate. Inter-collegiate tennis insists that they need 6 courts to hold a meet.
4. Need to catch students one more time before they leave – Friday, April 30th, tentatively.
5. Bigger picture:
 - Not that big a campus.
 - Are 2 facilities sustainable?
 - Should they close 1 and combine it with the other?
 - Should they close both and reopen 1?
 - Have they got the right offerings at the 2 facilities?

Meeting Minutes: March 30, 2010

ACADEMICS GROUPS AND FACULTY/STAFF: 10 – 11AM

1. Employee wellness program w/o students
2. Scheduled intensively and aggressively
3. Separation from kids – classes & locker rooms
4. Broad range of comfort zones
5. No space
6. Lockers rooms
7. Overcrowding – 22 students in a room that should hold 15.
8. Existing MP rooms – flooring is dangerous
9. Wellness program is new – insurance was going out of the roof
10. Myriad of bad things happening in some venues at the same time.
11. Exercise Science program has difficulty scheduling.
12. Jim Nasiopulos asked: would a physical therapy clinic in the Rec Center be a good thing?
13. Response: These ideas were out there 25 years ago – multi-use activities with health facilities. Good marriage
14. They use whatever space is available and apologize to people below for noise nuisance.
15. Students want to be certified as personal trainers and group instructors.
16. Outdoor /adventure recreation did not come up. Got rid of it because they could not do it right. Still have scuba diving.
17. At least 1,000 hours/month of activities looking for space. Do not meet their expectations. Often tell students they cannot do that. Students fill out all available spaces, auditoriums, stages etc.
18. Think MU's rec facilities are near the bottom compared to other state universities in Wisconsin.
19. Purpose of rec in faculty & staff lifestyle – any unmet needs?
 - Privacy and programs to fit their schedules.
 - Indoor walking track. Large running track.
 - Geography – most important factor.
 - Do not have a facility to tour students. Embarrassing when compared with peer institutions, especially for a private (\$38,000/year) school.
20. How does it meet the mission of the school?
 - Education is mind, body & spirit. MU should be the place where you can find all 3. So far, have achieved mind and spirit.
 - Clubs/orgs/groups have grown from 60 to 250 in ½ dozen years, driven by students. Facilities do not match that growth.
21. Residence life has data from a few years ago from a survey done by consultants.

MEETING WITH LARRY PAN – FACULTY, PT DEPT

1. Exercise Science students do internships at the Rec Center.
2. Expanded programs would help them with their placement. Augment their majors.
3. Dedicated space would help faculty.
4. Have been trying to get a clinic – club sports is underserved. Injuries are staggering. Do not offer physical therapy at the health center.

5. 5 – 10 treatment tables. Also, smaller treatment rooms.
6. Having the clinic in the Rec Center would be beneficial all round.
7. Would like to be in the same building as Student Health. Collaborate well.
8. Would eventually also serve faculty & staff.
9. USC has the #1 PT program in the country. St Louis U is the chief Jesuit competitor.
10. New buildings are fundraised.

RECREATIONAL SPORTS ADVISORY COUNCIL: 1.30 – 2.30PM

1. New students making decisions about club sports – not varsity but still want competition
2. Track & Field
3. Intramural and club sports important for non-scholarship athletes. Natural light at the Rec Center pool
4. Social casual lounge areas
5. Tennis courts
6. Recruitment based on club sports – softball
7. Intramural and club sports important for the non-scholarship athletes
8. No indoor track
9. Gym is very dim
10. Marquette would be above the rest with a new Rec Center
11. Gathering spaces are limited

HEALTH & WELLNESS: 2.30 – 3.30PM

1. Counseling student health services
2. Safe and private
3. Sometimes requires police escorts
4. Programmatic link – education and awareness services
5. Demonstration/teaching kitchen as part of wellness – put together a cooking series.
6. Big \$\$ expense. At Purdue it was called a nutrition lab and that helped to ease it in. Nutrition and cooking classes are an emerging program. Gets use by groups of international students. In other places, it is a classroom.
7. Tom Ganey: what does wellness mean at MU that involves doing something different?
 - All in one building – one stop shop.
 - Academic side included
 - Some component of educational broadcasting
 - Responding to future technology – go outside the box
8. De-stigmatization of mental health and incorporating/integrating it better.
9. Right now, counseling services do not have signs.
10. Health Services issues are square footage: not enough space to take care of patients.
11. Esthetics – in the basement. Not pleasant.
12. Some universities marry wellness & recreation services discretely – interconnected but having separate entrances.
13. Health education – link between many programs.

RECREATIONAL SPORTS: 3.30PM – 4.30PM

1. Recreation activities are important
2. Would like facilities updated
3. Centrally located
4. Handicapped basketball students meet elsewhere
5. Fitness areas – fell like you are in the basement
6. Heavy weight lifters – not meeting need
7. Does pull in people from grad school
8. Not many people know of the volleyball court in Rec Center
9. Survey: some people are willing to pay more than \$100 increase in fees to improve the facility
10. Some gone elsewhere – not enough equipment: no Olympic platform, weights not heavy enough.

11. Between noon & 6pm Rec Center is crowded. People go off campus for fitness.
12. UW Milwaukee's facilities are great.
13. What does wellness mean?
14. Lifetime commitment
15. Change of lifestyle to being healthy
16. Educating oneself on how to use machines properly, how to eat right etc.
17. Taking classes – what is a macro-nutrient.
18. Quick fix areas:
 - Layout – a lot of the equipment is located wrongly: too close to walls, more mirrors would be beneficial, too much equipment on the floor, better organization, more places to stretch. On the whole, could be arranged better.
 - Lockers look hideous beat up, 1970s colors
 - New carpet
 - New front desk
 - Unattractive reception area and offices
 - Outdated weight equipment
 - Update the running track in the Rec Plex – it feels like it will collapse
 - Sometimes reasons why students do not use facilities is because they are charged for it
 - Stereo systems could use help
 - No public address system in Rec Plex. One has to walk around telling people it is closed!
19. Juice bar (although there is no space).
20. Pool water quality system: Sand filters in Rec center. Chlorine, CO2 rather than acid.
21. No walkway underneath Rec center pool. Had a yearlong leak in the past - pool was down for a year!
22. In response to Tom's question about rec, dining, housing or faculty major building priority, a new recreation center was the highest priority.
23. One responded with a new rec center with exercise lab for Exercise Science.
24. Someone asked if quick fixes were the solution – spending money on stuff in a building that is 10 years outdated?
25. Tom Ganey responded that incremental investment is good for people who will not be around in 7 years when MU can afford to build the new.

MEETING MINUTES

Conference Memorandum

Date:	4/30/10		Attendees
Project:	Marquette University	Janet Jordan-MNI	Tom Ganey-MU
	Student Recreation Center	Howard Blaisdell-MNI	John Sweeney-MU
Project No.:	10106.		Mary Lou Austin-MU
Project Phase	Study		Jeff Janz-MU Jim Nasiopulos- MU Stephanie Stopka –MUSG Meghan Ladwig –MUSG Henry Thomas – MUSG Joey Ciccone- MUSG

Key Discussion items The following are a series of notes reflecting program revisions, design directions, approvals and processes.

Study Findings Update:

Agenda

1. Overview of Marquette Recreational Sports
2. Summary of Focus Group findings
3. Summary of Student Voice Survey Results
4. Peer Institutions; verify
5. Format of Report
 - a. Example table of contents
 - b. Present options for what MU might gain and what it might cost
 - i. MNI develop space/SF
 - ii. MU provide pricing
6. Next Steps
7. Previous Study Spring 2009 (Student Voice survey)

Presentation:

- 1) Two Recreation Facilities average 3000 daily visits in winter.
 - a. 2000+/- Helfaer
 - b. 1000+/-Rec Plex
 - c. Additional outdoor field users.
 - d. 3000 visits, includes Faculty, Staff and at Rec Plex, includes community.

- e. Tom requested number & percentage of swipes that are students as a basis for
 - i. University ID Card/software – compare with swipes at library
 - f. Outdoor Sports Fields
 - g. Norris Park – coming on line next year, with lights for club sports. (old school playground) (New turf grass, new lights, new restrooms) City Park?
 - h. Valley Fields –Primarily used by athletics
 - i. Tom to give acreage that is dedicated to Recreation programs to MNI as well as acreage of fields and hours available for varsity fields.
- 2) Residential – 95% of students live within 1½ miles of campus Existing programs
- a. Noted items that need to be clarified from web site
 - i. 5 Basketball courts: 2 Gymnasiums
 - ii. NCAA Swimming pool 6 lane 25yard 4 lane pool
 - iii. Gym - include volleyball within gym appears that you have multiple venues when spaces actually overlap.
- 3) Focus Groups –March 29 & 30, 2010
- a. MUSG- Focus group, Tom noted included people who cared, came.
 - b. Wondering how to get an unbiased focus group.
 - c. Student Government – as representatives states that there is a strong student interest.
 - d. Getting interested students
 - i. Ask for student involvement, but don't provide description of meeting
 - ii. Give away I-pod
 - iii. Feed them
 - e. Perspective of incoming students, and graduating seniors.
 - i. Preview weekend.
 - ii. Couch questions about residence life, dining,
 - f. Establishing what will become dynamic document.
 - g. Q. Tom asked which may be re-asked at preview weekend. If you had a dollar to spend how would you spend it, Biology, housing, dining, rec, academic.
- 4) Recurring Themes
- a. Too Crowded, Not ADA Accessible
 - b. Rec Plex far less use than Helfaer
 - c. Unable to meet all Intramural & Club Sport requests
 - d. Lack of storage for all programs
 - e. Students enjoy & engage in various recreation programs
 - i. Reduces stress

- ii. Meet new people
 - iii. Leadership opportunities
 - f. Lack of space for games & practices increases stress
 - g. Sound systems are unreliable
 - h. No windows or natural light (especially at Helfaer
 - i. Locker rooms lack privacy
- 5) Club Sports: Dominates – Strong user base, dedicated students.
- a. Students invest their own money sometimes up to 2K/year
 - b. Some schools have full time coaches for some of these sports.
 - c. See this as a strong need
- 6) Main Growth areas in last # of years.
- a. Drop in Fitness, and
 - b. Club Sports.
- 7) Student Voice Survey (conducted Spring 2009)
- a. Random sample of 2,500 students
 - b. Response rate of 34%
 - c. Participation at both facilities
 - d. Usage & attitudes
 - e. Satisfaction with staff & services
 - f. Anticipated GPA
 - g. Priority of improvements to recreation facilities
 - h. Purpose for participation in recreation sports
 - i. Willingness to pay recreation fee for improvements
- 8) Rec Plex 900-1000 students live in student housing within a block away.
- 9) Club Sports
- a. Survey does not ask how many people don't participate because time/facilities are not available.
- 10) Group Exercise Classes- Less than adequate facilities that drive low participation.
- 11) Swimming – Users dedicated
- 12) Drop-in Open Gym
- 13) Time of Day
- 14) Costs
- a. Possibly- Maybe
 - b. Student Government suggests plan
 - c. If you have a good plan, will you be willing to pay \$ for XYZ
 - d. States that it is important and high value.
- 15) Peer Institutions
- a. Will look at some other schools for comparison

- i. Relatively local universities
 - ii. DePaul – had defined strategies that opened enrollment to increase funds.
 - iii. Those who have made major improvements and upgrades
 - b. Want to be one of the 3-4 best Catholic Universities in the US. (Boston, Georgetown, Notre Dame)
 - c. Looking at other Schools
 - i. Loyola – Chicago- Doing some capital improvements now.
 - 1. Existing facility 1982
 - 2. Dixie is retiring, but doing work at Recreation, Union, Athletics
 - 3. MU also competes with Loyola for students.
 - ii. Wisconsin – Graduate Students mobilized to kill fee. Putting money into Student Unions which have some recreation programs
 - 1. Hoofers organize Outdoor Recreation programs.
 - 2. Geographical issue living on lakes, and student population
 - iii. Schools that MU competes with for students.
 - iv. Notre Dame – Political thinking.
 - 1. Thinking that lots of private school students apply to Notre Dame but end up going to MU.
 - v. White Water?
 - vi. Oshkosh?- Very new facility.- Not peer to MU
 - d. Add Loyola and Notre Dame to list of Peer Institutions
- 16) Reviewed Needs Assessment Document
- a. Tennis Courts –
 - i. Pay fee to use tennis.
 - ii. Not included in available SF due to limited availability (Athletics primary use)
 - b. National Average is 10-12 SF/Student includes Assignable Square Feet (ASF) and Support Square Feet but not Gross Square Footage (GSF)
 - c. Noted: Lounges are more important for casual social interaction.
 - i. Existing wide halls are counted as “Lounge” should identify actual area where seating is available for gathering vs circulation only.
 - d. Existing Gym’s – Currently 84x45 not 84x50 and safety zone between courts very small.
 - e. Noted: Differences between Population Calculations
 - f. Student population – Exclude law students of calculation as they have separate facility in new Law Building.
 - i. “Separate But Equal” verify

- ii. Will develop mechanism for how to count them, if they use gym space, but not fitness, group exercise.
- g. Gyms: Need to clarify how much gyms are used for other uses.
 - i. Indoor soccer takes up all courts in gym.
 - ii. NIRSA does not clarify exact amount of Basketball vs. Soccer
 - iii. Think Court space is short, not on target, due to other uses of gyms.
 - iv. Janet requested schedule how courts are broken up between Basketball and Volleyball
 - 1. One court is currently dedicated for Volleyball, and available for basketball. (Change court from Basketball to dedicated Volleyball)
- h. Fitness Space
 - i. Fitness/Racquetball – Adjust space in Comparative Spreadsheet
 - ii. Fitness- Concern that people are currently waiting and hour for cardio equipment.
 - iii. Noted at Helfaer that the fitness mezzanine amount of equipment is limited based on the weight of the equipment and the limits of the existing structure. Currently at 78% of weight capacity.
- i. Multi Purpose Rooms
 - i. Does not include Humphrey Hall Space 2000ASF. (Dance)
 - ii. Open Pantry- Existing 3000ASF. (Tai-Kwon Do) (Open for 6 weeks) open space for all kinds of student groups. Not defined. Stop Gap measure.
 - iii. Dance Club and Tai Kwon do would not use Humphrey/Open Pantry if these spaces were available on Recreation center.
 - iv. Still being over booked.
- j. Spreadsheet also does not count hours available for each space.
- k. Janet, noted what Brailsford & Dunlavy does to document depth and breadth may be appropriate at some time, noted this direction is not quite the same.
- l. Squash Courts: 2 but one is currently used as spinning.
- m. Tennis Courts
 - i. Marquette has 6 indoor courts but no outdoor courts.
- n. Pools- Diving not used for 1or 3 Meter diving boards due to depth of pool at 12’-0” max and 11’-3” where divers may enter.
 - i. Currently not rented out for swim meets. Not enough deck space for tip and roll bleachers.
- o. Lockers: Existing – Verify size of lockers width and depth.
 - i. Organization more of a concern

- ii. Size of locker more important
- 17) Comparative Spreadsheet is work in progress
 - a. Suggest direct numerical comparison. Existing vs New (Variance) with comment line on each area.
 - i. Running total: Recommended: Difference: Comment
 - b. Identify items that are commonly located in other facilities
 - i. Wellness Center]
 - ii. Nutrition Lab
 - iii. Instructional Space Physical Therapy
 - iv. Juice Bar
 - v. Social Activity Room
 - 1. Game Room – Ping pong (Currently scattered among Union and Residence Halls) (Union facility is partially study room and partially game room)
 - 2. Janet suggested possibly Wii Sports as current trends, using a multipurpose space.
 - 3. Have really good storage
 - vi. Identify Guidelines.(NIRSA 2006 Survey)
 - vii. Lack Multipurpose/group exercise rooms.
 - 1. Trending to more smaller rooms rather than fewer large rooms.
 - c. Health Services- Should any space move to recreation center?
 - d. Wellness- What is wellness - Nutrition, mental, physical, sexual, etc.
 - e. What is unique about Marquette
- 18) Where do we go from here?
 - a. Part of report deal with Facts.
 - b. Review Options
 - i. Size New/Renovation/Existing
 - ii. Tom – Look at pricing for options
 - iii. You need to add x amount of SF (recommendation)
 - iv. You need to renovate x amount of SF (recommendation)
- 19) Committee to prepare Vision Statement
 - a. What is missing is vision. Need students/committee to provide vision.
 - b. Test is to identify a clear vision
 - c. How does it affect the Marquette student experience
 - i. Holistically.
 - ii. Mind Body Spirit
 - d. Suggest draft of a vision statement- drafted this summer

- e. Sub Group to draft Vision Statement.
 - i. Committee meeting by conference call.
 - ii. What is unique to be included in Vision Statement
- f. Vision statement to “knock it out of the park”
- g. Janet to talk to Jim & John about examples from Purdue or other public institutions.
- 20) Possible readable summary for spreadsheet.
- 21) Visit Chicago – Suggest Wednesday May 19th date for Group Tour for part of community.
 - a. DePaul/Northwestern/UIC West & East/ University of Chicago/Loyola
 - b. Janet to set-up tour schedule.
 - i. Tom suggests two students and Mary Lou Austin do tour.
- 22) Meeting adjourned

The above information constitutes my understanding of the meeting on the date listed. If anyone has any additions or corrections, please contact me immediately. Any corrections will be added to the next set of meeting minutes. These meeting notes with any corrections tendered, serve as the official record of this meeting.

CURRENT STATE OF THE STUDENT HEALTH SERVICE

The Student Health Service consists of a primary care clinic and the Center for Health Education and Promotion and occupies 7601 gross square feet in two separate locations. Clinical operations are located in the lower level of the southeast corner of Schroeder Complex (5178 gross square feet) while our health education component is located in the 707 building in 2423 gross square feet of space on the first floor. Allowing for normal circulation, our actual usable space for clinical operations is approximately 3900 square feet.

Out of necessity, the Student Health Service separated its clinical and preventive services 10 years ago. By consolidating all of our providers in the space vacated by our health education staff, Student Health was able to create much needed examination room space. Since then, our utilization has increased 300%. During the academic year, 85-100 patients per day come through our clinical facility. During the cold and flu season, it is not uncommon for upwards of 110 patients per day to be seen.

This success, however, has not come without significant challenges. Increased utilization has resulted in increased waiting times as a result of too few examination rooms. Maintaining confidentiality has been a constant struggle because of the small waiting room, the same area for check-in/check-out, paper thin walls between exam rooms (or in some instance, only a curtain) and the providers all sharing the same workspace. Wait times for an appointment are now 2-3 days given the finite number of providers that can work at any one time given the space limitations. Add these circumstances to the inherent problems with the space including the lack of appropriate access for disabled individuals, the inability to properly transport patients to a higher level of care (hall width size too narrow to accommodate EMS gurney in/out of rooms), and the environmental issues of poor air quality, insect and rodent infestations and the inability to properly regulate the temperature throughout the clinic, and our capacity to properly care for our students becomes a struggle.

Over the years we have addressed our space restrictions with a number of creative alternatives. In addition to relocating our health education staff and consolidating all providers into one room, measures taken have included converting closet space into medical record storage and laboratory office space, combined treatment room functions with microscopy and central supply, conversion of a custodial room to nursing services work area, consolidated all nurses into the pharmacy space, renovated previous xray room into two separate work areas to accommodate our expanded immunization and allergy clinic, redesigned the reception area to improve confidentiality, added plumbing to offices for use as exam rooms, storage of medical records in lockable cabinets in lower traffic area hall way, and having staff use alternative restroom facilities within Schroeder in order to gain an additional restroom for patients.

While the segregated health fee has assured student access; the quality of our care has increased the utilization; and our creativity has allowed us to address our most pressing needs, there is very little else we can do. Unfortunately, any further increase in utilization with no corresponding increase in space for patient care will result in even longer waiting times and dissatisfied patients. Any expectation of expanded services will go unmet.

STUDENT HEALTH SERVICE SPACE NEEDS

When evaluating space needs in a college health service, the arrangement of the space as well as the total amount are important factors. The American College Health Association's Facilities Survey (2007-2009) of 114 college health services across the nation established the benchmark of 1.73 gross square foot per eligible student. The industry standard for examination rooms per provider in a primary care setting is two to three rooms each.

Using these standards, a comparable facility (which would include space for the Center for Health Education and Promotion, 12-15 exam rooms, in addition to treatment and observation rooms, and allow for ancillary services of xray, physical therapy and expanded laboratory and pharmacy) would be 20,760 gross square feet, which is nearly three times larger than the current facility with a 50-90% increase in examination room space.

At an independent medical audit of the Marquette Student Health Service in December of 2008, external consultants concurred with this recommendation commenting that Student Health Service's "current facility is about one-third the size needed for the student population being served". The consultants have individually been in college health or community primary care practice for over 20 years.

WELLNESS CENTER MODEL

While more space would allow Student Health to effectively address utilization and flow issues, expand existing services, and offer additional services, incorporation into a wellness and recreational facility would allow us to do it in a way that not only meets the desires of the 21st century student but enhances the wellness of employees and staff on our campus by providing services specific to their needs.

A 2009 survey conducted by the Department of Recreational Sports here at Marquette revealed that 79% of respondents agreed (somewhat or strongly) that recreational activities and programs contribute to quality of life and 83% have an expanded interest in staying fit and healthy.

Health is more than an effort to treat or cure disease. Rather, health is about maximizing our mental and physical wellness by reducing risk of disease and preventing injury. Wellness is an active process through which people become aware of, and make choices toward, a more successful existence. A holistic wellness and recreational center, capable of providing primary, secondary and tertiary prevention all in a central location will contribute to the development of our students.

A number of schools have embraced this concept. North Dakota State University, UNLV, University of Akron, Abilene Christian University, and SIU-Carbondale all have or are in the process of building comprehensive wellness facilities that integrate recreational facilities, student health, health promotion, nutrition, sports medicine/physical therapy and counseling.

A similar facility should be given consideration at Marquette. In addition to the above components, additional opportunities for faculty/staff wellness exist including space for an occupational medicine clinic and general health screenings (e.g. blood pressure, cholesterol, BMI, glucose) allowing for innovative partnerships between Student Health, College of Health Sciences and the School of Nursing. Such a facility would enrich the educational experience of Marquette students and enhance the health of the MU community.

MARQUETTE UNIVERSITY COUNSELING CENTER

TO: TOM GANEY
FROM: MIKE ZEBROWSKI
SUBJECT: WELLNESS CENTER
DATE: DECEMBER 22, 2010
CC: LINDA LEE, JEFF JANZ

December 22, 2010

Dear Tom:

Thanks again for including the Counseling Center in the provisional planning for a university wellness center. I think it is an outstanding idea and I am very pleased that the students and the university are considering it. I would like to follow up by providing you with further rationale and documentation for the Counseling Center's potential inclusion. I am using an outline form so that you can find and pull the information easier. If you need any other details, please let me know and I will do what I can to provide them.

Rationale for Inclusion of the Counseling Center into a Wellness Center

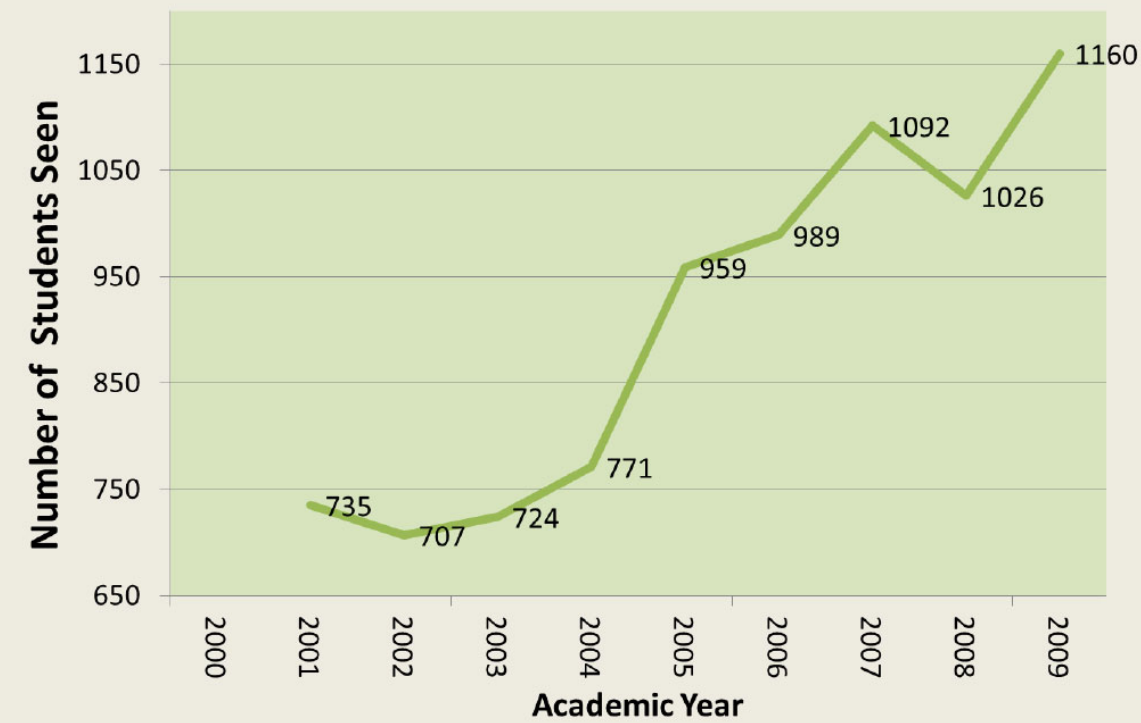
- Combining recreation facilities with medical and mental health services would normalize counseling. The pervasive national movement in mental health is to destigmatize mental health issues. Treating wellness by holistically including counseling, would make mental health services more accessible.
- Increasing the proximity of Student Health Services and the Counseling Center would make collaboration between these offices easier. Since medical and mental health issues often overlap, this would allow for easier referrals, consultation and sharing of records.
- The Counseling Center is not ADA compliant. Students who use wheelchairs must be seen in a special room and certainly do not have the ease of access of other students.

Increased Need for Counseling Services

- Over the past ten years, the demand for counseling services has grown exponentially. Number of students seen has increased by 63% since 2001. Although increases now seem to be slowing, the Counseling Center will likely continue to see more students each year.
- At this time, the Counseling Center is using all possible office space. As the number of students seeking services continues to increase, there will be difficulty attempting to meet this need with limited office space.

MUCC Appointment Stats

2001-2009 Academic Years



Special Needs of the Counseling Center

Due to the special nature of working with very strict privacy laws, the Counseling Center environment has certain requirements. The following are some of those requirements:

- Soundproofed walls and doors
- No clear windows on office doors
- Discrete entrance and exit, both for counseling appointments and transports to the hospital
- Lobby to comfortably accommodate 15 people
- Privacy for front desks to protect confidential material
- Windows and natural light, as students present with complaints of Seasonal Affective Disorder
- A “safe room” free of any item that could be used dangerously for assessment of severely disturbed students
- A group room

2010 RECREATIONAL SPORTS USER SURVEY

Question	Freshman	Sophomore	Junior	Senior	Graduate	Other		
Year in school	117	130	86	88	54	14		
Gender	Females	Males						
	234	254						
In a typical 7 day week, how many days do you exercise for 30 or more minutes	7 days	6 days	5 days	4 days	3 days	2 days	1 day	0 days
	5.7%	17.0%	27.7%	20.5%	19.1%	7.0%	2.3%	0.6%
In a typical 7 day week, about how many days do you use the Rec Plex	2.6 days (average)							
In a typical 7 day week, about how many days do you use the Rec Center	4 days (average)							
In general, when do you use the Rec Plex	Before noon	12pm-5pm	After 5pm	Not at all				
	8.3%	33.9%	12.8%	43.1%				
In general, when do you use the Rec Center	Before noon	12pm-5pm	After 5pm	Not at all				
	14.2%	41.6%	31.0%	13.1%				
The student staff at the recreational sports facilities are professional	Strongly Agree	Agree	Disagree	Strongly Disagree				
	35.1%	62.1%	1.9%	1.0%				
The student staff at the recreational sports facilities are competent	38.8%							
	59.3%							
	1.0%							
	0.8%							
The student staff at the recreational sports facilities are friendly	43.1%							
	53.0%							
	2.9%							
	1.0%							
The student staff at the recreational sports facilities are knowledgeable	36.3%							
	58.1%							
	4.5%							
	1.1%							
The student staff at the recreational sports facilities are willing to provide assistance to customers	43.5%							
	53.8%							
	1.9%							
	0.8%							
The student staff at the recreational sports facilities are quick to respond to customer problems	36.7%							
	55.0%							
	7.0%							
	1.3%							
The student staff at the recreational sports facilities are excellent providers of customer service	37.2%							
	56.3%							
	5.2%							
	1.3%							
What should a new recreational sport and fitness facility be for Marquette	Very high priority	High priority	Low priority	Very low priority				
	37.9%	37.3%	21.3%	3.3%				
How much would you pay, per semester, to fund a new or renovated recreational sports facility at Marquette	Do not support	\$0/sem.	\$1-\$24/sem.	\$25-\$49/sem.	\$50-\$74/sem.	\$75-\$99/sem.	\$100>/sem.	
	9.0%	22.4%	33.3%	17.1%	8.6%	3.5%	6.1%	
In general, how satisfied are you with the recreational sports facilities at Marquette	Very satisfied	Satisfied	Moderately dissatisfied	Very dissatisfied				
	30.5%	51.6%	12.6%	5.2%				

FACILITIES EVALUATION AND RECOMMENDATION SUMMARY

HELFAER TENNIS AND RECREATION CENTER

Primary Issues

1. General

- a. The building is 35 years old and has shortcomings in compliance with current building codes
- b. Not ADA compliant
 - i. No accessibility to the lower level
 1. Tennis courts
 2. Racquetball Courts
 3. Squash Courts
 4. Converted courts
 - a. Cardio (2)
 - b. Spinning (1)
 - ii. No accessibility to the upper level
 1. Fitness
- c. Shared Space with Intercollegiate Athletics (Should not be calculated into recreation space per student)
 - i. Tennis courts dedicated to intercollegiate athletics comprise nearly half of the existing facility, 43,671 square feet. The tennis courts may be reserved for recreation play during non-peak times for a fee.

2. Facility Evaluation and Short Term Recommendations

a. Entry

- i. Cold air rushes in when doors are opened due to lack of vestibules. This has necessitated the construction of a rather brutal, shielded entry check-point.
- ii. **Short Term Recommendation:**
 1. Build vestibules or rotating air lock doors to control inside climate temperatures
 2. The Entry sequence and control and information desk could be renovated for a more open and welcoming approach and entry to the center.

b. Gymnasium- 5 courts (4 basketball & 1 volleyball)

- i. In good condition

- ii. Adequate safety zones for end run-offs & wall side of courts 1 and 5 (8'+) for basketball and volleyball play.
 1. The perimeter safety zones are currently use as a running area. This raises safety concerns of conflict between runners and those playing basketball. Using the gymnasium perimeter as a running area should only be allowed when NO basketball games are being played.
 2. Minimum existing safety zone between courts 2, 3 and 4 (3').

iii. **Short Term Recommendations:**

1. The basketball courts and volleyball court could be re-stripped and the backboards adjusted to increase the safety zone dimensions between courts by minimally reducing the side wall safety zones on courts 1 & 5. With this adjustment, using the safety zones for running/jogging would still be recommended to happen only when NO court games are being played.
2. Could benefit with more natural light. Add north facing high windows in the gymnasium may be translucent or clear.

c. Fitness area on upper level

- i. Natural light
- ii. At the beginning time of this Study, 2/2010, there were no windows or skylights in the fitness space. During summer 2010, windows were added, the carpet was changed and lighting upgraded.
- iii. Future flexibility is limited by structural weight capacity and columns

iv. **Short Term Recommendation:**

1. Actions taken during summer 2010

d. Multi-purpose Room

- i. The existing single multi-purpose room has a low ceiling and a single mirror on the short end of the rectangle sized room; the rest of the room has wall pads presumed to be for martial arts programs.
- ii. The lighting is fluorescent with not ability to vary
- iii. There is no storage closet; program equipment is stored within the room.

iv. **Short Term Recommendation:**

1. Add more mirrors to the space for group exercise, follow the leader, classes.
2. Make the lighting variable for range of programs and activities
3. Construct shelving and rack system for storing steps, balls, mats and other program equipment.

e. Pool –25 yards/6 lanes; 3'6" depth to 12'6" (meets minimum depths for 1 & 3 meter diving boards)

- i. The Pool has two diving boards; 1 meter and 3 meter that are occasionally used for open swims. Most of the time the diving boards are no open as their use reduces the available lanes by 2 and there is more demand for recreation/fitness lap swimming than for diving.
- ii. The pool is accessible with the use of a portable easy access step and platform

iii. **Short Term Recommendation:**

1. Continue to use pool for recreation and fitness swimming and exercise.
2. Swimming Sport Club may use for practices; however the pool does not meet contemporary safety standards for the flip turn, minimum dept of 3'8" .
3. Water temperature is set for recreation swimmers (warmer) rather than competitive swimmers (cooler)
4. The pool is not conducive for competitions due to narrow decks with no room for portable tip & roll bleachers

3. Long Term Recommendation: Fill in the courtyard facing N. 7th Street

- a. Add an elevator to allow accessibility to all building levels.
- b. The Fitness area should be increased in size to serve the entire campus by construction of a double high addition in the courtyard with a mezzanine or balcony level.
- c. A 1/10 of a mile or longer three lane track should be constructed around the perimeter of the new Fitness area with external views to the west and internal views into the gymnasium.
- d. Fill-in the existing Fitness area with 4 – 5 multi-purpose rooms. This will require moving some columns

1. In order to re-purpose this space for other uses such as “mostly column free” Multi-purpose Rooms, the columns need to be relocated and/or replaced. This may be possible working within the mid level locker rooms to relocate/replace and reorganize the locker rooms.
- e. Re-stripped the 5 court gymnasium and flip the volleyball court to the west end, north corner, the new track can protrude into the gymnasium overlooking the volleyball court and 4 basketball courts.
- f. Move Equipment Issue to the area under the new track to both serve the purpose of issuing recreation equipment and as casual supervision of the back corridor and gymnasiums.
- g. Increased and re-organized the administrative staff area. The ability to increase size in the current space is limited by the pool, men’s locker room and racquetball court. Additional office space may be located in the expansion area in the courtyard.

RECPLEX

Primary Issues

1. General

- a. The building is 56 years old and has short comings in compliance with current building codes
- b. Not ADA compliant
- c. Building code upgrades and limitations drive what can and cannot be done in the RecPlex.
- d. Essentially the existing spaces must remain same use to remain “grandfathered” in the current building code.

2. Facility Evaluation and Short Term Recommendations

- a. Entry-
 - i. The turnstile and entry sequence to the front desk are awkward
 - ii. **Short Term Recommendation:**
 1. Replace with two way gate system
- b. Gymnasium
 - i. Appears to be in good to fair condition
 - ii. **Short Term Recommendation:**
 1. Eliminate the existing non-working retractable bleachers in the big gym, may be replaced with bench on cubbies on either side of the cross court hoops.

- a. Other option is to remove the bleachers and increase the safety zones.

c. Fitness Areas

- i. Greatest challenge is the multiple rooms housing various fitness functions.
 1. Segregation of Free Weights tends to discourage female participation
- ii. **Short Term Recommendation:**
 1. Cosmetic upgrades (see Long Term Recommendations)

d. Multi-purpose Room

- i. The existing single multi-purpose room has a low ceiling and limited mirrors on two walls of the rectangle sized room
- ii. The lighting is fluorescent with not ability to vary
- iii. There is no storage closet; program equipment is stored within the room.
- iv. **Short Term Recommendation:**
 1. Add more mirrors to the space for group exercise, follow the leader, classes.
 2. Make the lighting variable for range of programs and activities
 3. Construct shelving and rack system for storing steps, balls, mats and other program equipment.

e. Pool- 25 yards/4 lanes; 3’6” depth to 9’

- i. Recommend the continued use of the pool remain for recreation, fitness and teaching as it is to shallow for diving.

f. **Short term Recommendations:** Cosmetic and Mechanical systems upgrade for entire facility

- i. New carpet
- ii. New resilient sport flooring
- iii. New lighting
- iv. Consistent paint and finish pallet
- v. Upgraded graphics and wayfinding
- vi. New furniture
- vii. New air handlers (change as needed)
- viii. Renovate restrooms and locker rooms for ADA compliance

3. Long Term Recommendations:

- a. Add an elevator or replace the existing freight elevator with large passenger elevator

- b. Make the stairs code compliant; current 10" deep x 8" high. Renovate to make 11" deep and 7" high
- c. Need to add two new exterior stairs or replace two interior existing stairs
 - i. The Racquetball Courts that cover the entry door create a long dead end corridor.
- d. Three primary ADA offenders:
 - i. Staircase X; non-compliant
 - ii. Staircase W; non-compliant
 - iii. Staircase U; non-compliant
 - iv. Staircase C need to be verified for compliance

ACKNOWLEDGEMENTS

- #



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