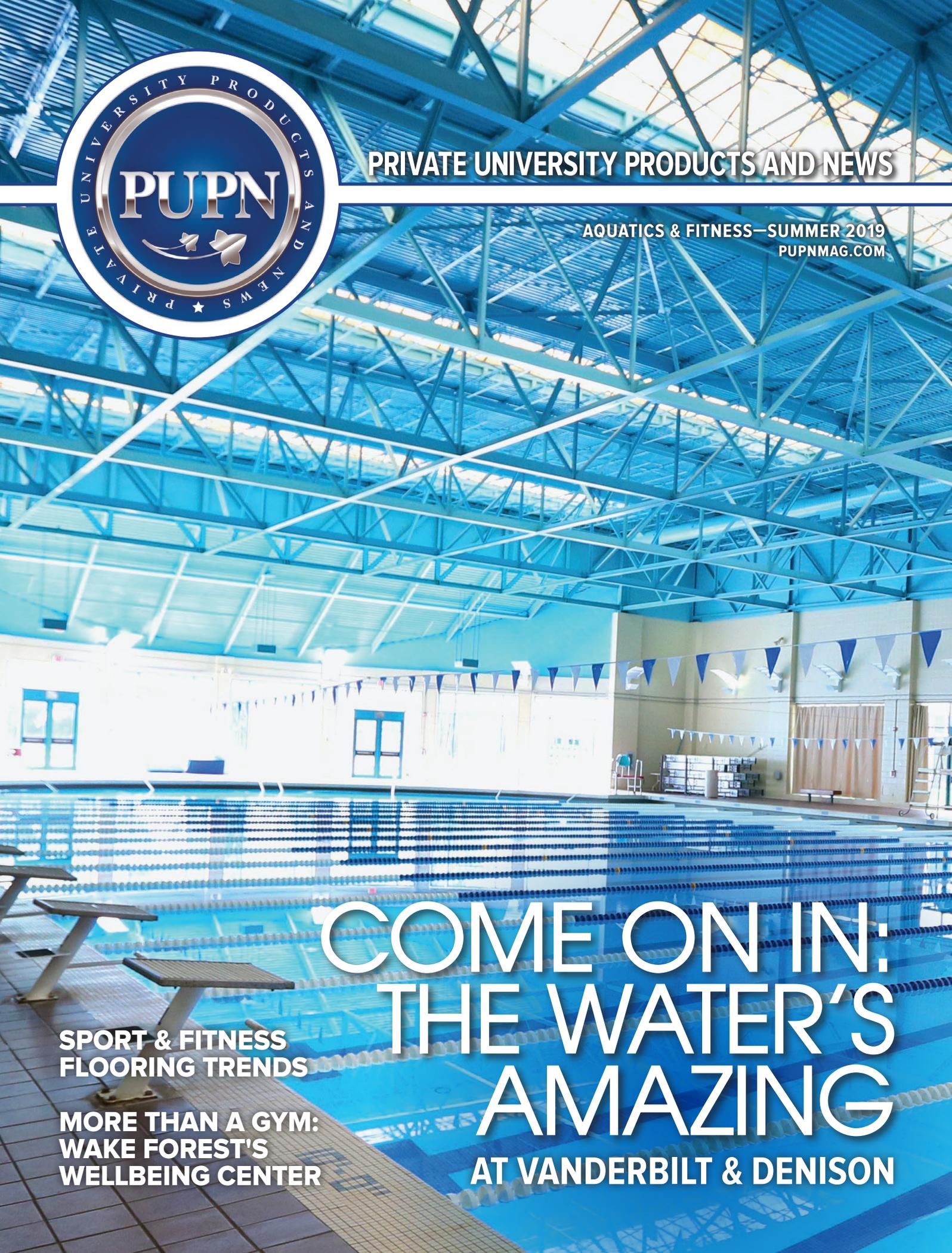




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AQUATICS & FITNESS—SUMMER 2019
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COME ON IN: THE WATER'S AMAZING AT VANDERBILT & DENISON

**SPORT & FITNESS
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**MORE THAN A GYM:
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SPORT & FITNESS FLOORING TRENDS IN 2019

By Amber Stromberg

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MORE THAN A GYM: WAKE FOREST TRANSFORMS HISTORIC REYNOLDS GYM INTO WELLBEING CENTER

by Cheryl V. Walker

A new 25-yard, eight-lane pool, surrounded by glass walls and three-story arched windows, is the center piece of the third and final phase of the transformation of historic Reynolds Gym into the Wake Forest Wellbeing Center. The original pool, state-of-the-art when it was built in 1956, was accessible only through narrow hallways and outdated locker rooms.

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SPORT & FITNESS FLOORING TRENDS IN 2019

By Amber Stromberg

In recent years, sports facilities, health clubs, and fitness centers have become multi-use complexes with increasing personality and architectural flair. Designed to combine exercise with social opportunities, modern sports centers can accommodate multiple different athletic activities, while also providing safe, comfortable, and enjoyable social venues for local communities.



Flooring plays a key role in achieving all of this, as it has a big influence on the overall functionality, sustainability, and aesthetics of the space. Therefore, it comes as no surprise that all contemporary trends in sport and fitness flooring focus on greater flexibility, increased safety and comfort, smaller carbon footprint, higher aesthetic appeal, and enhanced personality.

If you're designing a new facility or renovating an existing one, you'll probably want to keep pace with the popular tendencies. Here are some of the most prominent sports flooring trends to consider in 2019.

General Trends in Sport and Fitness Flooring in 2019

The prevailing tendency in modern gyms, fitness centers, and health clubs is towards less equipment and more functional training areas. This transformation requires versatile, durable flooring that is able to accommodate a variety of different activities:

Multi-purpose use—Contemporary sports facilities need versatile flooring that allows them to offer a diverse range of activities—from basketball games and racquetball practices to track meets and dancing events. The sports surface has to be safe, resilient, and high-performing and must meet the required standards for the different kinds of athletic activities taking place on it;

Greater durability—With so much use, modern sports flooring takes a beating—to be able to handle the high-intensity activity, it has to be strong, tough, and long-lasting. The floor should be hard to gouge or scratch and able to withstand heavy loads and high-impact activity;

Ease of maintenance—For optimal functionality and performance, sports flooring needs to have minimal maintenance requirements—so that it can be cleaned quickly, easily, and efficiently and maintained in excellent shape without having to close the sports facility for prolonged periods of time;

Increased safety—The comfort and safety of users come above everything else, so the sports facility flooring has to provide good cushioning and effective protection to the athletes. It should be resilient, shock-absorbent, and soft to the touch;

Aesthetic look—To gain greater personality and boost their aesthetic appeal, modern sports complexes bet on innovative designs

and extravagant color themes. The flooring provides an easy opportunity to make an artistic statement—sport floors come in an array of colors and styles, with intricate patterns and impressive dimensional effects that add plenty of visual interest to the space. Themed floors, visual highlights, multicolored team logos, and other artistic elements enhance the aesthetic appeal of the facilities and attract the public;

Environmental concerns—In compliance with the growing trend for green architecture and use of natural materials in buildings, sports facilities throughout the country are incorporating more and more green features in their design. Eco-friendly flooring is key among them—not only is contemporary sports flooring made of recycled or renewable flooring products, but special attention is also given to low VOC adhesives, green maintenance products, and minimal refinishing requirements.

In addition to the above general trends, there are some specific sport and fitness flooring tendencies that are likely to gain popularity in 2019.

Sports Flooring Trends

The biggest trend in contemporary sports flooring is the incorporation of synthetic flooring in all kinds of athletic facilities across the country.

Synthetic floors have many great benefits—durable, resilient, versatile, and easy to install and maintain, they're well suited for various athletic activities, like tennis, volleyball, hockey, etc., while also being able to withstand years of intense foot traffic and communal use. Synthetic surfaces are safe and comfortable and can last decades before they need to be replaced.

Whether it's rubber flooring, urethane floor systems, or vinyl tiles, synthetic surfaces provide excellent protection to athletes and exhibit tremendous elasticity, tensile strength, and tear strength. What's more, they're aesthetically pleasing and highly customizable. Each floor has a unique look to it, represented by different colors and logos.

Synthetic flooring requires minimal maintenance—it should be cleaned on a daily basis (damp mopping with a citrus-based cleaner is enough to keep it in excellent condition), but doesn't require annual resurfacing or polishing, which saves plenty of time and money.

Another prominent trend in modern sports flooring is the increased demand for artificial turf—it looks, feels, and performs like real grass, allowing users to practice sports like football and field hockey that were previously reserved for outdoor courts in the safety and comfort of an indoor sports facility.

The introduction of sprint tracks that can be enhanced with the use of floor markings to indicate distance, start and finish lines, and even separate track lengths is also emerging as a popular trend in sports flooring.

Other trends in sports flooring include:

- Increased use of thick rubber flooring—to protect the equipment and subfloor in high-impact activity training areas (such as free weight areas) and provide better cushioning in case of a fall;
- Incorporation of ABS Glass Floors that utilize a lighting system under the flooring which lights up lines in the floor for any specific sport when needed—with just the flip of a switch;

- Greater variety of flooring materials from rapidly renewable sources (such as bamboo, for example);
- Bolder artistic designs and more exotic color schemes meant to boost the aesthetic appeal of the sports complexes and give them unique character.

Fitness Flooring Trends

Fitness centers typically have a lot of heavy equipment that can easily scratch, indent, or even crack the floors. The flooring, therefore, needs utmost protection—especially considering the contemporary focus on conditioning activities that require fitness equipment to be frequently moved and re-positioned in order to create the needed free space for different kinds of exercises. This increased demand for functional training areas defines the latest trends in fitness flooring:

- Durable, resilient flooring (such as rubber flooring rolls) that can withstand heavy machinery, dropped weights, and high-impact activity;

- Versatile flooring (such as synthetic surfaces) that allows for a diverse range of activities;
- Dense foam flooring that is highly shock-absorbent and mimics the look of real wood, which makes it perfect for dancing studios, yoga classes, and many other fitness activities;
- Inlaid platforms consisting of rubber flooring between two crash mats that provide a safe, comfortable surface for weight-lifting and eliminate the need for raised platforms in weight-rooms. The level surface gives a lot of advantages to a weight-room—it reduces the risk of injuries and allows for easy movement of equipment and easy cleaning.



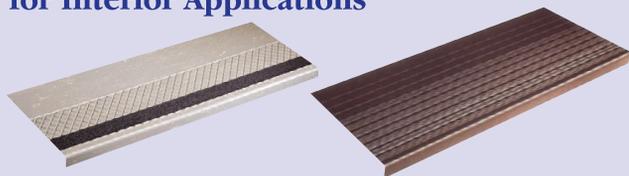
ABOUT THE AUTHOR: Amber Stromberg is Director of Marketing for Kiefer USA, a company that prides itself as an industry leader in the supply and installation of quality athletic surfaces. Whether your new or existing facility requires artificial turf, wood flooring, rubber flooring or a quality commercial floor, Kiefer USA has a proven solution to all your needs.

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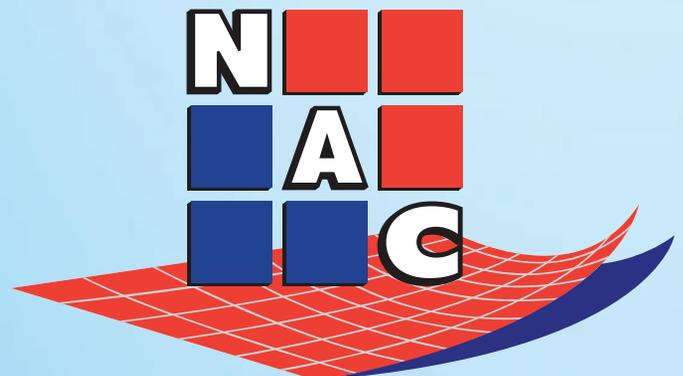
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Freedom Walkway connects a community

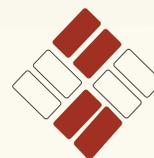
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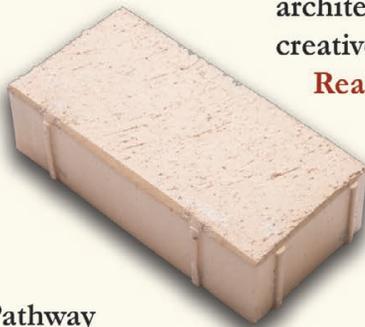
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COME ON IN:
THE WATER'S AMAZING
AT VANDERBILT AND DENISON



by Cassidy Clevenger

Few things are more quintessentially summertime than taking a break from classes for a dip in the pool. Universities like Vanderbilt and Denison offer many beautiful recreational opportunities for their students and faculty to enjoy, and among the most noteworthy are their aquatic amenities.

Updated Amenities

Vanderbilt's aquatics facility includes a 25-yard pool, with 15 swimming lanes. The pool is approximately 512,000 gallons, and ranges from 3.5 to 10 feet deep. The indoor pool is maintained at 81 degrees all year long, making it possible for students, faculty, and community members to enjoy swimming, even in the coldest months.

Denison finished construction on their new pool facilities in 2012, and all have been very pleased with the results. The \$20 million facility includes an updated time-keeping and scoring system, two video boards, a state-of-the-art sound system, and areas specifically designed for administration and media coverage. In addition to 25 swimming lanes, Denison's Trumbull Aquatic Center also offers a whirlpool spa and a large diving well.

Chris Crume, the Director of Aquatics for Denison University, notes one of the most unique features of Trumbull is the movable floor. Denison's 50x25 yard pool has a moveable floor which can be adjusted anywhere from 0 to 7 feet deep. Therefore, when the swimming lanes

are not being used to host classes, lessons, or practice for their highly competitive swimming teams, the floor can be raised to facilitate dances or ceremonies. Trumbull can seat more than 750 people, which makes it an ideal venue to host competitions, such as the North Coast Athletic Conference Championships or the NCAA Division III Diving Regional.

Women's Only Swimming

Vanderbilt strives to listen to the needs of their students, and is happy to make adjustments based on the needs and desires of their students. One suggestion that has been implemented involves monthly opportunities for female students to enjoy the peace and comfort of female-only swim time. During the school year, on the first Sunday of every month, female students can swim in the evening with their female peers, a change initiated after the requests of many students.

Kenny Moore, Director of Daily Operations, Strategic Planning, and Student Management for Vanderbilt's recreation department, notes that the change has been well-received. The decision to include an all-women's swim time started in 2017,

and though the frequency of these female-only swims has changed over the years, the students seem appreciative of the opportunity.

There are many reasons why women may prefer to swim only with their same gender. Orthodox Jewish and Muslim women, for example, in honoring their faith, may not feel comfortable sharing a co-ed pool. Others may simply prefer a setting where they feel more comfortable and can express their modesty. Adaptations such as this may seem small in practice, but can be monumental in principle and respect.

Lessons and Community Involvement

At Denison, Trumbull Aquatics Center is for more than just students and staff—they want their facility to be open to the greater community as a whole. Some of the features they offer to the rest of the community include unstructured lap swimming, group swimming lessons, exercise programs, and even certification courses. Denison offers community members as young as fifteen years old to become certified lifeguards by teaching them lifeguarding, first aid, CPR, and how to prevent disease transmission.

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Much like Denison, Vanderbilt also offers swimming lessons to the younger kids in the community, as well as classes, personal training, and relaxation. The exercise classes offer a great alternative in exercise for those who live with joint pain or bone fragility, such as those recovering from surgery or older adults in general. Vanderbilt's aqua group exercise classes are an excellent cardio option that helps circulate blood, without putting unnecessary strain on the heart, which can prevent overheating.

Importance of Aquatics Facilities

As mentioned, swimming and water aerobics are low-impact forms of recreation that can be beneficial to people from childhood through geriatrics. Swimming builds muscle strength, improves cardiovascular performance, and helps maintain a healthy body weight. Additionally, according to National Health Services, swimming training may improve students' abilities to concentrate and improve exam performances.

Private universities all work toward offering students the opportunities to have a well-rounded college experience. Aquatics facilities give students a place to relax, socialize, and exercise between classes; this downtime is not just good for their bodies, but also their brains. When universities have the types of aquatic facilities that offer both relaxation and safety, the experience can buoy their self-esteem and abilities.



ABOUT THE AUTHOR: Cassidy Clevenger is a Samford University alum. She is currently in graduate school at Samford in the MSW program, while working as a staff writer for *Private University Products and News*.

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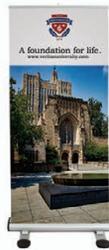
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MORE THAN A GYM

Wake Forest Transforms Historic Reynolds Gym into Wellbeing Center

by Cheryl V. Walker

A new 25-yard, eight-lane pool, surrounded by glass walls and three-story arched windows, is the center piece of the third and final phase of the transformation of historic Reynolds Gym into the Wake Forest Wellbeing Center.



The original pool, state-of-the-art when it was built in 1956, was accessible only through narrow hallways and outdated locker rooms.

The campus grand opening—held in the spring of 2018—introduced the Wake Forest community to the pool and more than 50,000 square feet of renovated space including group fitness studios for students, faculty and staff and multipurpose rooms for intramural and club sports. The additions were part of a three-year renovation project to create a comprehensive wellbeing center.

“We seek to educate the whole person at Wake Forest, and this new facility encourages and provides many opportunities to pursue holistic wellbeing,” said Nathan O. Hatch, Wake Forest President. “That is why we are naming this the Wake Forest Wellbeing Center. I hope this is a place where all will be supported as they pursue a commitment to health and wellbeing. May it be here where we build rewarding relationships, develop the ability to thrive in the midst of challenge and live with a deep sense of purpose.”

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Leadership gifts through the Wake Will Lead campaign helped make the \$60 million Reynolds Gym transformation project possible.

A Holistic Hub for Wellbeing

The entire wellbeing center, including the historic W.N. Reynolds Gym and the Sutton Center, is approximately 180,000 square feet, making it the second largest building on campus after Z. Smith Reynolds Library. About 85 percent of the Wellbeing Center is dedicated to fitness, recreation and social space. The remainder is offices, including Student Health Service, the SAFE Office, the Office of Wellbeing, Campus Recreation, and support services.

Phase II opened in August 2017 with new state-of-the-art fitness equipment, a 3,000 square-foot open living room, a bouldering and climbing wall and fitness space for weight training and other activities. The Sutton Center, a remarkable two-story addition to the gym named for Wake Forest alumnus and IMG College founder Ben Sutton, debuted in 2016.

“Transforming the 60-year old Reynolds Gym into a Wellbeing Center further distinguishes Wake Forest as a leader among universities taking a comprehensive approach to wellbeing. We’ve made a significant investment to create a place at the heart of campus devoted to the social, physical and mental wellbeing of the Wake Forest community. We knew we wanted this space to be more than a gym.” — Penny Rue

With 46,000 square feet of space for fitness programming and campus activities, including two full-size gymnasiums, the Sutton Center is connected to Reynolds Gym by a floor-to-ceiling atrium. The Outdoor Pursuits office, which sponsors adventure trips and rents outdoor equipment, is located on the lower level.

“Transforming the 60-year old Reynolds Gym into a Wellbeing Center further distinguishes Wake Forest as a leader among

universities taking a comprehensive approach to wellbeing,” said Vice President for Campus Life Penny Rue, who swims laps four or five times a week. Rue knows water sports may not be for everyone, but she is committed to building a campus community where everyone can find ways to thrive.

“We’ve made a significant investment to create a place at the heart of campus devoted to the social, physical and mental wellbeing of

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the Wake Forest community,” Rue said. “We knew we wanted this space to be more than a gym.”

Making a Splash

Beginning in July of 2016, construction crews removed bleachers in the original pool area in order to widen the pool, expand the pool deck and create space for second floor hallways connecting to the new group exercise spaces, classroom, and club sport spaces.

From the main entrance to Reynolds Gym, a half flight of stairs leads to an informal gathering space with comfortable furniture that overlooks the pool and one more flight down leads to the pool entrance. Three-story windows bring ample natural light into the new pool area and solar panels help heat the water. A wheelchair lift makes the pool handicapped accessible. One end features a diving board, while the other has a large whirlpool in the shape of the University logo.

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“I think having high-quality, attractive, and accessible recreation facilities are important for students so that they will make it a priority to maintain a healthy lifestyle,” said Cameron Perry,” a junior accounting major from Raleigh. Perry worked as a lifeguard and swim instructor at the old pool during her first two years on campus and now works on the aquatics staff in the new space. “These facilities will ensure that they will be excited about going to the gym and trying out the different services it offers.”

Group Fitness: Mind and Body

From fencing to mixed martial arts to dancing to wrestling, the new multipurpose rooms provide dedicated practice space for many of the University’s 35+ club sport teams and other student organizations.

“Wake Forest students are extremely active. Many of them have been varsity athletes in high school, so they want to continue to be physically active in college,” said Joe Cassidy, Wake Forest’s executive director of campus recreation. “Our intramural and club sports

programs offer more sports and have a higher participation than the vast majority of our peers even though Wake Forest’s enrollment is smaller.”

The new exercise studios support the physical and mental wellbeing, not only of students, but also of faculty and staff. Group exercise rooms on the second floor offer space for fitness classes such as Zumba, Cross training, and HIIT. The mind/body studio has a barre and a yoga wall. The mat room has wall-to-wall mats that can be unfolded for wrestling, martial arts or other practices. The cycle studio and large group exercise studio feature virtual reality technology to allow virtual instructors to teach classes. Students can connect their phones to the sound system to broadcast selected music in the fitness and multipurpose rooms.

“The new spaces have certainly created a different atmosphere in Reynolds Gym that feels more inclusive and energetic,” said Lilli Cooper, a first-year student from Richmond, VA. “Students have made Reynolds Gym an integral part of their time at Wake.”

The third floor is home to the Intramural/ Club Sports office, as well as conference rooms and training areas.

Supporting Student Health

The footprint for Student Health Service, whose primary new space was part of Phase II renovations, has expanded with the latest renovations to include new offices and meeting rooms. The University’s volunteer, student-run Emergency Medical Services has a new home on the ground floor.

The location of the Student Health Service within the wellbeing center “creates the possibility for collaboration on projects and programs and sharing information with students,” said Cecil Price, director of Student Health Service. “Collaboration and sharing means students get better care from us.”



ABOUT THE AUTHOR: Cheryl V. Walker is Director of News & Communications at

Wake Forest University.

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- ⌘ Simple, Efficient, and Durable
- ⌘ Systems available for ANY size pool
- ⌘ NSF/ANSI Standard 50 Certified

CLARIFY with the **VPF-20** Poly-A Tablet Feeder

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- ⌘ Removes organic and inorganic compounds
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AllChem Performance Products, Inc.
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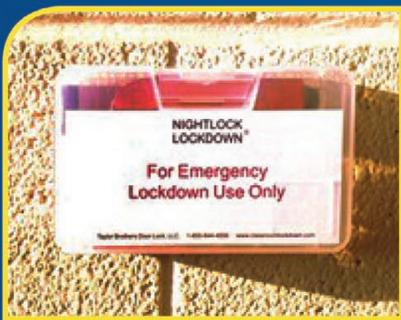
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