

## **Project Overview**

*Why does the Trout Creek Recreation Center require proposed renovation and expansion?*

Members have told us that the current facility suffers from three main deficiencies. First, the facility has become overcrowded with people and congested with equipment, compromising comfort and safety. Second, there is no satisfactory space for stretching, calisthenics, and functional exercise activities. Third, the facility does not adequately accommodate changed fitness needs, including the growing interest in Spin classes and barbell training. The renovation and expansion will alleviate these problems by improving the facility's flexibility, efficiency, and safety. The project also includes a new multi-purpose room, providing Kids Club child care with a family-friendly, pool-side location. Finally, the plan revamps the entrance to increase weather protection and create a new reception area.

## **Planning & Design Process**

**What planning and design process led to this proposal?**

Responding to staff reports of overcrowding and member complaints about a lack of space, the General Planning Committee (GPC) began to develop a plan to expand the facility in 2009. When the original concept proved both costly and impractical, the project was shelved.

When new information suggested the possibility of a more cost effective approach, the GPC formed a member-led task force to reopen the matter in July 2016. This task force, which includes a number of Trout Creek regulars who know the facility's needs first hand, is composed of Tahoe Donner members who volunteered their time, Trout Creek's management, and staff from the capital projects team.

With approval from the Board, the GPC enlisted the services of an architect to assist with a feasibility study. This study was previewed in the December 2016 TD News, presented for comment at a member forum in January, and then presented again in the February 2017 TD News. Incorporating member feedback, the task force refined the plan throughout the spring.

The plan was then featured again in the July 2017 TD News, and presented for further comment at a member forum that same month. A review of that forum and the project's current status will appear in the September 2017 TD News.

**How much will this project cost?**

The task force had circulated a preliminary estimate of construction costs totaling approximately \$1.3 million, a sum that included roughly \$280,000 in legally required ADA upgrades. However, that number does not include an estimate for the optional addition described below, or an estimate of various soft costs, like permitting, legal fees, and consulting fees. As this project moves through the Capital Projects Process, the task force will update members as the project's scope and cost are refined.

### **Will this project require a special assessment or increase the annual assessment?**

No. The task force will not recommend any plan that would require a special assessment or an increase in the annual assessment. Nor will it recommend any plan that exceeds available capital in the Replacement Reserve Fund and the Development Fund.

### **Why is an open floor plan the best solution to address the gym's needs?**

The task force originally set out to develop a minimalist plan to reconfigure the space under the facility's existing roof line. By eliminating internal walls, the open floor plan maximizes usable square footage and provides the flexibility needed to arrange gym equipment in the most space efficient manner possible.

### **Why is the task force now considering an optional addition of approximately 670 square feet?**

The task force is considering this option because many members said they needed a functional training space in addition to a stretching area. Functional training is an increasingly popular, freestyle exercise approach that emphasizes full body training and uses a variety of equipment. For instance, functional trainers may use exercise balls and Bosu balls for stability work; TRX suspension straps, medicine balls, and kettlebells for strength; jump training with plyometric boxes for agility; and use jump ropes and other implements for cardiovascular conditioning. Because the original plan did not include sufficient space for all of these activities, the task force is now considering an extension to better accommodate them. Additionally, this extension would permit a more optimal arrangement of exercise areas.

### **Would the task force consider an even larger expansion?**

The task force is unlikely to consider any extension much larger than the roughly 670 square foot option currently being considered. This is because there are numerous practical constraints upon how much we can expand the recreation center. For instance, were we to enlarge the building substantially, the Town of Truckee would require a commensurate parking lot expansion, ballooning the project's costs and complication.

## **Construction Process**

### **When will construction begin and how long will it last?**

Construction will take place in two phases. The pool-side renovations (including the lobby) will be completed in the first phase, with the gym-side renovations following in the second. Preliminary estimates suggest that the first phase may take as long as 6 months to complete, and the second phase may require up to 9 months. We do not yet know if there will be a pause between phases. With Board approval, construction could begin as soon as weather permits.

### **Will cardio and weight training facilities be available throughout construction?**

Yes. The existing cardio and weight rooms will be unaffected by the first phase of construction. During the second phase, cardio and weight training equipment will be moved to the pool-side fitness classroom, the new multi-purpose room, and the new Spin room. While it is unlikely that we can fit all of the existing equipment in those spaces, and while we can expect inconveniences, the staff will do everything possible to provide the resources members need to continue effective exercise routines. This includes providing free, on-site trainers to help members adapt their routines to the available equipment.

### **Will fitness classes continue to be offered during the construction process?**

Yes. Fitness classes will be unaffected by the first phase of construction. In the second phase, most classes will move to alternate locations in Tahoe Donner.

### **Will we be able to use the pools, hot tubs, sauna and steam rooms during construction?**

Yes. We will work with our contractor to preserve continuous access to these facilities.

### **Will Kids Club childcare be available throughout construction?**

While expected to continue in the first phase, the status of Kids Club in the second phase cannot yet be determined.

### **Will massage services remain available?**

Yes. Massage will remain available during construction.

## **The New Trout Creek Experience**

### **How will the renovation expand my fitness options and improve my workout experience?**

Cardio enthusiasts will enjoy more space, additional equipment, and window views, as we expect to place as much cardio equipment as possible at the front of the room. Strength trainers can look forward to a safer, enlarged training area outfitted with new machines, multiple squat racks, lifting platforms, and bumper plates. With the Spin equipment moved to a new, dedicated space, the pool-side fitness classroom will gain usable area. And, of course, you will now have the open space you need for stretching, plyometrics, and other warm-up activities.

### **Will we keep the existing equipment, or upgrade with new equipment?**

With the exception of individual machines nearing the end of their service lives, we anticipate keeping the current cardio equipment, while adding to their quantities as space and budget permits and demand requires. Most of the current strength training machines and racks are at the end of their service lives. We are delaying those purchases to coincide with this renovation so we can select equipment specifically suited to the new space.

### **What steps are being taken to mitigate noise in the open floor plan?**

Without walls to contain the whirl of the treadmills or the clang of the weights, the ambient noise in the gym will almost certainly increase. We will, however, take steps to mitigate that noise. First, we will work with our architect to incorporate sound dampening materials wherever possible. Second, while we do not yet know the precise arrangement of equipment or exercise zones, we expect to concentrate the noisier strength training equipment at the furthest end of the facility. Third, while there is little we can do to reduce the clank of the weight stacks on strength machines and pulley systems, we will select barbell racks designed to reduce metal on metal contact, and outfit the free weight area with bumper-plates, and lifting platforms. By taking these steps we aim to create an inviting, energetic, and inspiring atmosphere that encourages all members to be their physical best.

### **How can the multi-purpose room be used when Kids Club is not in session?**

The multi-purpose room will be an enclosed, sound-insulated space available to members for meetings or activities. The sound insulation will also provide a quieter experience for massage across the hall. Finally, the multi-purpose room will likely house the ping-pong table.

### **Moving Forward**

The task force remains eager to hear your comments and questions. To make your voice heard, please email the GPC at [gpc@tahoedonner.com](mailto:gpc@tahoedonner.com).