

ARRILLAGA FAMILY RECREATION CENTER

Integrating Mind, Body and Spirit





ARRILLAGA FAMILY RECREATION CENTER

THE CASE

The recreation center has become an integral part of the modern university. While functioning as a social center, it serves the health and fitness needs of students, faculty and staff. Although Stanford University currently has several locations for “working out,” they are all either too small to meet the current demand or are temporary in nature. Ultimately, there is no single hub that offers the variety of activities that characterize the modern recreation center. To this end, the Department of Athletics, Physical Education and Recreation (DAPER) has proposed the construction of a 75,000-square-foot recreation center, the Arrillaga Family Recreation Center (AFRC). This facility is consistent with the DAPER Master Plan, and continues the development and vitalization of the department, specifically by addressing a key DAPER goal to “enhance quality of life through body movement and physical activity.” The AFRC will benefit the entire Stanford community and has been identified by the University as a key “People Program.” People Program initiatives, such as the new recreation center, are intended to improve the quality of life of students, faculty and staff. The center will also benefit Stanford alumni and the general community outside of Stanford by supporting youth camps, special events, club sports and Stanford Hospital’s Health Improvement Program (HIP).

When students are deciding which institution they will attend, a combined center can be a powerful attraction.

Athletic Business, November 2002

THE NEED

The AFRC will provide services and opportunities that have been identified by the University as valuable and necessary, not just to the general student body, but to the Stanford community. The facility will house activities that are presently either underserved because of a lack of space, or located in temporary space. Several of these activities (PE classes, recreation, intramural sports and student dance groups) are explained below.

PE Classes

Physical education classes also struggle with the limited space currently offered. Yoga is one of the most popular PE classes at the university, and at least 50% of students who wish to participate are turned away each quarter. It is not uncommon to find students who have had to wait until their senior year to get into a yoga class.

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Recreation

The martial arts community at Stanford includes over 400 participants (including non-Stanford members) and comprises 14 different disciplines, organized under the Stanford Martial Arts Program (SMAP). Martial arts have become an attractive alternative for students who are not drawn to competitive team sports but do want a rigorous workout in an interactive group setting. At present the SMAP requests for space are often turned down, and with their membership and demand growing, they are constantly looking for practice space.

Squash and racquetball are examples of recreational activities located in temporary facilities. They are currently housed in the deGuerre building, along with rock climbing, and all of these activities will need to be relocated once deGuerre is renovated and becomes the new Band Shak (the Band is currently in temporary trailers).

General weight training is currently located in the Arrillaga Family Sports Center and the Tressider Fitness Center. The demand on these facilities far exceeds their capacity. Tressider originally opened in 1997 with hours of operation of Monday through Friday from 7:00 AM to 10:00 PM and weekends from 8:00 AM to 5:30 PM. The hours have now been extended, and the facility operates from 7:00 AM to 2:00 AM every day of the week. Despite these new hours, Tressider is able to handle only 50% of the demand.



Current weight training facilities, such as this one in Roble Gym, are too small to meet the needs of the Stanford community.

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Rock climbing facilities are currently located in the deGuerre building. This popular activity will have a permanent home in the Arrillaga Family Recreation Center.

Intramural Sports (IM)

The four most popular IM leagues are basketball (200 teams), volleyball, badminton and table tennis. In order to accommodate all of these teams, IM games are scheduled until 11:00 PM, but students would prefer and benefit from earlier times. During the winter quarter, the IM basketball and volleyball games are forced indoors into Ford Center, Burnham Pavilion and Maples Pavilion and games have to be scheduled as late as midnight to accommodate all of the teams. Badminton and table tennis are underserved as indicated by the fact that the existing offerings are full and many people are not accommodated. Burnham Pavilion schedules time for both of these activities during traditionally non-popular hours and the facility manager still reports that “the place is packed” and not everyone gets a chance to play.

Student Dance Groups

Stanford is home to a wide variety of ethnic student dance clubs such as Indian dance, Hawaiian dance, Ballet Folkloric, etc. All of these groups are constantly looking for space to practice. They currently use Roble Gym, but this facility does not have the number or size variety of rooms to support the current and increasing demand for dance space.

The AFRC has been designed with all of the abovementioned activities in mind. The center will offer recreational basketball/volleyball courts (with a mirror to accommodate dance), rock climbing, a fitness room, squash courts, a weight room, human performance center, fencing area, and an Academic Resource Center (ARC). The AFRC will also allow for the development of new programs, expand the university’s ability to host special events, and provide a social gathering place that encourages healthful activity---a need recognized by the student body itself:

In 1998 the Office of the Vice Provost of Student Affairs (VPSA) conducted a survey entitled The Undergraduate Experience to evaluate the satisfaction levels of undergraduate students. In the area of “Extracurricular Activities,” the lowest rating went to the condition and availability of recreation facilities (64% of students were dissatisfied). In the area of “Community,” the survey showed that although students

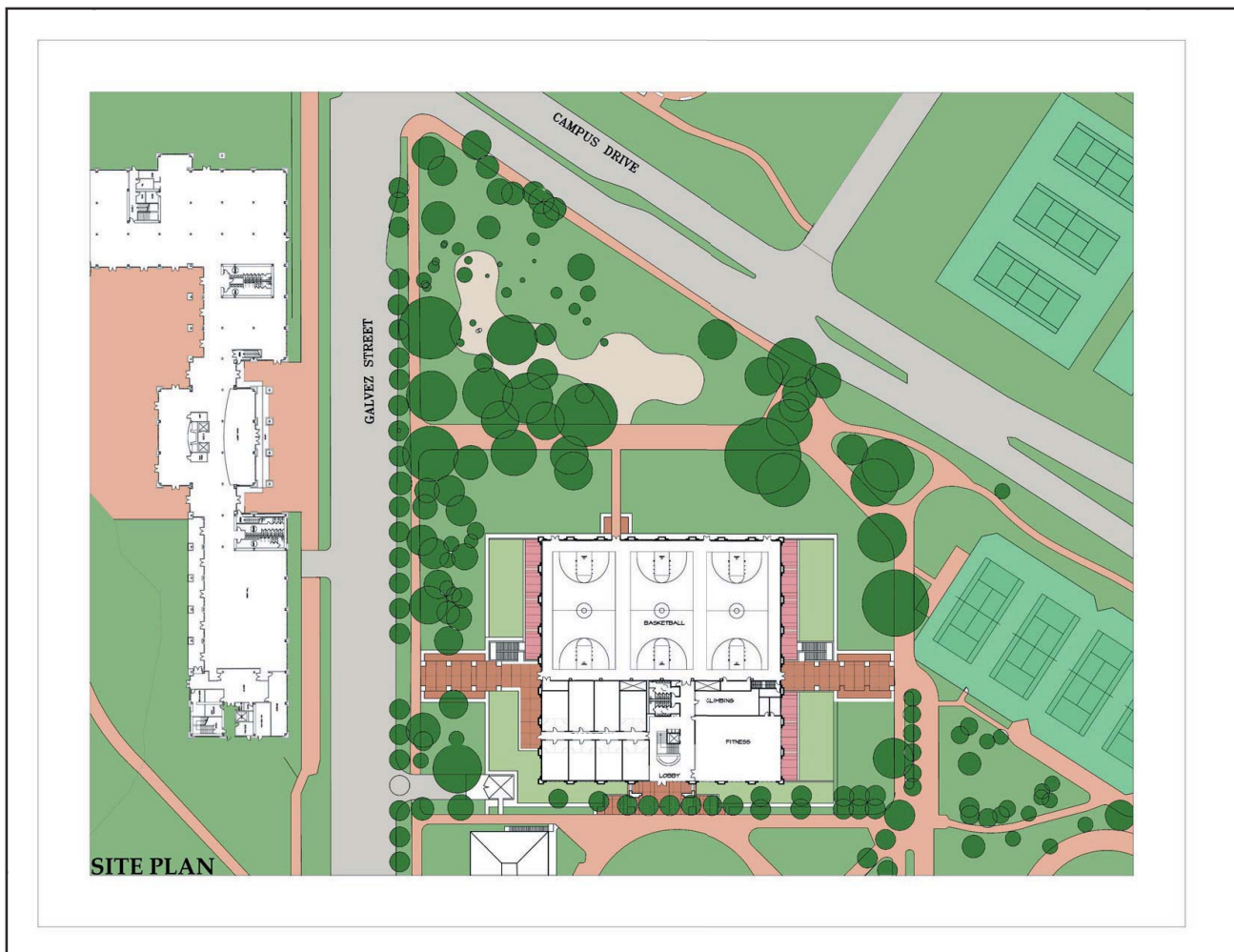
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generally felt that the campus was an enjoyable place, they gave their lowest ratings to the availability of meeting places for intellectual and social interaction (68% were dissatisfied). The AFRC will help address the need for more recreation opportunities and will offer a healthy venue for students to meet and interact.

THE SITE

An ideal location for the AFRC has been identified at the site of the old Encina Gym on Campus Drive. Encina Gym was closed in 1993 after all of its functions were moved to the Arrillaga Family Sports Center. The University studied the possibility of reopening the gym in 1997, 1999 and 2001, but each review concluded that this was not financially feasible. More importantly, the existing building does not have adequate square footage and space characteristics to accommodate the University's needs.

Building the AFRC on this site will allow DAPER to continue the planning concept of locating all of its facilities in a "spoke and hub" configuration. Conceptually, this layout creates the "hub" around the Arrillaga Family Sports Center, located on Campus Drive, which contains centralized services such as showers, locker rooms, and food service. The "spoke" facilities, such as the Avery Aquatic Center, the Taube Tennis Stadium, Sunken Diamond, Maples Pavilion and the AFRC do not duplicate the centralized functions of the "hub," thus creating a more efficient and well-planned department to serve the needs of the university.



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THE TIMELINE

DAPER received project approval for the AFRC from the Board of Trustees in February 2004 and construction approval in April 2004. Construction commenced with related demolition and site work in May 2004 and building construction in June 2004. Construction of the center should be complete by June 2005.

THE COST

The AFRC will cost almost \$30 million to build, and DAPER already has commitments of \$22.5 million, leaving \$7.5 million to raise for the project. The University must have all commitments in hand before construction can begin.

THE DONOR

While the name of the recreation center has already been confirmed, there are still a number of naming opportunities available:

\$2,500,000	Basketball Courts*
\$2,500,000	Sports Medicine Center
\$2,000,000	Weight Room
\$1,500,000	Academic Support Center
\$1,000,000	Squash Court Complex
\$ 500,000	Multipurpose Room
\$ 500,000	Courts
\$ 500,000	Lobby*
\$ 250,000	Individual Squash Court (8 available)
\$ 250,000	Rowing Area
\$ 250,000	Rock Climbing Wall

“I am very pleased that the new Arrillaga Family Recreation Center will serve as a place for students, faculty and staff to gather for recreation and relaxation. It is in the best tradition of Stanford to provide a first-rate facility that will help promote a healthy integration of the mind, body and spirit for all members of our community.”

Stanford University President John Hennessy

* Funds already committed

THE TREND

Many universities are recognizing the need for central recreations centers. As a result, the following facilities have recently been completed:

Allan P. Kirby Sports Center
LaFayette College
87,500 square feet
Recreation users only
Features: sports medicine area, three-court gymnasium, climbing wall, squash/racquetball, aerobics room, conference rooms

Recreation Services Building
University of Central Florida
84,000 square feet
Recreation users only
Features: four-court gymnasium, weight and fitness areas, wellness suite (sports medicine), climbing wall, classrooms, conference rooms

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THE TREND (CONT.)

Lerner Family Health & Wellness Center

George Washington University

180,000 square feet

Recreation users only

Features: two-court gymnasium, weight and fitness areas, wellness suite (sports medicine), climbing wall, glass windows that look out onto the landscape and cityscape

Student Recreation Center

Georgia State University

161,000 square feet

Recreation users only

Features: three basketball courts, weight room, climbing wall

Almost every activity can be seen from the halls and atriums

Student/Recreation Center

Indiana University of Pennsylvania

69,000 square feet

Recreation users only

Features: three-court gymnasium, computer lab, lounge, weight room (16,000 square feet), racquetball/squash courts, climbing wall, food courts, golf simulator

Homewood Recreation Center

John Hopkins University

69,000 square feet

Recreation users only

Features: three-court gymnasium (designed for banquets), weight room and fitness center, climbing wall, racquetball/squash courts

Burns Recreation Center

Loyola Marymount University

83,000 square feet

Features: pool, two-court gymnasium, two multi-purpose rooms, student health center/clinic

Pennington Jr. Student Activities Center

Southeastern Louisiana University

85,000 square feet

Features: central lobby with glass on all sides, wellness suite, four-court gymnasium with elevated track, circuit training/cardio room

“Participation in recreational sports programs and college activities is a key determinant in two primary arenas---student contentment and success and administrative recruitment and retention.”

Recreation Management, January 2004

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THE FACILITY

At approximately 75,000 square feet, the Arrillaga Family Recreation Center will stand 45'-6" tall, being comprised of two stories, a high-bay grade and a sub-grade floor. Within this space will be housed a new Human Performance Center, developed jointly by the Stanford Hospital and DAPER, indoor basketball/volleyball/badminton/dance courts, fitness/general exercise/martial arts, weight training, rock climbing, squash and racquetball, and an Academic Resource Center (study hall). The proposed layout is as follows:

First Floor (double height - 32,500 square feet plus circulation, mechanical, etc.)

Three recreational basketball/volleyball courts (21,000 square feet)

Storage

Mirrors on side of one court for dance programs

Large room able to accommodate special events

Rock Climbing (900 square feet)

Rock walls and storage

Fitness Room (4,000 square feet)

To be used for general exercise, such as aerobics, martial arts, yoga, HIP classes, table tennis, badminton, etc.

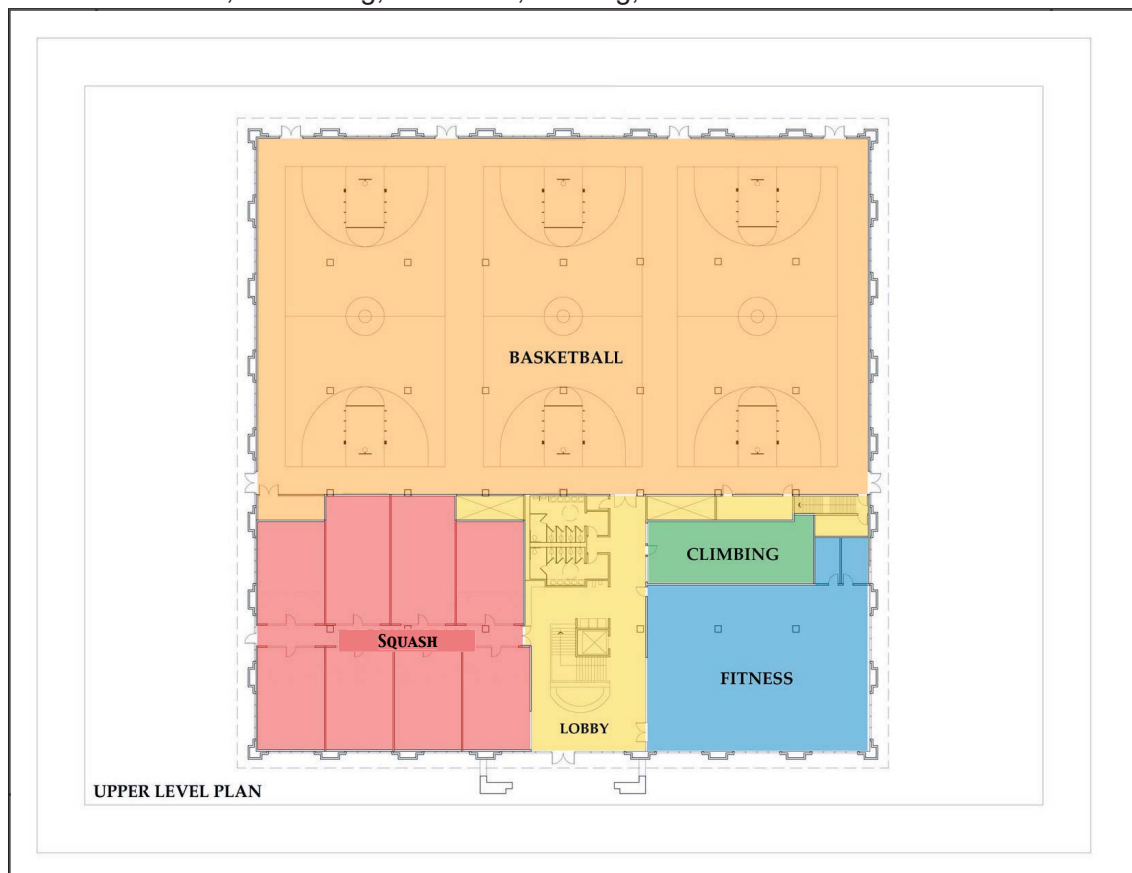
Storage

Squash (5,600 square feet)

Eight squash courts

Lobby (1,000 square feet)

Check-in, scheduling, restrooms, vending, etc.



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Basement Level (single height - 32,600 square feet plus circulation, mechanical, etc.)

Weight Training and Cardio Equipment (13,000 square feet)

- Rowing area
- Offices
- Check-in area
- Storage

Human Performance Center (9,000 square feet)

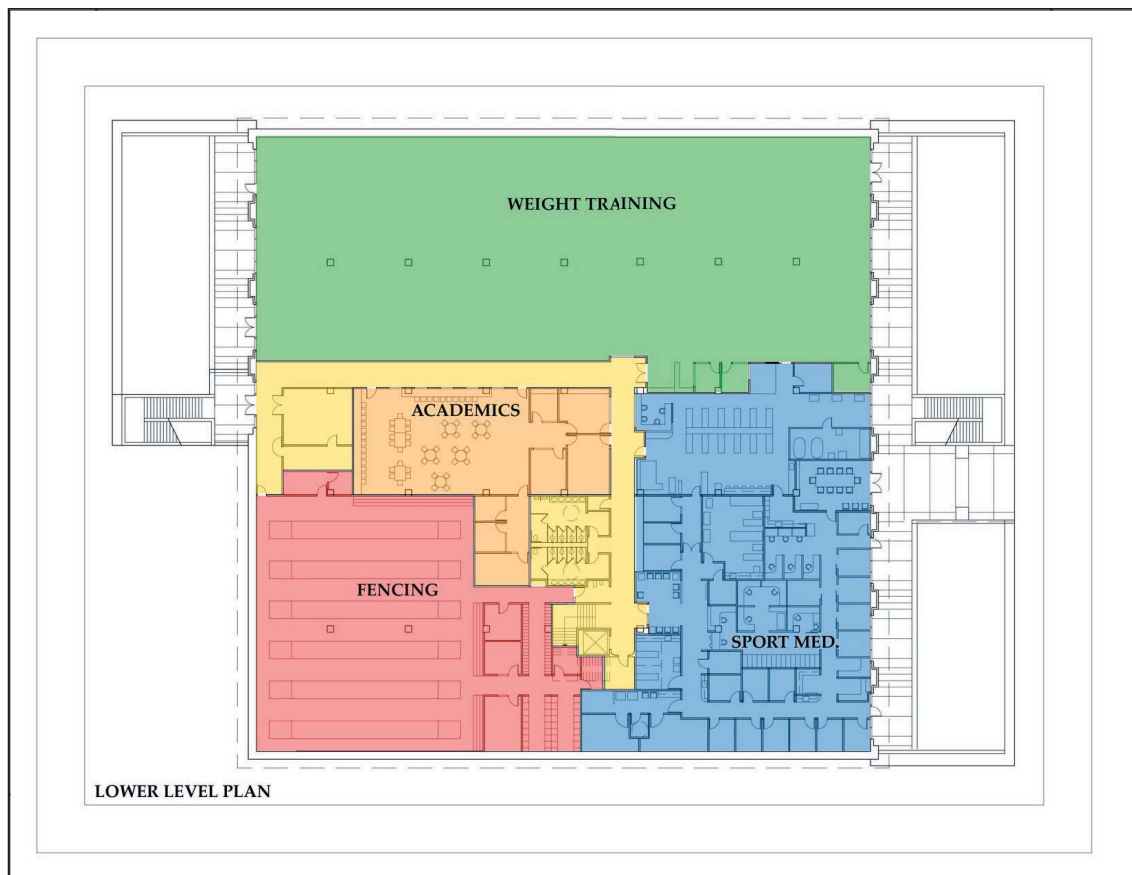
- Space for researchers and staff
- Imaging (extremities MRI and X-ray)
- Examination rooms
- Rehabilitation/Physical Therapy
- Exercise testing (treadmills, etc.)
- Special procedure room (casting, etc.)
- Doctors' offices and conference room
- Reception area and nurse station
- Storage for supplies, medical records, etc.

Fencing Area (3,600 square feet)

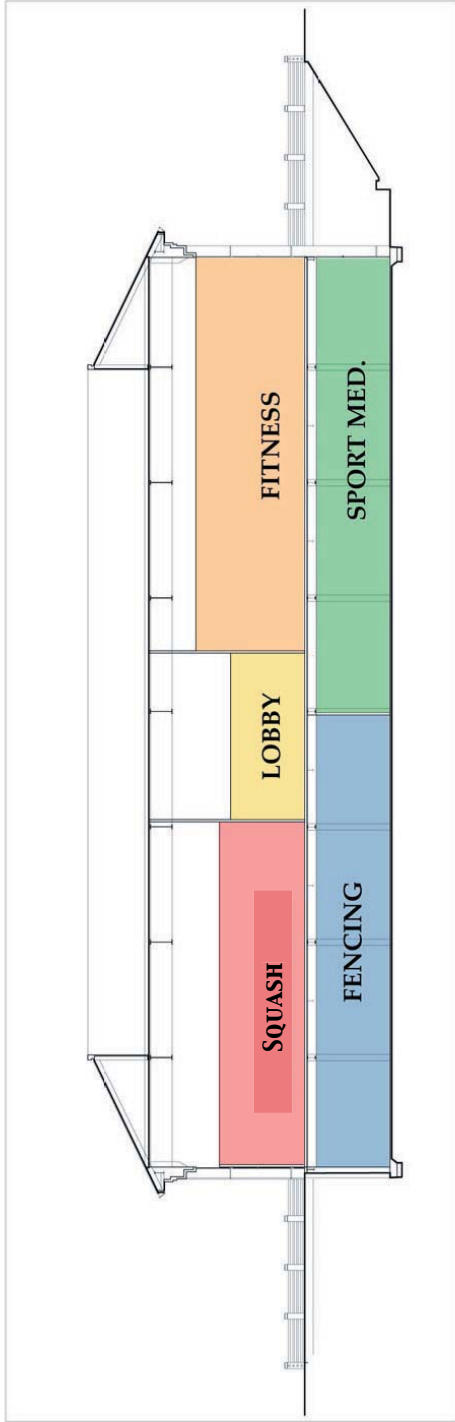
- Competitive fencing strips
- Spectator area
- Two offices for coaches
- Storage and armory

Academic Resource Center (ARC) (7,000 square feet)

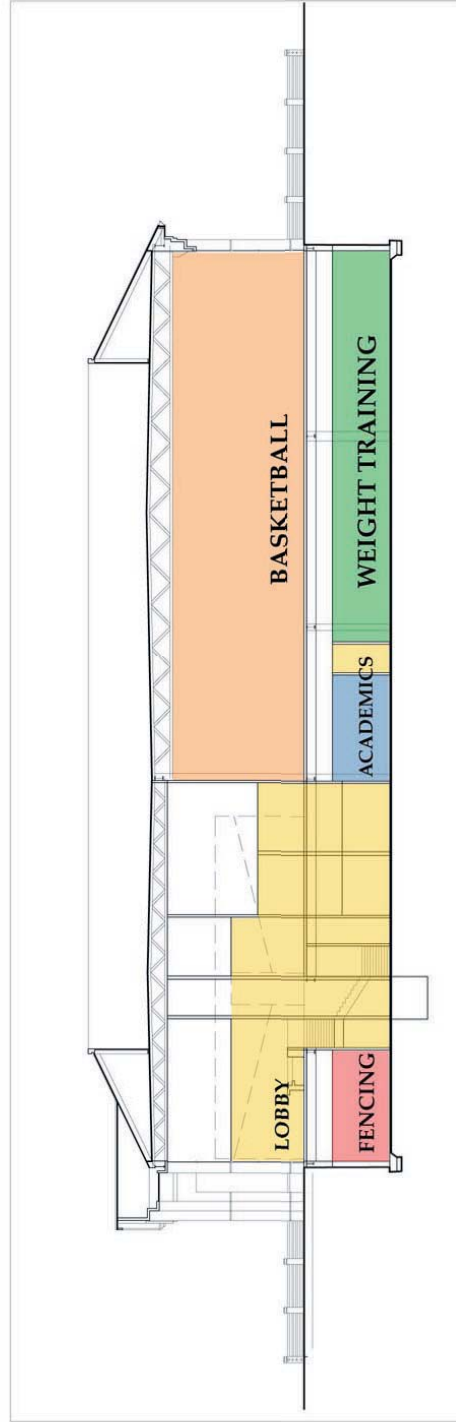
- Study hall including computer network capabilities
- Offices
- Tutoring rooms



Appendix A
Arrillaga Family Recreation Center
Cross Section



SECTION B-B



SECTION A-A

Appendix B
Arrillaga Family Recreation Center
North and South Elevations

Similar in shape to the Arrillaga Family Sports Center, and similar in appearance to the Frances C. Arrillaga Alumni Center, the Arrillaga Family Recreation Center features a mansard, clay tile roof and recessed, arched windows at regularly spaced intervals on each facade. The exterior finish is to be sandstone-colored, precast concrete panels.

