

COMMUNITY WELLNESS CENTER CITY COLLEGE OF SAN FRANCISCO  
*San Francisco, California*



**Design Features**

- New Main Entry to Campus
- 60 foot cross slope site
- Aquatics Center
- NCAA Gymnasium
- Dance Performance Facility
- Martial Arts Facility
- Team Locker Rooms

**Size: 156,818 sf**

**Construction Cost: \$71 Million**

**Completion: January 2008**

City College's Wellness Center creates a first-ever front door for the campus on busy Ocean Avenue. Stepping up its hillside site, it welcomes thousands of students a day who arrive from the Balboa BART station, ushering them into the activity-filled building or up the grand lobby staircase and out onto the campus. The building's LEED®-equivalent design fits 156,000 square feet of program space into a very small footprint utilizing clever vertical stacking.

Generous windows show off the life of the building, integrating indoors and outdoors, and supporting the culture of health and wellness for the whole community. At night, the glass creates a glowing, jewel-box effect for the neighborhood. On the campus side of the building, a new amphitheater provides gathering space for meals, breaks, and outdoor meetings. The Wellness Center's role as a hub is reinforced by its location between the student center and library.

A healthy indoor environment results from abundant natural lighting—from both clerestory and floor-to-ceiling windows—and clean indoor air. Window seats and benches built into serpentine walls offer places to read or study, as well as encouraging gathering between classes. With a plethora of places to either move or be still, the building is constantly active.

The Wellness Center houses physical education, martial arts, dance, conditioning, team sports, and City College's first aquatics center. It also fulfills a civic role by integrating cleanly into the urban fabric and providing a physical anchor for the corner of the campus and the east end of Ocean Avenue. The community is thrilled to have an affordable resource for healthy living housed in such a spectacular setting.

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### Community Meetings & Community Process

Two main constituencies, the College Community and the Neighborhood Community, presented differing agendas to shape the design and massing of the new CCSF Wellness Center project. The original sight plan design focused on the College's goal with to create a new quad for the campus center.

At the first neighborhood meeting, an active and vocal community group asked for a focus and presence on the opposite side of the site. The neighborhood saw this project as an opportunity to help revitalize busy Ocean Avenue, and provide an anchor to the east end of the strip along I-280. As a direct result of the community voices and participation the design was modified, pulling the aquatics center out towards the street to bring a lively presence to Ocean Avenue. K2A's design team also engaged in individual meetings with vocal participants and community activists.

The proximity to Muni and BART public transportation provided an opportunity to create a front door and accessible path of travel through the center and onto campus. The back door to the new facility suits the college's goals and opens onto a quad space, with terraced green lawn stepping up the hillside and onto central campus.

Many voices actively contributed to the programming and design of the new athletic facility. Meetings with the college community began at the onset of the project; we worked one-on-one with faculty and staff to develop a detailed program and decipher the function of the building itself. Every 3 months large meetings with 60-80 participants from the faculty and staff came to participate. Our design team spent time on campus, observing classes and talking to the college staff; we worked closely with members of the dance department, coaches, and the athletic trainers, amongst others. Staff kept in touch all the way through the process. Some members of the college community even came to our offices to give design input and discuss their needs.

Through our meetings with the both the college and neighborhood communities, we were able to design and create a new community asset. We feel that the users were an integral part of creating this successful project.

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**Entry, Lobby and Circulation**

City College’s new Community Wellness Center creates a welcoming front door for the campus on busy Ocean Avenue greeting thousands of students a day who arrive from the adjacent rail transit stations. Stepping up its hillside site, this one building satisfies the neighboring community by offering an Ocean Avenue street presence in addition to creating a new campus quad, adjacent to the student union and library. In the lobby, circulation offers students and visitors paths into the locker rooms and aquatics center, to the gymnasium and classrooms, or up a grand staircase and onto campus.



Ample bicycle parking, offers secure spaces for visitors choosing alternative transportation. *(LEED Sustainable Sites: Credit 4.1 – Alternative Transportation, Bicycle Storage & Changing Rooms)*



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**Gathering Places**

The Wellness Center's footprint paired with terraced landscaping creates a Physical Education and Student Plaza.

Our careful planning, which placed the project between the existing library and existing Student Center, has created a central and vibrant social hub, for a campus that had none before. The student body now has an informal gathering place to meet friends, socialize between classes or watch the spirit squad rally student enthusiasm before a big game.



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**Gymnasium**

At the epicenter of the new Wellness Center, is the large gymnasium designed to accommodate NCAA regulation basketball and Olympic judo events. The gym ceiling is high enough for college volleyball. This massive space is indirectly naturally lit during daytime hours by two continuous clerestories running the full length of the gymnasium. To support its fan base, the gym has accessible and retractable bleacher seating, as well as two partitions to divide the space for multiple uses and games at the same time. The floor striping supports competition Basketball, Volleyball, and Badminton. The gym partners its usage, and shares its space with Lick Wilmerding High School across the street.



Sprung wood flooring is sourced from sustainability forested areas, and certified by the Forest Stewardship Council (FSC). *(LEED Materials and Resources: Credit 7 - Certified Wood)*



**Natorium/Aquatics Center**

At night, the natatorium is a glowing beacon of life. Its large channel glass windows maximize day lighting, while offering street presence to Ocean Avenue in the evenings. Its Olympic Sized, 12-lane competition swimming pool holds several levels of swimming and water aerobics classes. This new aquatics center is the first in City College's history.



Another of Wellness Center's innovative sustainable features is found behind the scenes in the natatorium. The air handling system used in the space is tied into the pool's water boiler. The system reclaims heat generated in the air dehumidifying process, and transfers that energy to the boiler, heating the pool's water. *(LEED Innovation & Design Process: Credit 1.1 - Innovation in Design: Heat Reclamation System)*



**Weight Training & Conditioning Centers**

The PE Fitness Center, located adjacent to the main entry on the second floor provides participants with a total body workout for all levels of fitness. It houses 23 Life Fitness strength machines and 38 cardio systems, all connected to the computerized FitLinxx system to track personal progress. The first floor holds a Free Weights Room and Olympic Weight Room, giving the college's many athletic teams private spaces to hold training practices, while allowing the rest of the campus community access to achieve their own fitness goals.



Linoleum Flooring is made from natural raw materials, with a linseed oil base. The product is incredibly durable, (lasting 25-40 years), and fully recyclable and easy to maintain. The flooring was installed using low VOC and solvent free adhesives, eliminating off-gassing and optimizing environmental performance. *(LEED Materials & Resources: Credit 4.1/4.2 - Recycled Content, Specify 10% (post-consumer + 1/2 post-industrial))*



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**Dance Department**

City College offers a comprehensive dance curriculum, spanning across several studios of the third floor. The large Performance Theater functions as a classroom and practice space, as well as a recital space for public events. The theater has retractable tiered bleachers, and a small control room manages the professional lighting and sound systems. The Techniques Studio incorporates full-mirrored walls and ballet training bars. Support spaces include private restrooms, dressing room, and sewing rooms. The Tap program has its own studio on the first level, due to the specific and rigorous flooring requirements.



All paint used in the building is specified low Volatile Organic Compound (VOC), contributing to a healthy indoor air quality. (LEED Indoor Environmental Quality: Credit 4.2 – Low-Emitting Materials, Paints)



**Team Locker Rooms & Support Spaces**

A comprehensive network of men's and women's team locker rooms supports the athletes with individual team space during season. The spaces offer private shower and rest rooms, as well as a gathering place for pre-game strategies and post-game celebrations. Each athletic team is outfitted with a large, secure equipment storage locker, and a full-service laundry center provides clean uniforms. This gives teams the space they need to keep their heads in the game.

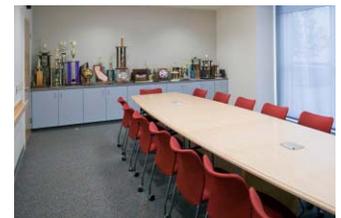


The lighting systems throughout these spaces are outfitted with occupancy sensor lighting. This means that when no one is in the space the lights turn off, saving countless hours of lighting energy. The fixtures and bulbs are rated high efficiency. (LEED Energy & Atmosphere: Credit 1 – Optimize Energy Performance)



**Faculty Office Suite**

With the exchange of ideas and building camaraderie in mind, a faculty office suite was developed for the Physical Education staff. Adjacent to a public reception lobby, a twenty seat conference room provides a professional meeting space for faculty and visitors. A faculty break room flanks the meeting room. The break room incorporates a full kitchen with interior and exterior patio seating. The individual faculty offices are configured to meet the needs of full time, tenured teachers and multiple, part time staff members. A combination of single, double and large offices with multiple workstations meet the needs of the diverse faculty. The faculty "open-door" policy toward students is enhanced by the proximity of the adjoining athletic lecture hall. A centrally located, secure copy room houses faculty mail boxes, supplies and equipment. The office suite is complimented with neighboring restrooms, lockers and showers opposite the office suite.



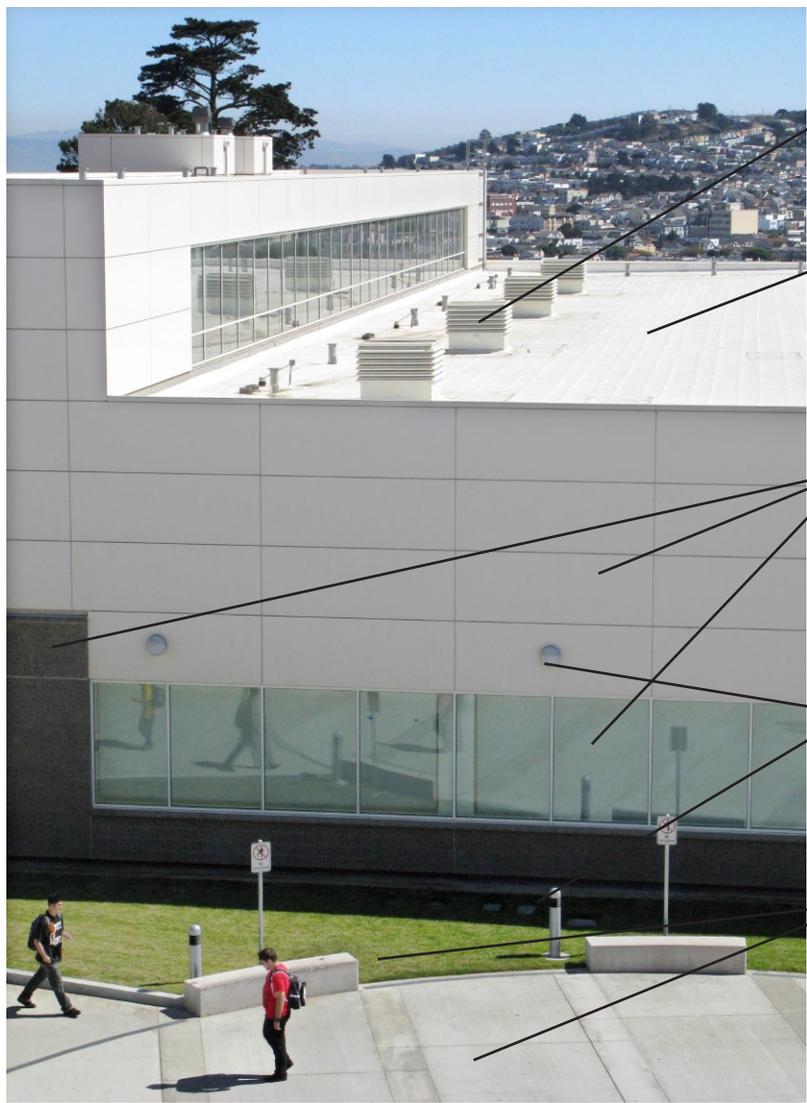
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Sustainability begins at the onset of the projects. It is imperative to get the client, design team, engineering consultants, construction manager and contractor onboard to establish project goals and get commitments from all individuals involved. If designing for LEED certification, the first step is getting the project checklist for new construction or modernization, and analyze the feasibility of each point. The LEED program also has certain prerequisites that are required for all projects, such as erosion and sedimentation control and fundamental building systems commissioning.

Working together with CCSF, K2A performed a preliminary analysis of the LEED checklist, rating each point 1-3 - for degree of budget impact and documentation required; 3 meant most impact, 1 least. At this initial assessment phase, we work with our client to ensure their understanding of the technology surrounding each point, and the magnitude of cost to achieving each credit. Certain points require more cost up-front and offer payback later. Other credits can be achieved with less initial investment through early and strategic coordination. We keep budgets on track with cost estimates during each phase of the design.

Enforcement and implementation of the construction documents and specifications during the construction phase is critical to achieve credits. LEED certification is based on the content of the submittal binder; LEED documentation, response to comments, submittals and record keeping during construction. It is also necessary to perform periodic checks of points and status through the construction phase.

K2A's Joyce Nilo, served as the LEED Consultant for the Wellness Center, and is a LEED Accredited Professional. *(LEED Innovation & Design Process: Credit 2 – LEED Accredited Professional)*



 Energy Efficient Mechanical HVAC System - Reduces Ozone Depletion. *(LEED Energy & Atmosphere: Credit 4 – Ozone Depletion)*

 White 'Cool' Roof - A special coating of Energy Star rated white pigment, with high emissivity. *(LEED Sustainable Sites: Credit 7.2 – Landscape and Exterior Design to Reduce Heat Islands, Roof)*

 Metal Paneling, Concrete Masonry Units (CMU) and Glass - All Locally Manufactured *(LEED Materials & Resources: Credit 5.1 – Local/Regional Materials, 20% Manufactured Locally)*  
*(LEED Materials & Resources: Credit 5.2 – Local/Regional Materials, of 20% Above, 50% Harvested Locally)*

 Lighting Design - Reduces Light Pollution, over property line. *(LEED Sustainable Sites: Credit 8 – Light Pollution Reduction)*

 Landscaping and High Albedo Concrete reduces the heat island effect. *(LEED Sustainable Sites: Credit 7.1 – Landscape and Exterior Design to Reduce Heat Islands, Non-Roof)*

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**Alternative Transportation**

The project sighting offers prime access to several public transportation options directly adjacent to the property. These routes include BART's Balboa Park Station, MUNI's J, K, and M train lines, as well as Bus lines 49, 26, 15, 36, and 43. Ample bicycle parking is also provided at each of the entrances. The site is designed to provide safe access into the campus for pedestrians and cyclists, encouraging safe and sustainable travel to and from the Ocean Avenue Campus, and to the Wellness Center itself.

*(LEED Sustainable Sites: Credit 4.1 – Alternative Transportation, Public Transportation Access)*

*(LEED Sustainable Sites: Credit 4.1 – Alternative Transportation, Bicycle Storage & Changing Rooms)*



**Sustainable Landscaping**

The landscape and site are designed to reduce heat island effects of the built environment; trees are planted around the building, and a high albedo concrete is used to create a much cooler, 'white concrete' in the hard surface areas. Low-maintenance drought resistant plants, mulching, and a drip irrigation system contribute to water use reduction.

*(LEED Sustainable Sites: Credit 7.1 – Landscape and Exterior Design to Reduce Heat Islands, Non-Roof)*

*(LEED Water Efficiency: Credit 1.1 – Water Efficient Landscaping, Reduce by 50%)*



**Indoor Environmental Quality**

Besides the prerequisites of Minimum IAQ Performance and Environmental Tobacco Smoke (ETS) Control, our design team worked diligently to specify low emitting carpeting and paints, monitor carbon dioxide levels, and provide permanent monitoring of thermal comfort levels. Special ventilation in the janitor support spaces isolates and removes any cleaner or chemicals from entering the occupied space.

*(LEED Indoor Environmental Quality: Credit 1– Carbon Dioxide (CO2) Monitoring)*

*(LEED Indoor Environmental Quality: Credit 4.2– Low-Emitting materials, Paints)*

*(LEED Indoor Environmental Quality: Credit 4.3– Low-Emitting materials, Carpets)*

*(LEED Indoor Environmental Quality: Credit 5– Indoor Chemical & Pollutant Source Control)*

*(LEED Indoor Environmental Quality: Credit 7.2– Thermal Comfort, Permanent Monitoring System)*

