Taking the Water

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TAKing THE WATeR

Alison Ho
Virginia Commonwealth University
MFA - Interior Design
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TAKING THE WATER

Although a landlocked nation, Hungary is well known for its water wealth. Its capital, Budapest, is often called the ‘City of Baths’ and due to its unique geological location, there are almost 125 thermal springs that feed the city’s famous bathhouses and pools. Bath culture and ‘taking the water’ has been part of the Hungarian lifestyle for hundreds of years.

SWIMMING POOL, ANNA KÉVÁR, 2015
This kindergarten in Nanjing, China features a tree house built by a shallow water pond. The mini shape of the house is filled with imagination and allows children to climb, hide, and run. Fun design encompasses spatial variation, evokes moods of play/exploration and skewed function. Skewed functions such as the netting that must be climbed to get into the space, the shallow height of the ceiling, and the bean bags in the space allow the user to be entertained and experience a sense of amusement.
Glenstone is a contemporary art museum in Potomac, MD that opened in 2006. Designed by Thomas Phifer and Charles Gwathmey, the space offers visitors a seamless integrated experience of work from its architecture, landscape and collection. A series of buildings makes up the museum facilities which sit on 300 acres of land. Each building is built into a rise in the landscape which gives the impression of discrete buildings rising out of the earth. The exterior of the main Pavilion is made of cast concrete and is seamlessly integrated into glass panels as large as nine feet by thirty feet tall. Other materials include, white maple, steel, teak, zinc and granite.

Sustainable design seeks to produce minimal impact on the environment and to its users and therefore improving building performance as a whole. In 1995, William McDonough designed Herman Miller’s Greenhouse which featured storm-water management, air-filtering systems, and 66 skylights. Within a year, the facilities energy bill decreased tremendously and productivity of its employees doubled. The Greenhouse facility was considered ahead of its time and helped launch the green-building industry. This project helped set the standards for the U.S. Green Building Council LEED Certification.
Design should make users think of the program of the space in a new way. Creative design is smart, unique, encompasses all, should be efficient and transformative.

Oslo-based architect Espen Surnevik designed treetop cabins that stand on stilts in the woodlands of east Norway. The cabins are made of black metal structure with black cladding. Surnevik hoped for a “man-made” aesthetic that stands apart from the landscape it sits on. The cabins have a tent-shaped form which model A-frame lodges. The interior is clad with pine-wood floors and walls, and all textiles are made from local wool dye. Beds are hidden among the cladding and each cabin features a kitchen, mezzanine and bathroom. The angles of the cabin are built to maximize natural light and allow the sun to heat the cabins.

People oriented design should have a positive impact in people’s lives, help solve societal problems and be built with the community in mind. The REACH is the first ever expansion in the Kennedy Center’s 48-year history. The aim of the REACH was to open the Kennedy Center to the city and riverfront and is a nexus of arts, learning, and culture for people to engage with the performing arts. The REACH consists of rehearsal and educational spaces with flexible indoor and outdoor areas, including an inventive reflecting pool, mahogany landscape deck, green roof, three interconnected pavilions and more. The spaces will be used for open studio classes, performance spaces and dedicated arts learning spaces for the community. This project is a great example of people-oriented design because it was built for the community, with the community in mind and is a place that houses community.
Baby boomers, a cohort group of nearly 76 million people, are those born between 1944 and 1964. Today baby boomers are the age range of 56 to 74 and consist of nearly 76 million people in the United States. In 2012, there were 43.1 million people in the United States that were aged 65 and 1% is credited by 2050 that number will rise to 88.7 million (Ortman, Velkoff, Hogan, 2014). The baby boomer generation is of great interest to gerontologists because it is numerically a very large group that is sandwiched between two smaller generations. There will be a growing demand for recreational resources utilized by physically fit, health-conscious consumers, who happen to be of retirement age. My thesis aims to address this shifting demographic and their need to stay physically active and socially engaged post-career and children.

As a group, baby boomers are said to be defined by shared values and history more than any other demographic. Boomers do not associate age with disease and disability; indeed, they have every reason to expect to live longer and healthier than their parents. But they do not take their health for granted and, for them, wellness is very important. They are more physically active than previous generations and many will now live 20% - 25% of their lives in active retirement and are living longer than before. “An obsession with fitness is said to be one of the main defining characteristics of this generation. An explanation for this may be that while previous generations primarily received physical activity from work, boomers seek physical activity through leisure” (Sperezza & Banerjee, 2010, p. 199-200).

The top leisure activities that interest baby boomers were researched, and I have narrowed this to aquatics. My thesis proposal is to place elements of a natatorium and a spa under one roof. This aquatic center will be open to all, but my design and research is focused on the baby boomer demographic. As the third age demographic enters into a life of leisure, this space hopes to celebrate and encourage them to stay integrated in their community, sustain their social life, and keep their minds and bodies active.

THE BABY BOOMER GENERATION IS ABOUT TO TRANSFORM INTO THE LARGEST ELDERLY POPULATION IN HUMAN HISTORY, CHANGING HOW EVERYONE LIVES, LARGE AND SMALL. ALL OF THIS WILL DIRECTLY AFFECT RECREATION AND LEISURE PROFESSIONALS ESPECIALLY IN LEISURE PROGRAMMING.

SPEREZZA AND BANERJEE
The infographic on the left shows the percentage of the 65+ population in the United States. As you can see, the percentage is increasing and by 2050, 22% of the population will be 65+, which equates to about 84 million people. For the first time in history, older people will outnumber younger people.
In the 1960s, the return of World War II soldiers and the desire to start a family resulted in the birth of the largest generation in U.S. history, the baby boomers, born between 1946 and 1964. A positive economic climate, changing societal values, and the acceptance of larger family sizes contributed to the baby boom. The end of the boom came about due to the introduction of birth control, increased education and a growing number of women entering the workforce (Sperezza and Banerjee, 2010). Boomers have more than any other demographic in the United States (Sperezza and Banerjee, 2010). “Baby boomers are the most educated, influential and prosperous generations in U.S. history, the baby boomers, born between 1946 and 1964. Today baby boomers are said to be the age range of 56 to 74 and consist of nearly 28 million people in the United States. In 2012, there were 4.5 million people in the United States that were aged 80 and it is predicted that by 2050, that number will rise to 83.7 million (Ortman, Velkoff, Hogan, 2014). As a group, baby boomers are said to be defined by shared values and history more than any other demographic (Sperezza and Banerjee, 2010). “Baby boomers are the most educated, influential and prosperous generations in the United States” (Sperezza and Banerjee, pg. 197). Boomers have experienced greater competition for education and jobs due to their sheer size as a group. They have a higher divorce rate and fewer children than their parents. The baby boom generation was the first to have women entering the workforce in large numbers (5 million and Banerje, 2007). As a more highly educated group with longer life expectancy than their predecessors, it appears boomers want to push back old age as long as possible (Klimon and Banerje, 2007). There is also much older care to keep working or to re-enter the workforce in an entirely new career. Baby boomers are also experiencing financial concerns in retirement due to the rising costs of prescription drugs, and healthcare and the shared Social Security system. Despite this concern, studies find that baby boomers are looking to a new model of retirement because of the new paths they have forged in their life.

Baby boomers are more physically active than previous generations, are living longer than before and many will now live 75% to 85% of their lives in active retirement. They do not associate age with disease and disability and have every reason to expect to live longer and healthier than their parents. Boomers intend on feeling younger, being healthier and living longer, and to them wellness and health are very important. “An obsession with fitness is said to be one of the main defining characteristics of this generation. A significant number of boomers are proving they are more physically active than previous generations, as reflected in the increased number during the past 20 years of health-club memberships for those age 55 and older” (Sperezza and Banerjee, 2010, pg. 199).

An important part of this research is acknowledging the transitional period that baby boomers will experience while retiring from their careers and entering into a life of leisure for themselves. Boomers must anticipate their new roles as empty nesters and retirees as the baby boomers enter into a life of leisure they are looking towards with a greater sense of freedom due to the disappearance of obligation and responsibility to their careers and children. Studies show that those over the age of 55 devote about seven hours a day to socializing, relaxing and participating in leisure activities, almost three hours more than those aged 25 to 54 (Miller and Washington, 2018). Leisure and recreational programming include a wide variety of activities such as art, entertainment, fitness, social activities, outdoor recreation, travel and tourism, gardens and sports. A study done by Sperezza and Banerjee shows that leisure programming related to arts, aquatics, sports, outdoor activities, social recreation, health/wellness, and travel/tourism was of most interest to baby boomers. This information is extremely valuable as it helps shape dollars that boomers spend, and an only category of need that they perceive. In the increased number during the past 20 years of health-club memberships for those age 55 and older (Sperezza and Banerjee, 2010). Understanding the culture and values of this demographic is vital to leisure programming success.
FROM A PROGRAMMING PERSPECTIVE, WE MAY ANTICIPATE THE GROWING DEMANDS FOR RECREATIONAL RESOURCES WHICH ARE UTILIZED BY PHYSICALLY FIT, HEALTH-CONSCIOUS CONSUMERS WHO HAPPEN TO BE OF RETIREMENT AGE.

NO LONGER CAN IT BE ASSUMED THAT BINGO, CHURCH SERVICES, AND VAN RIDES TO VIEW SPRING FLOWERS WILL REPRESENT THE COLLECTIVE LEISURE INTERESTS OF THE BABY BOOMERS IN RETIREMENT.

SPEREZZA AND BANERJEE

How one spends their newly found leisure time can greatly affect their social, mental, and physical wellness. Many studies indicate that leisure and recreational activities positively relate to happiness, quality of life and life satisfaction (Plys, 2017). These activities can promote self-efficacy, sense of well and well-growth. Leisure and recreational activities are positively related to happiness, quality of life, life satisfaction and are negatively related to depression (Plys, 2017). Leisure and recreational professionals today face the challenge of being able to provide a diverse selection of experiences to meet this not only growing, but active population (Sperezza and Banerjee, 2010).

When specifically trying to narrow down who this thesis project is targeting, the term third age demographic came to the surface. The third age demographic, a term coined by Peter Laslett, describes the period for those who are post-career and post-children, but before the onset of illness and physical decline (Laslett, 2001). It is a period when one is free of obligations and responsibilities to their career and children, and when good health makes it possible to enjoy leisure time.

For this thesis, the design of an aquatic center will be the focus. The space will include a lap pool for fitness, a leisure pool for group aquatic activities and hot, cold and warm baths for relaxation. The therapeutic use of water dates as far back as 4500 B.C. with steam, baths and aromatic massages being used to relieve discomfort and promote physical well-being (Martin and Grey, 2005). Hot water is known for its relaxing properties and is said to help stimulate the immune system whereas cold water is selected to reduce inflammation and tepid water is used for stress reduction. Alternating through the three can help stimulate the circulatory system and improve the immune system (Martin and Grey, 2005).

Supporting areas of programming will include aromatherapy pods, a juice bar, open lounge area and spaces for socializing, and gathering. Each of these spaces aim to promote health and wellbeing while providing this demographic with the fitness aspects they crave and the relaxation they so deserve.

This thesis is an examine and explores third agers and leisure and recreational activities and how to bridge the two. This space hopes to celebrate this population while keeping them integrated into their community, sustaining their social life, and keeping their minds and bodies active.
SITE VISITS + INTERVIEWS
A series of site visits and in-depth interviews with professionals in the field of aging, senior citizens, and aquatics were done as primary research for this project.

The YMCA is a nonprofit organization that provides healthy and fun programs, services, and facilities for children and families. The YMCA of Greater Richmond has been helping the local community since 1854. There are 15 locations in the Greater Richmond area, 13 of which have pools. I met with the YMCA of Greater Richmond Association Aquatics Director, Chrissy Fandal, along with three other Senior Aquatic Directors to discuss aquatic center programming, services, activities, and goals. I also met with Faithea Foster, the YMCA of Greater Richmond Association Director of Aging Well.

Westminster Canterbury is a local retirement community in Richmond, VA. The community has over 900 individuals living in memory care, independent living and hospice care at the facility. I met with Taryn Young, Fitness Specialist at Westminster Canterbury to discuss the community's aquatic center needs and goals.

Westminster Canterbury is a local retirement village in Richmond, VA that houses 900 residents. About 100 of those residents cycle in and out of the pool and attend the classes offered. They are planning on building a brand new pool facility to replace the existing one. The new facility hopes to offer more spa like amenities, and the rehab department will be joining the aquatics department. Features like massage therapy will be offered at this new facility. This new facility will offer fitness aspects of aquatics in addition to relaxation offerings.

More younger baby boomers are moving into Westminster’s retirement village and the aquatics department is looking to change their class offerings and schedule to better fit the growing demographics. The current class offerings and services are out of date and don’t seem to appeal to younger baby boomers as much as the aquatics department would like.

Westminster Canterbury
1600 Westbrook Ave
Richmond, VA 23227

TARYN YOUNG, FITNESS SPECIALIST
AT WESTMINSTER CANTERBURY

Westminster Canterbury is a local retirement village in Richmond, VA that houses 900 residents. About 100 of those residents cycle in and out of the pool and attend the classes offered.

**SPACES OF THE POOL & HOT TUB**

- 1 indoor pool & 1 hot tub
- 27 x 40, 14,000 gallon pool
- 3,500 gallon hot tub
- Max Pool Capacity: 34 people
- Max Hot Tub Capacity: 9 people
- S.R. Smith Chair Lift
- Pool has two stair entries
- Hot tub has one stair entry
- Average user of the pool is 85 years old

**Programs and services offered**

- Water aerobics, open swim, deep water aerobics and other high and low intensity water activities.
YMCA has 17 locations in the Greater Richmond area.
- 15 of those locations have pools. I visited five of those pools.
- YMCA aquatics seeks to serve everyone and includes classes such as:
  - 6 Month Old + Parents
  - 2-3 Year Old + Parents
  - Youth Swim
  - Masters Swim
  - Power Scholars
  - Private Swim
  - High and Low Intensity Classes

YMCA Downtown Indoor Pool:
- 1 indoor pool
- 35 lanes
- 80,000 gallon pool
- 3' - 9' deep pool
- Swim in galleries
- Swim room + saunas

YMCA New Henrico County Indoor Pool:
- 1 lap pool and 1 family pool
- 8 lane lap pool, 25 yards for competitive swimming
- Family pool with beach slope entry, and 3' - 6' deep pool
- Family pool with beach slope entry, and 3' - 6' deep pool
- Swim in galleries
- Swim room + saunas

YMCA DOWNTOWN CLASS BREAKDOWN:
- Social time (cards/brain games/puzzle/books)
- Group fitness (exercise and components of fall prevention)
- Social and mental activity (bingo or guest speaker)
- Average age of attendee is 70-79.
- Average class size is 15 to 30.
- Active older adults are who Faithea works to serve. The YMCA is very purposeful in not describing who an AOA is. Instead they describe the event and the offering and they let people decide if they want to come or not. If you are interested in 1) physical activity, 2) social connections, 3) staying mentally fit, 4) staying agile with a focus on balance, then this event is for you!

YMCA New Henrico County Indoor Pool:
- 1 lap pool and 1 family pool
- 8 lane lap pool, 25 yards for competitive swimming
- Family pool with beach slope entry, and 3' - 6' deep pool
- New center will have a mens, women and family locker room.

Goals:
- Diversify YMCA’s swim lessons to include classes for people with autism.
- Support active older adults (AOA), and serving community partners who serve seniors.
- One of the YMCA’s biggest partnerships is with local nonprofit, Senior Connections. Together they host classes at 22 sites and have over 900 seniors involved.
- YMCA and Senior Connections work together to offer classes that ensure four aspects of aging well to seniors.
  1. Physical activity
  2. Social time (cards/brain games/puzzle/books)
  3. Mental fitness
  4. Fall prevention

Goals:
- Transportation is needed for some. How can they reach rural communities? How do they reach people who do not live in senior villages? How do they reach people who have medical needs?
YMCA SITE VISIT

SKETCHES
This hotel and spa by GAD Architecture is located in Eskisehir, Turkey and completed in 2014. The spa was highly inspired by the city’s thermal water resources. Locals have long believed that hot water has healing powers and would improve health for anyone who rests in the water (Archdaily, 2014).

The entire complex consists of a hotel, spa, wedding and event rooms, and guest bungalows. The spa and wellness center sit buried in the ground to benefit from the geothermal water source. The spa area houses two large pools, hot tubs, spa pods, thermal pools of different temperatures, thermal jacuzzis, steam baths, saunas, and a shock pool (Archdaily, 2014).

Above one of the indoor pools are large domes with openings which allow natural light to enter into the space. The organic shape of the pool, dome, and benches provide for a relaxing backdrop for the user. The enclosed relaxation and spa pods provide users with privacy and intimacy for small group gatherings.

ESKISEHIR HOTEL AND SPA
GAD ARCHITECTURE
ESKISEHIR, TURKEY
COMPLETED IN 2014
This section cuts on the right show the added height that the architectural domes provide to the spa and thermal pools. Although the spa and relaxation pool is quite small, the domes allow the perception of openness and help add height to an intimate space. The shape of the domes also allows for acoustical forgiveness, which is often a problem in natatoriums.

Section cuts of the spa.
Source: GAD Architecture, 2014
This floor plan shows the complexities of the site, and how the spa, pool, and wellness center is anchored in the center, while all other supporting accommodations, such as the hotel and wedding venue, surround it. Since this entire property was built off of the city’s thermal water resources, the spa, pool, and wellness center are the most important spaces. This is a great example of hierarchy in a floor plan.
The Therme Vals is a 22,000 square foot spa located in Switzerland, built on top of the only thermal springs in Switzerland’s Graubünden Canton. Completed in 1996, the Therme Vals was designed by Peter Zumthor, and is one of the most widely regarded projects to his name.

The building is partially built into the hillside, which makes it invisible from one side (Dezeen, 2016). The walls are made from locally quarried quartzite stone and windows are set back, which reveal the unusual thickness of the walls.

The concept of the space is for it to feel like a cave or quarry. The use and combination of light, shadow, space, and materiality make for a highly sensory experience for its user. As users enter the space, they are met with a very dark interior and a series of saunas, spas and changing rooms.

Users naturally gravitate towards the light, which helps lead them through the space. The pools in the Therme Vals spa include an indoor and outdoor pool, fire and ice pool, blossom, spring, and sound pool. The pools range from 57 degrees Fahrenheit to 107 degrees Fahrenheit. Bathers move from warmer temperature baths to cooler. Spaces in the spa expand and contract, and go from light to dark, which provides the user with a highly sensory experience.

**THERME VALS INDOOR BATHS SITS AT 89.6 DEGREES FAHRENHEIT. BEYOND THE ENTRANCE TO THE POOL, YOU CAN SEE THE PROCESSIONAL STAIR AND GALLERY LEVEL.**

SOURCE: FERNANDO GUERRA, 2016
The dominant material in the space is locally quarried Valser Quarzite slabs, which are built up in layers on the wall and create a multi-toned stripe (Dezeen, 2016). All the walls are covered in this Quarzite and almost feel overwhelming, especially in areas that have high ceilings and small corridors. Homogeneous concrete, polished terrazzo, red mahogany, brass, and bronze are supporting materials in the space.
The layout of the interior of the Therme Vals is a carefully modeled path of circulation which leads bathers to certain predetermined points but also allows the user to explore the space for themselves. The black lines represent the multiple baths, and changing rooms and the red lines show the different paths of circulation users can take. The paths lead the user from changing rooms, to different baths and pools.

PRIVATE VS. PUBLIC
Zumthor placed building and support systems on the lower level of the building and primary bathing facilities on the upper level. Similar to the space planning on my thesis building, I am trying to have public facilities on the upper levels and more private and utilitarian facilities on the lower levels.

The interior itself is very dark and Zumthor uses light very specifically in this project. Light is let into the space by slits in the ceilings through skylights which help create a dramatic line of lights that reflects off the water. When looking at sight lines in the space, the end of most corridors lead to a large window. That sudden bright light, in a corridor of dark, helps lead the user through the space and allows for a highly visual sensory experience. The red lines in the drawing on the right represent areas of light.
The Cranbrook natatorium is 22,000 square feet and located at Cranbrook Schools in Bloomfield Hills, Michigan. It was completed in 1999, designed by Tod Williams and Billie Tsien. This natatorium houses a competitive swimming pool and can hold up to 200 spectators (Tod Williams, Billie Tsien Architects, n.d.).

This natatorium features a number of elements that connect the inside to the land and sky outside. The night-sky blue ceiling has a scattering of lights whose random pattern emulates the stars above. The ceiling’s striking features are two 30’ oculi (highlighted in yellow above) that can slide and open to reveal the sky above (Tod Williams, Billie Tsien Architects, n.d.). Swimmers enjoy the circulation and connection to the sky above. The oculi allow considerable light to enter and help with ventilation and cooling which eliminates the need for air conditioning in the building.
There are also a series of twenty-foot tall narrow windows with mahogany panels opened hydraulically to reveal the outside landscape (Tod Williams, Billie Tsien Architects, n.d.). Interior walls are clad with concrete blocks and blue and green glazed tile, while mahogany is used on walls, railings, and vertical paneling.

What interests me the most about this space is the minimal use of materiality and the openings throughout the space that connect the inside to the land and sky outside.
NEIGHBORHOOD & BUILDING HISTORY
The Museum District, formerly known as West of the Boulevard, is nestled between the Fan and Richmond’s West End. It is bounded by N Arthur Ashe Boulevard, I-195, Monument Avenue, Broad Street, the Fan and Carytown.

In 1887, the City Railway Company extended its horsecar line into the Museum District thus extending city limits. The District became home to some of the first large suburban homes in Richmond. Due to electricity and streetcars, Richmond experienced large expansions of residential settlement patterns. School and church buildings began spreading up, some of which still exist today such as St. Mary’s Catholic Church and Albert H. Hill Elementary School. The district was added to the National Register of Historic Places in 1994.

The Museum District is home to the Virginia Museum of Fine Arts, Virginia Historical Society, and the Virginia Museum of History and Culture. Architectural features include apartment buildings, brick row homes, commercial buildings such as churches, shops, restaurants and schools. The streets of the Museum District are very walkable due to its tree-lined sidewalks. The District is within walking distance to nearby Carytown and the Fan District.
3101 Kensington Avenue was built in 1917 by architect Charles M. Robinson and was originally designed and used as an elementary school. The building operated as a school until 1986 and in 2001 the building was converted into apartment buildings. Today, the building has forty private units.

3101 Kensington Avenue is a colonial revival brick, three-story plus basement, 68,000 square foot building. Features include a flat roof, Corinthian columns and double story arched windows. Flanking either side of the front of the building are two tall towers with copper domes at the top.
PHOTOGRAPHIC STUDIES
Exterior materiality of 3101 Kensington Avenue includes brick, metal, granite, glass, steel and wood.

Interior materials includes steel, trusses, glazed brick, plaster, stone, concrete, brick, wood and terrazzo.
EXISTING BUILDING DOCUMENTS
The building sits in the Museum District neighborhood in Richmond, VA. The building is near main veins in Richmond such as N Arthur Ashe Blvd, Monument Dr and Broad St. Surrounding buildings around 3101 Kensington Avenue mainly consist of residential homes, town homes and apartment buildings and small businesses, restaurants and bars. Neighborhood Laundromat, Cleveland Street, Chocca’s, Black Hand Coffee are nearby small businesses. The Virginia Museum of Fine Arts (VMFA) and the Virginia Museum of History and Culture is less than two blocks from this building. The surrounding area is very walkable and bikeable and the building has a number of available parking spaces. The building has a walk score of 94 and a bike score of 81.

The front of the building faces shy of north, which means the back of the building receives the strongest sun.
## OVERALL BUILDING

| Type of Construction | Type III - A | Assembly Group: A-3
|----------------------|--------------|----------------|
| Occupant Load        | 677          | Total Gross Area: 5,000 sq ft
|                      |              | Basement - 1,600 sq ft
|                      |              | Level 01 - 1,200 sq ft
|                      |              | Level 02 - 1,200 sq ft
|                      |              | Level 03 - 1,000 sq ft
|                      |              | Gross: 5,000 sq ft

| Type of Construction | Type III - A | Assembly Group: A-3
|----------------------|--------------|----------------|
| Occupant Load        | 100          | Total Gross Area: 5,000 sq ft
|                      |              | Basement - 1,600 sq ft
|                      |              | Level 01 - 1,200 sq ft
|                      |              | Level 02 - 1,200 sq ft
|                      |              | Level 03 - 1,000 sq ft
|                      |              | Gross: 5,000 sq ft

### ADMINISTRATIVE OFFICES

| Type of Construction | Type III - A | Assembly Group: A-3
|----------------------|--------------|----------------|
| Occupant Load        | 50           | Total Gross Area: 300 sq ft
|                      |              | Basement - 100 sq ft
|                      |              | Level 01 - 100 sq ft
|                      |              | Level 02 - 100 sq ft
|                      |              | Gross: 300 sq ft

### LAUNDRY

| Type of Construction | Type III - A | Assembly Group: A-3
|----------------------|--------------|----------------|
| Occupant Load        | 3            | Total Gross Area: 1,000 sq ft
|                      |              | Basement - 300 sq ft
|                      |              | Level 01 - 300 sq ft
|                      |              | Level 02 - 400 sq ft
|                      |              | Gross: 1,000 sq ft

### STORAGE + MECHANICAL CLOSETS

| Type of Construction | Type III - A | Assembly Group: A-3
|----------------------|--------------|----------------|
| Occupant Load        | 5            | Total Gross Area: 1,000 sq ft
|                      |              | Basement - 300 sq ft
|                      |              | Level 01 - 300 sq ft
|                      |              | Level 02 - 400 sq ft
|                      |              | Gross: 1,000 sq ft

### KITCHEN

Commercial kitchen for the juice bar
Commercial washer and dryer and storage for clean towels and robes

### LOBBY

- **The lobby and reception is where guests are greeted by a receptionist and are given a towel and robe.**
- **Open offices for staff, includes a small kitchenette. There are two meeting rooms used for staff meetings and life guard trainings.**
- **There are three different baths, hot, warm and cold. Each bath has built-in benches and jets and can fit 15 people. There is also an adjacent lounge space.**
- **For the juice bar and cafe which includes a stove, oven, refrigerator, freezer, and dishwasher.**

### CHANGING + SHOWER ROOMS

- **Individual changing rooms include a walk-in shower, sink, built in bench, and wall hooks.**
- **The aromatherapy room is divided into three rooms, each with different essential oil scents, that can fit 15 people. There is also an adjacent lounge space.**

### LAP POOL

- **25 meter lane lap pool consisting of three lanes that is six feet deep. The lap pool is perfect for fitness enthusiasts.**
- **Open pool for leisure and group exercise and water activities such as water yoga, water aerobics, and water weightlifting. The leisure pool is zero entry, has an adjacent hot tub with built in seats and jets, and an 18” deep area with built in lounge chairs.**
- **Open lounge space with ample seating. The lounge also includes a juice bar and a small cafe that serves sandwiches, coffee and tea. A part of the lounge area can double as a private event space.**

### LEISURE POOL

- **The leisure pool is perfect for fitness enthusiasts.**
- **The leisure pool is zero entry, has an adjacent hot tub with built in seats and jets, and an 18” deep area with built in lounge chairs.**
- **Open lounge space with ample seating. The lounge also includes a juice bar and a small cafe that serves sandwiches, coffee and tea. A part of the lounge area can double as a private event space.**

### BATHS

- **There are three different baths, hot, warm and cold. Each bath has built-in benches and jets and can fit 15 people. There is also an adjacent lounge space.**
- **Open lounge space with ample seating. The lounge also includes a juice bar and a small cafe that serves sandwiches, coffee and tea. A part of the lounge area can double as a private event space.**

### LAUNDRY

- **Commercial washer and dryer and storage for clean towels and robes.**
- **Storage space for aquatic activity equipment. There is also a mechanical and chemical closet and water pump closet.**
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### LAUNDRY

- **Commercial washer and dryer and storage for clean towels and robes.**
- **Storage space for aquatic activity equipment. There is also a mechanical and chemical closet and water pump closet.**
- **Storage space for aquatic activity equipment. There is also a mechanical and chemical closet and water pump closet.**
These concept models and diagrams represent buoyancy: rising up, floating to surface, upward force, heavy to light and levitating.
This project celebrates buoyancy.

Buoyancy is the force that pushes something up through a medium. The building as a whole is a body of water, and the user is the object. The force, buoyancy, is pushing the user through the building.

As you enter the building, it will feel as if you are deep under water and as you go higher in the building, it will feel like you are reaching the surface of the water.

Imagine you are under water. When you reach the surface of the water you catch a breath of fresh air and you feel that sunlight hit your skin. That feeling of freedom and lightness relates well to the demographic I am studying. This demographic is free of stress and responsibilities that come with work obligations and family.
SPACE PLANNING
PARTI DIAGRAMS

INTRACTIONS

STRUCTURAL

SYMMETRY & BALANCE

CIRCULATION

ENTRANCES

STRUCTURAL

SYMMETRY & BALANCE

CIRCULATION

SURFACES

STRUCTURAL

SYMMETRY & BALANCE

CIRCULATION

ANGLES
PLAN DIAGRAMS
SPACE PLANNING DIAGRAMS

Light entering the building through the atrium

Stacking of bodies of water

USER EXPERIENCE SKETCHES

RAMP ENTRANCE

BASEMENT ENTRANCE

BASEMENT ENTRANCE

RECEPTION

JUICE BAR SEATING

HOT + COLD + WARM BATHS

HOT + COLD + WARM BATHS

POOL LOUNGE CHAIRS

POOL LOUNGE NOOKS

POOL CEILING UNDULATIONS

POOL BALCONY OVERLOOK

USER EXPERIENCE SKETCHES

Hot + cold + warm baths

Hot + cold + warm baths

Pool lounge chairs

Pool lounge nooks

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DESIGN
ATRIUM FF+E

- FIRECLAY TILE
- FIRECLAY TILE
- FIRECLAY TILE
- CONCRETE
- TERRACO BY STUDIO GAMEIRO
- CUSTOM MADE LIGHTING
- CEDAR/ipe WOOD PANELING OR FAUX WOOD PANELING
HOT + COLD + WARM BATHS

BATHS FF+E

HOT + COLD + WARM BATHS

SOMMER ADJUSTABLE CHAISE
THIN-LED WALL BAR BY LED PROS
POOL RAILING BY S.R. SMITH

ROYALTY GELATIC
INTERNI BY CERAMICA VOGUE
BRICK TILE
DALTILE
LEISURE POOL FF+E

- BRIXX BY DEDON
- THIN-LED WALL BAR BY LED PROS
- DOUBLE SCONCE
- POOL RAILING BY S.R. SMITH
- COLORADO SION TURF
- CUSTOM TILE
- KINETIC NOISE CONTROL
- FIRECLAY TILE
- PORCELAIN TILE
- FIRECLAY TILE

LEISURE POOL
BALCONY FF+E

- HOT MESH CAFE TABLE BY BLUDOT
- EMU HEAVEN SEATING
- EMU TERRAMARE BY COALESCE
- KINETIC NOISE CONTROL
- SUNBELLA
- FIRECLAY TILE
- PORCELAIN TILE
JUICE BAR + LOUNGE FF+E

PIERRE FREY

TERRAZO

ACOUSTICAL BAFFLE BY ARKTRA

CERAMIC FIELD TILE

CONCRETE COLLABORATIVE

CONCRETE COLLABORATIVE

CANNETO BY INKIOSTRO BIANCO
JUICE BAR + LOUNGE FF&E

THONET VIENNA LOUNGE CHAIR

EMU HEAVEN TABLE

HEYWARD SECTIONAL BY WEST ELM WORK COLLECTION

ELBOW STOOL BY HANS WEGNER

PEBBLE OTTOMAN

PUFF PUFF BY BUDDOT

APRIL TABLE

CUSTOM BAR & LIGHT

DETAIL: ATRIUM

BASEMENT FLOOR TO LEVEL 03

3FORM SUSPENDED TWIST

VARIA IN SERICIOUS, FOND AND CLOUDLESS

CEILING ATTACHMENT
VARI IN ROYANT, OVERCAST, NEBULOUS, ASH, MIRAGE ICED
MINT AND TIDE

MEMTECH ACOUSTICAL WHISPERWAVE
RIBBON BAFFLES
FORM SHAPE SAILS

CEILING ATTACHMENT FOR
MEMTECH ACOUSTICAL
WHISPERWAVE RIBBON BAFFLES

MEMTECH ACOUSTICAL WHISPERWAVE
RIBBON BAFFLES + FORM SHAPE SAILS

CEILING ATTACHMENT FOR FORM

DETAIL: LAP POOL CEILING
BASEMENT FLOOR

DETAIL: LEISURE POOL CEILING
LEVEL 02-03

ALUMINUM, POWDER COATED

KINETICS NOISE CONTROL
PERFORATED METAL ACOUSTICAL PANELS

CEILING ATTACHMENT

CEILING

LEVEL 02-03
ENTER INTO A LIFE OF LEISURE BY TAKING THE WATER

This project celebrates and makes space for a demographic that is entering a life of leisure and are lucky to have good health.

The amenities available in this space encourage this demographic to stay integrated in their community, sustain their social life, and keep their minds and bodies active.
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