

Prepared for: City Council
Parkinson Recreation Centre
Date: April 17, 2023
"Getting it Right" Functional Program Background

KEY OBJECTIVES

To confirm and update the functional space program for the new Parkinson Recreation Centre (PRC) to ensure that we are "Getting it Right."

FINDINGS

Preface

Participation in community sport, recreation, physical activity, cultural, social and creative pursuits enhance individual and community wellbeing. Never has the need to gain access to the benefits of recreation been more pronounced than now - as we slowly emerge from the grips of the global COVID-19 pandemic. The public's connection with and support for parks, recreation and community sport has been significantly intensified and is critical to the health, well-being and quality of lives of all Kelowna residents.

The path leading to the "Getting it Right" functional program update

For over a decade, the redevelopment of the PRC has been a capital priority. Work began in 2011 to set the project's parameters based on analysis of the community and studies of trends and best practices worldwide. The space program was initially conceived in 2013 and was updated in January of 2022, which can be viewed by following [this link](#), to ensure that the plan remains in sync with the evolution of community centre delivery and population growth trends.

To ensure that the final functional program aligned with the needs of Kelowna specifically, and that it resonated with the public, comprehensive public and stakeholder input was conducted in 2022 to help shape the scope and feel of the facility. In 2022 and 2023, staff and Council visited precedent facilities in both Calgary and Metro Vancouver and identified features that performed well and learned about pitfalls to avoid. A final version of the functional program titled "Getting it Right" has been the output of over a decade of conversation and study.

What we learned about recreation facility design and development in 2023 and beyond

Modern multipurpose recreation centres have become viewed by the public as community hubs - spaces where people congregate to nurture social connections and enjoy a sense of neighborhood in a comfortable and welcoming environment. Adequate space allocation and creative design features of social, nonathletic spaces will be important to the success, inclusivity, and appeal of a revitalized PRC.

Indoor facilities are now commonly designed to accommodate multiple activities and a wide variety of user groups. A revitalized PRC will include flexible multipurpose spaces such as gymnasias and program rooms.

Internal use

Multi-sector partnerships are key to the overall landscape of indoor recreation amenity operations and infrastructure development. Partnerships will help a revitalized PRC come to fruition and flourish long term by incorporating revenue generating and complimentary amenities.

Recreation facilities can accelerate tourism and economic development. To maximize both economic and public benefit from investing in major infrastructure capable of hosting events, it is important that investments are sustainable and are catalysts for co-hosting opportunities with community partners; and that the pursuit of such events are strategically aligned with community values.

In revisiting the original functional program, the "Getting it Right" study confirmed that, generally, the functional program continues to be relevant today. However, the work indicated that subtle shifts were needed in the size and scope of the amenities to reflect the evolution of how community health, wellness and recreation facilities are delivered and operated, as well as to respond to the feedback received from Council and the public. The input received demonstrated an emerging focus within the principles of: health and wellness, training for sport, and fostering social connections.

What we heard from the "Getting it Right" study –
The facility must:

- Provide unique spaces for people of all ages and abilities to recreate and be "Active for Life"
- Have a sense of arrival
- Prioritize social spaces and serve as the "community living room." It must have a sufficiently sized lobby with additional social spaces scattered throughout
- Integrate with the outdoors
- Be inclusive of all residents, reflect unique cultural histories and lived experiences, and strive to address systemic issues
- Contain a kitchen for community programs, capable of supporting large-scale events
- Be fully capable of hosting indoor and outdoor tournaments with event-hosting support space for both
- Have appropriately sized and properly equipped amenities (i.e., gymnasias, pools) to accommodate competitive sport needs
- Have a natatorium (aquatics hall) that:
 - Engages the needs of health and wellness users and meets the standards for aquatic sports
 - Has a pool that is appropriately sized and can provide flexibility as to what sorts of programs can be provided in the pool
- Include a large fitness centre
- Have space focused on youth and space dedicated to childcare
- Be leading edge in the realm of sustainability
- Address how all transportation modes (walk, cycle, transit, vehicle) access the site so as to encourage multi-modal methods and to prioritize parking adjacent to the building for those with higher needs

Envisioning the Future of the New PRC

The new PRC will become a jewel for sport programming while remaining a community recreation hub located in the heart of Kelowna. The components contained within the redeveloped facility will preserve PRC's tradition of offering a warm, welcoming and safe environment within which all recreation, sport and cultural patrons will be encouraged to engage in casual, organized and - above all - fun and rewarding physical, social and leisure activities.

PRC will employ a neighbourhood engagement service model through which the local community will be intimately involved in shaping the nature and profile of the Centre's programming. The new PRC will be differentiated from other recreation centres in Kelowna through its wide range of patron relationship structures. People will be able to register for a program, become a member of the fitness/wellness centre, join a club or sports team or simply drop in to shoot hoops or hangout – in other words promoting the true sense of a community serving facility that caters to as many constituents needs as possible. Indeed, rather than a facility with a primary focus on one or two key priority areas, it will offer a diversity of facilities, services and programs that are accessible and available to a broad range of Kelowna residents, with a particular sensitivity to the local community, becoming the "community living room".

This can be achieved through program integration with other public, not-for-profit and private service providers, becoming the "home facility" for leagues and re-occurring programs, exploring sport hosting opportunities, promoting healthy community concepts including outreach programs and other initiatives that will be conceived through interaction with stakeholders. And, by maximizing the potential of its working relationships with partner organizations and allied institutions, the Centre has the ability to facilitate innovative program developments, the ramifications and benefits of which could extend throughout the entire city.

For example, small but important pool design considerations can be a catalyst to help Interior Health create an integrated water-based therapy and rehabilitation program as part of its post clinical community transition program. Okanagan College fitness and personal training students could become intern instructors/trainers in the new PRC fitness/wellness centre, possibly gaining program credits from the College, while adding value and expertise to fitness programming. PRC's complement of new training and support facilities and services including the large gymnasium could be a significant factor in a successful application by the City, UBCO, Pacific Sport and Tourism Kelowna to become the future home to Provincial or National sports entities. And just imagine the positive community impact of a healthy cooking course designed under the supervision of Interior Health; focusing on the use of low cost, locally grown produce; co-taught by Okanagan College students and faculty in PRC's teaching kitchen; offered free of charge to the heads of households of Kelowna's vulnerable families; and available in webinar format online.

The new PRC will also be home to multi-age childcare and will also have youth-focused space. There will be casual spaces to play foosball while hanging out with friends or to curl up and read a book or do homework. Some of the multi-purpose spaces will be designed so that they can be converted into youth zones during out-of-school hours.

The facility will be designed with everyone in mind with an eye towards reconciliation. This will be a building of Kelowna, for Kelowna in celebration of the unique living history and culture of this region. The new PRC will build on the spirit of inclusion and acceptance that already exist by creating purpose-built spaces for those with higher-needs with the inclusion of calm, quiet spaces such as withdrawal rooms and alcoves for hyper-sensitivity and sensory spaces for hypo-sensitivity.

The new PRC will also be a vehicle through which community programming is conceived, tested and implemented before being transitioned to locally delivered services available at neighbourhood activity centres and other

partnered facilities. This provides an incubator for new ideas to be developed through the vast resources of partner expertise that is otherwise difficult to duplicate at a neighbourhood level.

Individuals, community groups, sports and culture organizations and institutional partners will have roles to play in helping the new PRC become a focal point of the City while serving the recreation, leisure, cultural and sport interests of Kelowna.

This Vision can be achieved through:

- Incorporating design features that facilitate both structured and passive activities;
- Removing physical or systemic barriers to entry;
- Developing a program inventory catering to the needs and participation preferences of the city's broader community;
- Emphasizing PRC's ability to simultaneously meet the needs of multiple users as individuals, families, organized groups or casual participants;
- Providing an integrated program delivery model in partnership with other public, not-for-profit and private service providers with an emphasis on cross-sectoral cooperation;
- Becoming the "home facility" for leagues and re-occurring programs;
- Capitalizing on sport hosting opportunities for local, regional, provincial and national level;
- Promoting healthy community concepts including outreach programs and initiatives that will be conceived through interaction with partners and stakeholders;
- And maximizing relationships with partner organizations and allied institutions to facilitate innovative program developments and benefits that extend throughout Kelowna and beyond.

Facility Components

The facilities and support spaces that are recommended for the updated functional space program have been grouped into segmented components. Each component is included based on recreation participation profiles, user preferences, contribution to fiscal efficiency and use rationale that will influence their sizes, layouts and specifications. The specific and individual details of each component will be determined in the detailed design phase of the facility's development.

Athletic Spaces (Gymnasia) - Sport and recreation participation trends suggest that program spaces that can be utilized for a variety of purposes maximize facility use – and **gymnasia** fit this bill perfectly. They are versatile spaces that can be programmed to satisfy the athletic recreation requirements of all segments of Kelowna's population. These areas may also be better able to accommodate large non-athletic events such as trade shows or other uses that require vast amounts of floor space.

In keeping with current trends and projected community requirements, the updated functional space program includes a block of three gymnasia suitably designed for recreational and competitive court sport uses such as basketball, volleyball, badminton, etc. The recommended triple gym configuration with up-to-date design features represents a major upgrade to PRC's current offering. This quantity of gymnasia is also a reasonable platform from which to launch a sport hosting initiative. To promote program versatility and operational flexibility, it is recommended that a premium level, high-performance, competition court be included in the gymnasia complex. This showcase facility will be physically separated from two recreation courts so that competitive uses are not negatively impacted by day-to-day recreation programs offered on adjacent courts – thereby protecting the interests of community organizations and individual patrons. A retractable and soundproof wall system provides this separation.

Athletic Spaces (Fitness Centre) - Kelowna is a place where people pursue active, creative and healthy lifestyles. The delivery of fitness services is consistent with this vision. The updated PRC's functional space program includes a generous **fitness/wellness centre**, allowing for an expansion of PRC's current fitness services including the delivery of new types of programs and service enhancements. For example, group exercise classes offered in studios that are equipped with industry standard finishes such as sprung hardwood flooring, mirrors, portable sound system, acoustical treatments, etc.

The delivery of cardiovascular conditioning, strength and functional training, and specialized activity classes such as Yoga and Pilates in a formal fitness setting is increasingly popular in public sector community centres. Also, full-service fitness centres are often "net revenue producers" meaning that they are capable of providing budget support for facilities or programs that typically require annual financial contributions. For these positive results to be fully realized, it will be important to provide sufficient floor space so that the fitness centre can operate in a manner consistent with industry standards.

Aquatic Centre - The functional space program includes an enhanced aquatic facility. The space allocation recognizes that the new PRC pool needs to be differentiated from other aquatic opportunities available to Kelowna residents. Furthermore, the new aquatic centre is designed to ensure it can meet a variety of aquatic program and use requirements including instruction, recreational swimming, laps and fitness training, group rentals, and competitive events. To accomplish program flexibility the main swim tank is recommended to be 10-lane (2.5m lane width) 25 m with ample deck space. Both the pool and its support amenities will be "family friendly" and appropriately sized to accommodate the needs of the various individuals and user groups.

The aquatic facility could also facilitate rehabilitation programming that accommodates a wide variety of rehab and wellness modalities. This could range from a tank designed to offer warm/cold water plunge pools, equipment required to enable limited mobility individuals to gain access to the water, and zero depth entry points to accept aqua-wheelchairs as well as dry saunas and steam rooms.

The PRC pool will be a combination of family fitness, fun and instruction with design elements that appeal to pool renters (i.e. competitive swim, water polo, canoe, kayak, scuba and synchro clubs, etc.) or users requiring therapy services.

Athletic/Aquatic Support Areas - The athletic program space includes support areas offering ample storage for equipment necessary for the various types of sports and physical activities in the gymnasium and fitness spaces. Additionally, the athletic support space includes a number of change rooms, team rooms and locker room areas that can be used by facility patrons during regular programming. These flexible areas could also be designated for coaches, referees and officials when the facility hosts tournaments or other special events.

General Program Spaces - The recommended facility components and design concept for the new PRC establishes the Centre as a community hub. Residents will utilize the Centre for a host of reasons far beyond sport, recreation and physical activity. Consequently, general "non-athletic" program space is instrumental in allowing the revitalized PRC to fulfill its service potential as a place in which the community will come together for group activities, cultural events and social gatherings, public information and a range of other community services delivered by the City, other community members or partner organizations. Organized program and gathering space – in demised rooms or open concept common areas – support a more animated and vibrant PRC.

The updated functional program includes generous amounts of space that are creatively designed to accommodate multiple types of uses such as large meetings, social gatherings, special events or other indoor get-togethers that require spaces of various sizes. It also allows for PRC to continue being a critical hub for essential daily services such as licensed preschool and programming for people with diverse abilities. Full day care services will be added as funding opportunities present themselves. Flexibility will be a key theme of the detailed design

phase because of the variety of uses these spaces will be expected to accommodate. The existing PRC programming room(s) use profile will underpin many of these design decisions. Through the use of movable partitions, the large program space can be subdivided into several smaller floor areas as dictated by the types of uses. Through creative design, the spaces' ability to be converted into an event-hosting amenity that will allow the City to continue offering the community the types of engagement opportunities that individuals and groups have traditionally enjoyed at the current PRC.

These programming and common areas are also spaces where several different types of users will congregate. Programmable areas help to accommodate organized activities delivered by City staff as well as room rentals by community organizations for meetings and activities delivered by user groups. During the detailed design phase of the project, care will be taken to ensure that all potential uses are considered when sizing and positioning these important community spaces. For example, event rental spaces will be supported by adequately equipped food preparation areas (kitchen) that are adjacent to event spaces to fulfill this important function.

Customer Service and Administration – PRC entry vestibule, reception desk and other public spaces are another opportunity to differentiate the new PRC from the other sport and recreation facilities in the City's current inventory. Employing inclusive design features, these important areas will provide patrons with a sense of community and a connection to the Centre while offering comfortable and pleasurable experiences during facility visits. Design elements will provide for spaces where patrons are able to enjoy individual quiet time while other areas will encourage interactions between groups of facility visitors. Space adjacencies between general service areas and administration or control areas will be important design considerations – proper adjacencies create unobstructed sightlines that are beneficial in containing payroll costs associated with facility supervision.

Over the past decade, the public's regard for the need for well-designed social gathering spaces has dramatically increased. This is seen not only in municipal community centres and other public buildings, but also retail spaces such as indoor commercial malls that are now equipped with groups of comfortable chairs to encourage family and friends to congregate in what was formerly an access corridor. General customer service areas are intended to include specific design features such as food and beverage (potentially delivered via a fixed retail outlet or through several kiosks), a retail outlet, day use storage areas, study stations and other elements that will emerge through the conceptual design process. Making general areas more welcoming and comforting enhances the users' experiences, builds stronger community connections and produces results that are directly aligned with the purpose and raison d'être of a public community centre.

Administration areas will be developed in accordance with the staffing model and operating approach the City chooses to employ at the redeveloped PRC. Administration areas will include designated offices, common work areas and support amenity space such as supply storage, copying rooms, etc.

Building Operations and Support Spaces - These areas include operations staff offices, mechanical and electrical spaces, shipping and receiving and ample and thoughtfully located storage areas for consumable supplies, chemicals, garbage and recycling, etc.

Functional Space Program

In order to guide next steps, and the ultimate operation of a new facility, the following guiding principles have been developed to frame the updated PRC functional space program plan and future decision making related to the project:

1. People-focused amenities
 - Focus on wellness and healthy living opportunities
 - Encourage multi-generational integration
 - Create a centre of excellence for health, recreation, culture and sport for all
 - Facilitate new sport tourism opportunities
2. Sustainability
 - Deliver a facility that demonstrates the City's commitment to responding to climate change through leadership in sustainable design and reducing greenhouse gas emissions.
 - Optimize sustainable design using unique site opportunities while respecting the boundaries of the Mill Creek floodplain
 - Incorporates multi-modal transportation opportunities, including improving connectivity through enhancing trail networks, considering the proximity to transit routes
 - Create pedestrian campus feel, with safety and security in mind
3. Good stewards of public resources
 - Demonstrate leadership in responsibly building a thriving community with healthy, engaged citizens of a global society
 - Minimize operation interruptions of existing sports fields and recreation centre
 - Optimizing amenities and programming while balancing cost containment
 - Maintain the integrity and contiguous nature of the sports fields
4. Cultivate partnerships
 - Optimize opportunities for partnership with SD23 on the adjacent property
 - Optimize opportunities for partnership with other local organizations including but not limited to: OC, UBCO, Interior Health, Pacific Sport, and WFN.
 - Facilitate collaboration with other partners who share values and objectives
 - Engage with Indigenous community for collaboration opportunities
5. Innovative leadership
 - Create a precedent-setting facility with respect to design, sustainability and project delivery
 - Challenge expectations with bold innovation throughout the project
 - Foster community inclusivity, pride and ownership

Keeping these principles in mind, the following table outlines the proposed functional program for the revitalized PRC project. A brief description is included as is a comparison to the spaces at the existing facility. This program outlines the City's intentions for a revitalized PRC and will be the basis upon which the next steps for the project will be undertaken.

| Component | Existing Area Size | Proposed Area Size | Difference | Description |
|---------------------------|--|--|--|---|
| Athletic Program | 11, 473ft ² (1066m ²) | 59, 430ft ² (5, 521m ²) | 47, 957ft ² (4, 455m ²) | One competition gym, two recreation gyms, walking/running track and a fitness centre |
| Aquatic Program | 15, 355ft ² (1426m ²) | 37, 802ft ² (3, 512m ²) | 22, 447ft ² (2, 085m ²) | 10 lane, 25m pool and leisure, wellness/therapy pool |
| Athletic/ Aquatic Support | 6, 477ft ² (602m ²) | 10, 950ft ² (1, 017m ²) | 4, 473ft ² (416m ²) | Change rooms, washrooms, equipment storage |
| General Program | 9, 401ft ² (873m ²) | 20, 831ft ² (1, 935m ²) | 11, 430ft ² (1, 062m ²) | Community rooms, general program, community kitchen, youth and childcare areas, partnership areas |
| Customer Service | 7, 957ft ² (739m ²) | 17, 630ft ² (1, 638m ²) | 9, 673ft ² (899m ²) | Entry, reception, informal gathering areas including youth oriented space, staff offices and administrative areas |
| Building Operations | 1, 221ft ² (113m ²) | 2, 030ft ² (189m ²) | 809ft ² (75m ²) | Operations, mechanical and electrical areas |
| TOTAL | 51, 884ft² (4820m²) | 148, 673ft² (13, 812m²) | 96, 789ft² (8, 992m²) | |

Note: This area estimate includes a gross up factor that is consistent with each element's characteristics and probable use profile.

The operating projections for a revitalized PRC suggest that the new facility can operate within a similar annual funding envelope as the existing facility. This is primarily driven by new, enhanced and alternative revenue opportunities being able to offset the structure of operating a larger building.