

MEADOWLARK  
RECREATION  
CENTER

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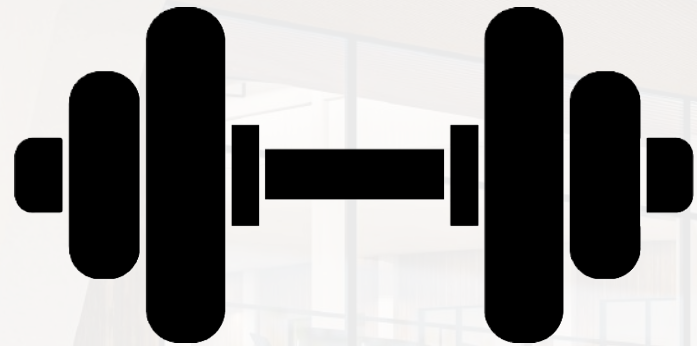
MINOT, NORTH DAKOTA

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CHASE MOSSER

The Meadowlark Recreation Center is an all-encompassing recreation center with dedicated childcare facilities and programs intertwined within its architecture.

This proposed facility will give the city of Minot a place that can serve a variety of functions:



exercise facility



sport hosting facility



educational facility



childcare center



after-school center



event venue

The primary goal of this project is to promote the **health, happiness, entertainment, and safety** of adults and children alike.

# MEADOWLARK

The Meadowlark carries with it a variety of both symbolic and physical allusions that relate directly to the goals and aspirations of this project.

## Symbolic Connections

- state bird
- commonly associated with the ideas of warmth, light, and life
- emblem of knowledge and wisdom, but also finding happiness through lifelong pursuits of learning

## Physical Connections

- The crescent form on the chest of the Meadowlark resembles that of the crescent form that runs through the upper portion of the recreation center that continues to cantilever to either side.
- This cantilevering form could also be said to resemble the outstretched wings of a bird in flight.



There were three primary areas of research that were utilized to inform this thesis...

MEADOWLARK RECREATION CENTER

RESEARCH

There were three primary areas of research that were utilized to inform this thesis...

# 1. Qualitative and Quantitative Research

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1. Qualitative and Quantitative Research

2. Case Studies

There were three primary areas of research that were utilized to inform this thesis...

1. Qualitative and Quantitative Research

2. Case Studies

3. Interviews

# Qualitative & Quantitative Research

Qualitative and quantitative research was gathered from three primary resources...

1. a study conducted by Meghan Finch titled, Impact of a Population Based Intervention to Increase the Adoption of Multiple Physical Activity Practices in Center-Based Childcare Services: a Quasi Experimental , Effectiveness Study

2. a study by Lubna Razak titled, Implementation of Policies and Practices to Increase Physical Activity Among Children Attending Center-Based Childcare: a Cross-Sectional Study

3. a study by Nanci Weinberger titled, Looking Inside and Out: Perceptions of Physical Activity in Childcare Spaces



# Qualitative & Quantitative Research

All three studies had to do with physical activity in childcare centers in some way, shape, or form.

A distillation of their findings shows that simply providing adequate space and the means for physical activity increases the activity levels of children within those facilities.

- Implementing policies and/or practices
- Hiring knowledgeable staff

The value of physical activity in youth can not be overstated. Physical activity helps children grow physically, mentally, and emotionally. Through simply providing the means for children to have fun through physical activity, a great leap has already been made in creating a healthier youth.

ADEQUATE  
FACILITIES



INCREASED  
PHYSICAL  
ACTIVITY



HEALTHIER  
YOUTH

# Case Study Research of Recreation Center and Childcare Center Typologies



SFU UniverCity  
Childcare  
Burnaby, B.C.  
Canada



Minot Family  
YMCA  
Minot, ND



Maryland Heights  
Community  
Recreation Center  
Maryland Heights,  
MO



TNT Kids  
Fitness &  
Gymnastics  
Fargo, ND

# SFU UniverCity Childcare



Main Influences  
on the  
Meadowlark  
Recreation  
Center

Sustainability

Form

Multi-purpose

# Minot Family YMCA



Main Influences on  
the Meadowlark  
Recreation Center

Amenities

Layout

Accessibility

# Maryland Heights Community Recreation Center



Main  
Influences  
on the  
Meadowlark  
Recreation  
Center

Form

Layout

Site adaptation

# TNT Kids Fitness & Gymnastics



Main Influences on  
the Meadowlark  
Recreation Center

Amenities

Inclusivity

Impact on youth

# Interviews

Ryan Williams

COO of TNT Kids fitness & Gymnastics

Visiting TNT allowed me the opportunity to see firsthand, what a unique facility they are. No other place in the area offers what they can in terms of amenities and program.

Ryan was gracious enough to provide tremendous insight not only on TNT, but the typologies of childcare and recreation as a whole.

Learning, moving, and growing are three main pillars at TNT and everything they do facilitates those ideals.

The number one takeaway from interviewing Ryan was how TNT effectively combines multiple typologies that work for the benefit of one another.

Cody Borud

HR Director and Membership Director of the Minot Family YMCA

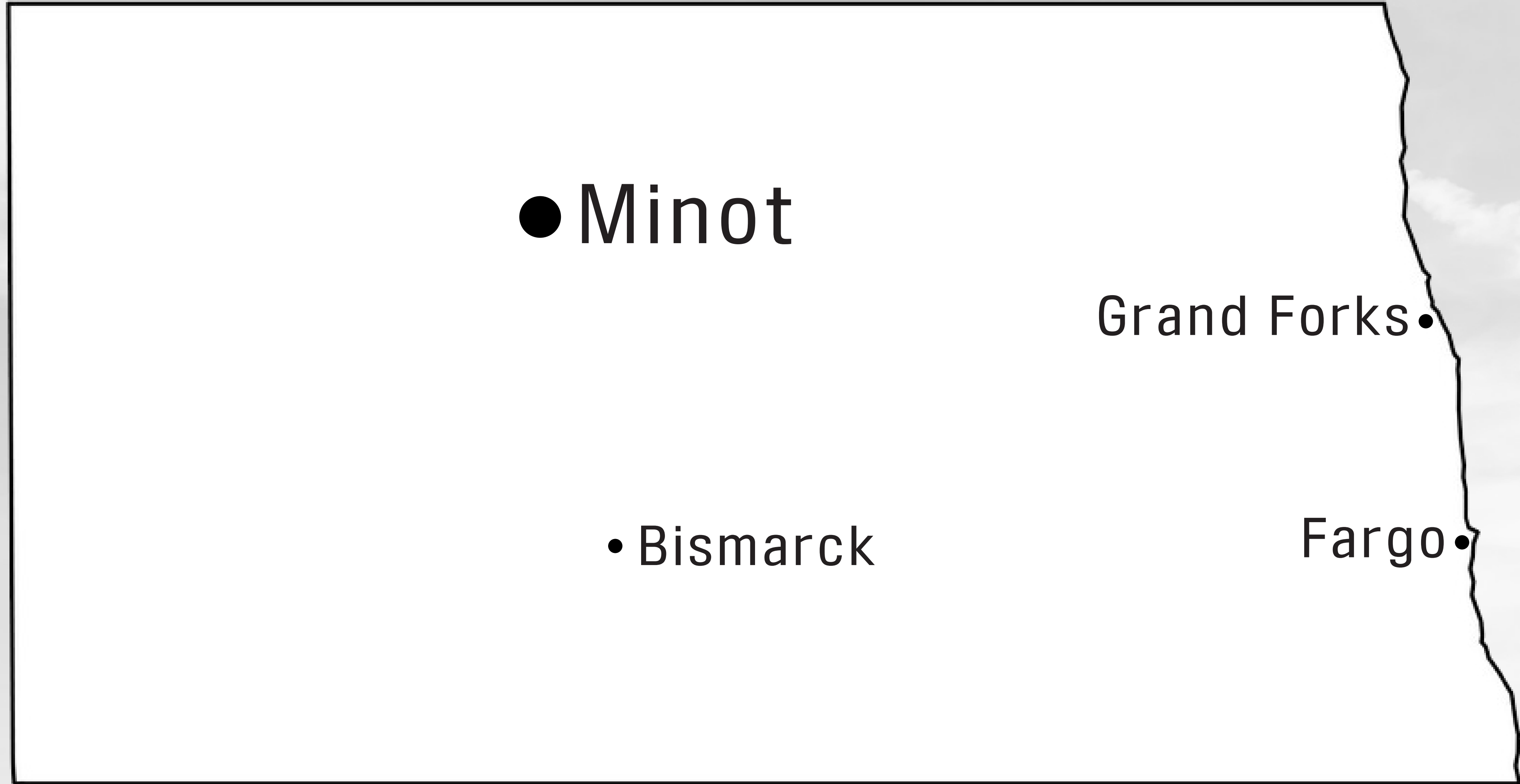
Getting the opportunity to interview Cody provided an abundance of information that would not have otherwise been obtainable.

His years of experience in the field of recreation were evident as he explained to me how the YMCA operates and what makes them so successful.

What I found to be most beneficial from my interview with Mr. Borud were not only his insight on what makes the Minot Y so successful, but what would potentially make them even more successful.

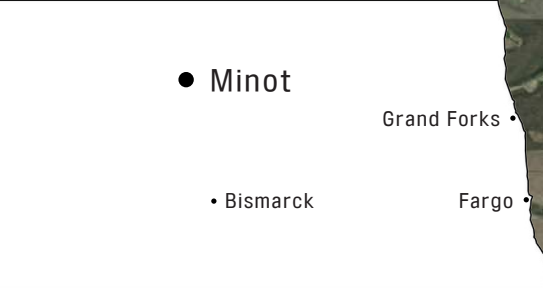
Identifying areas of potential improvement are invaluable in the early design stages of a project.

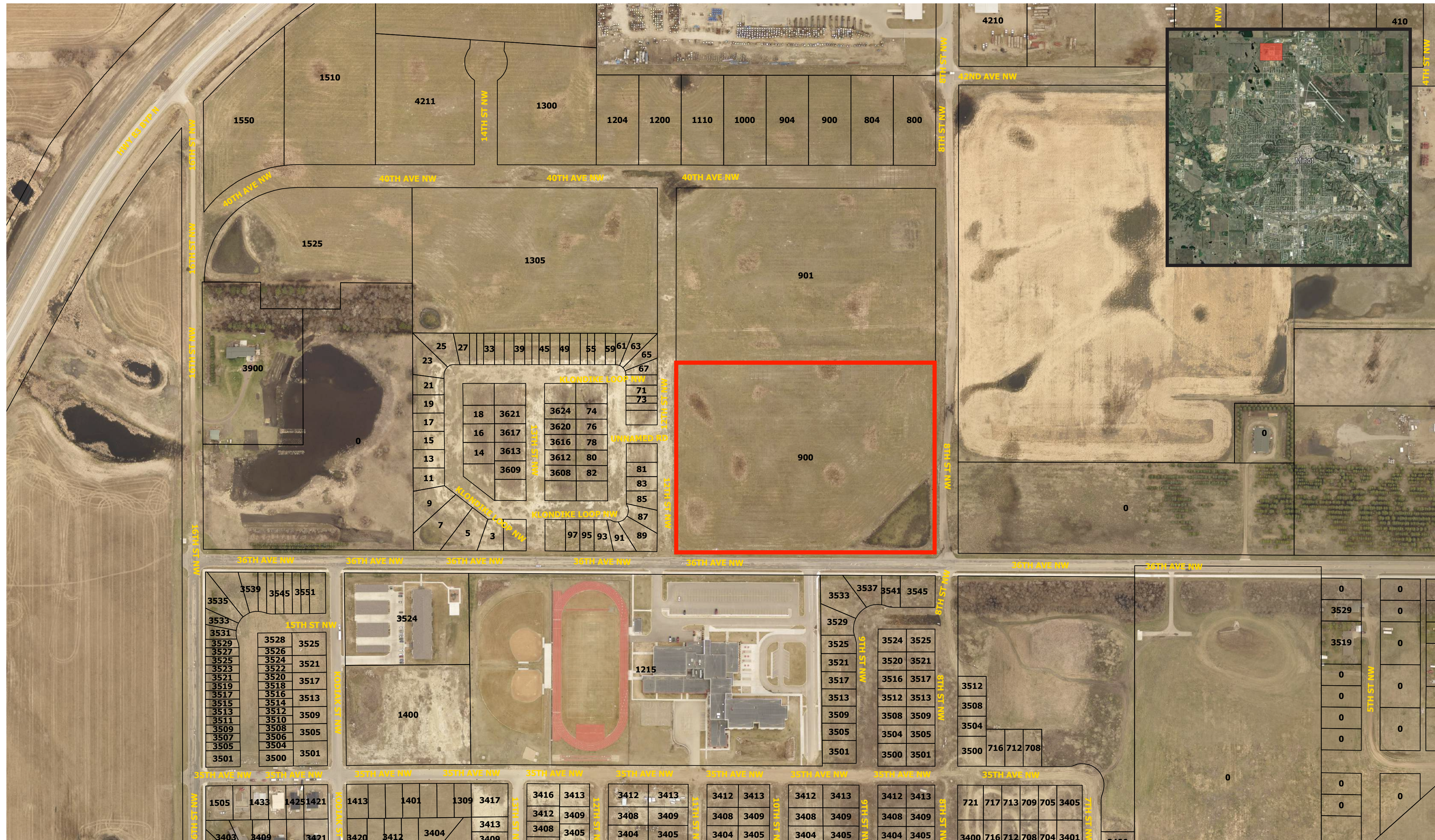
# Minot, North Dakota





MEADOWLARK  
RECREATION  
CENTER  
MINOT, NORTH DAKOTA  
CHASE MOSSER





MEADOWLARK RECREATION CENTER

SITE



MEADOWLARK RECREATION CENTER

SITE



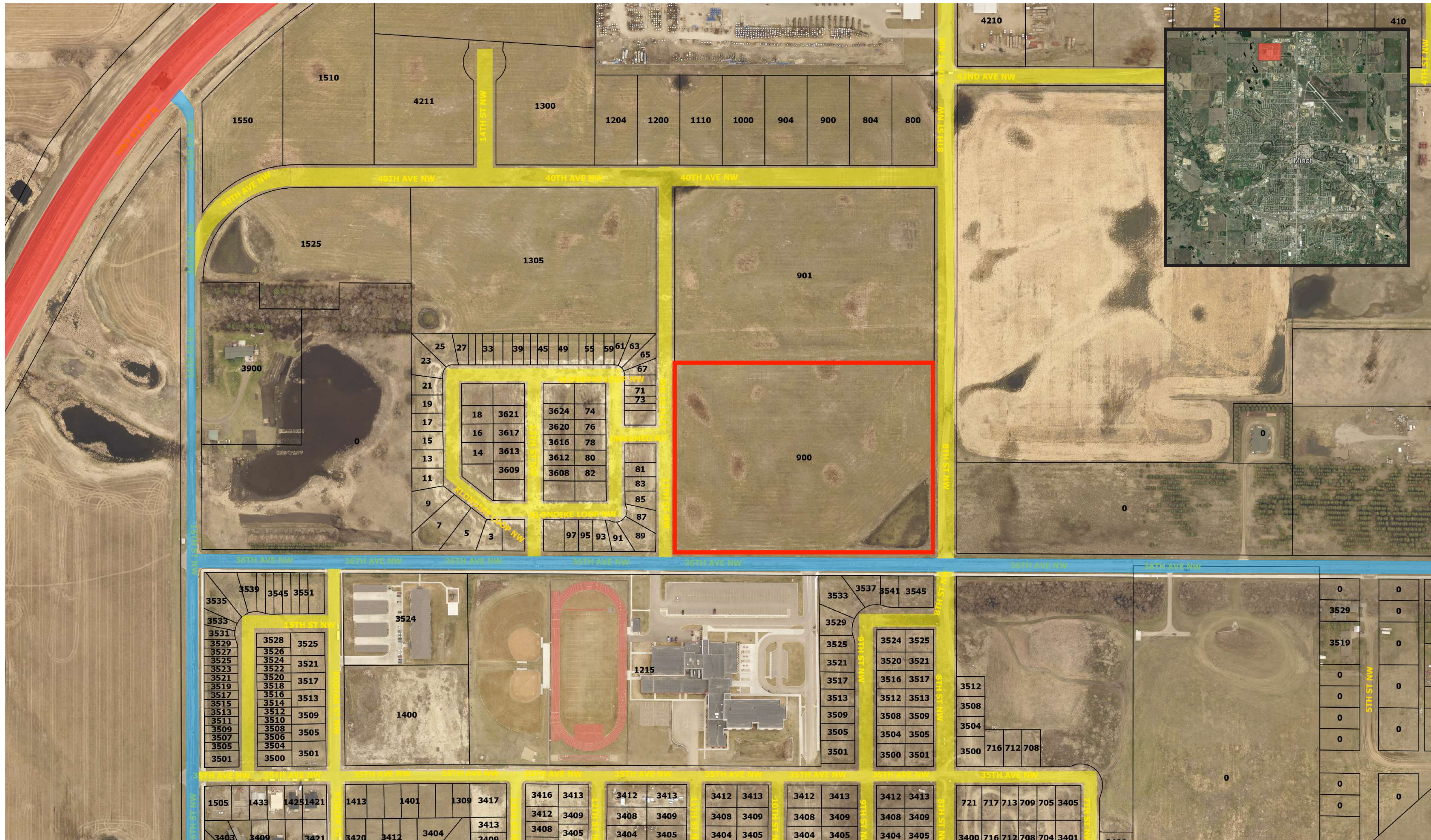
MEADOWLARK RECREATION CENTER

SITE



MEADOWLARK RECREATION CENTER

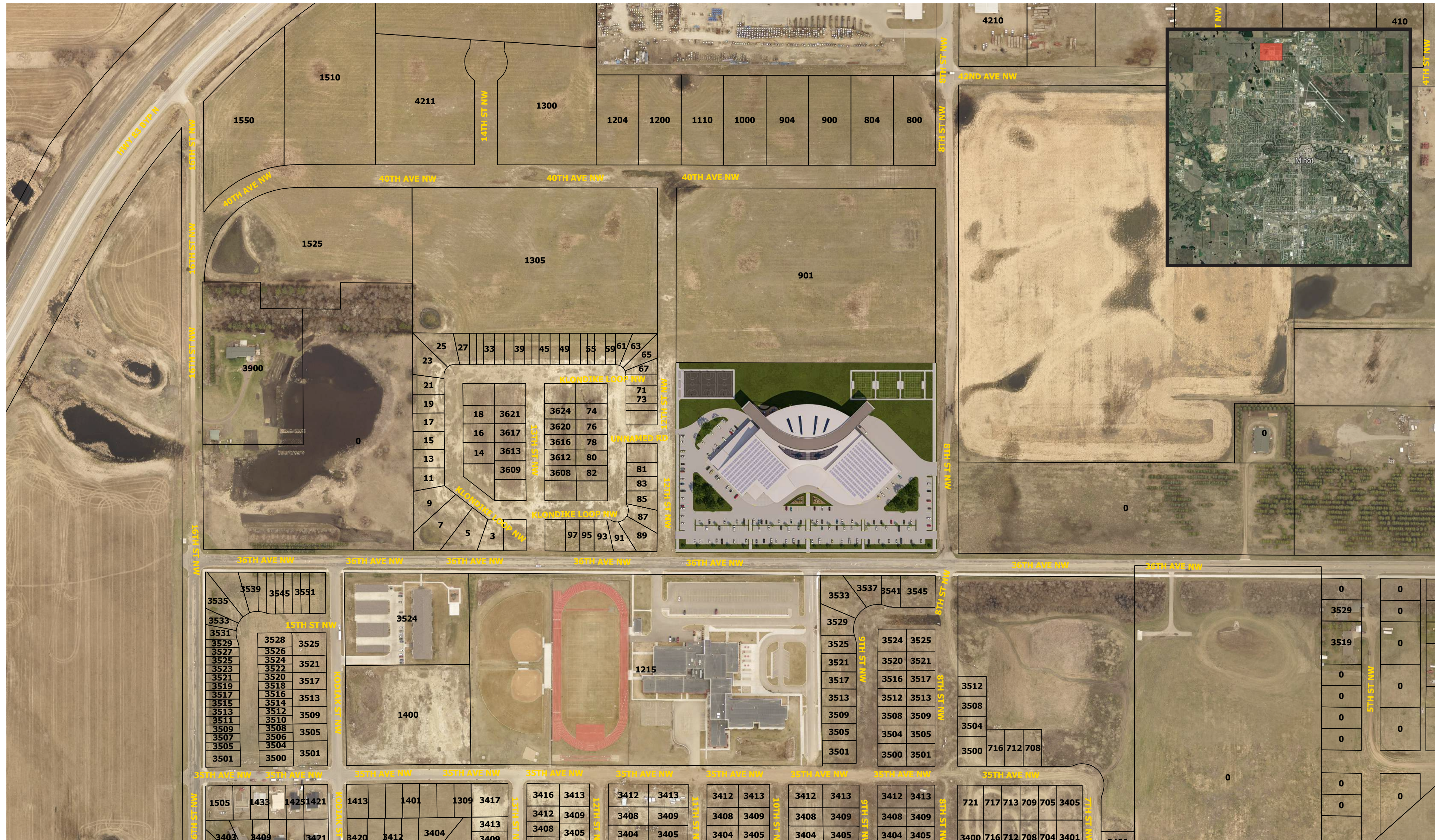
SITE



- HEAVY TRAFFIC
- MODERATE TRAFFIC
- LIGHT TRAFFIC

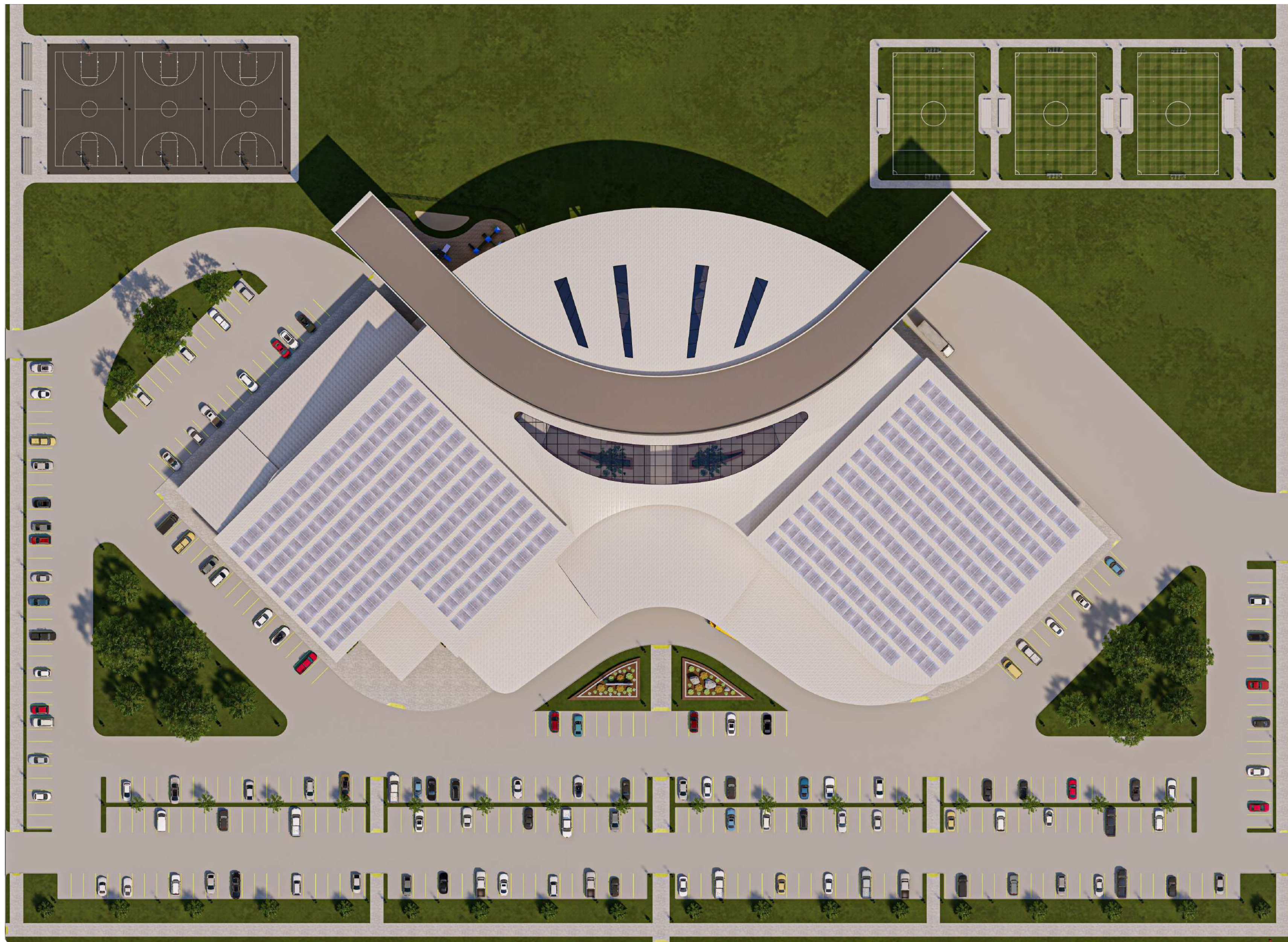
MEADOWLARK RECREATION CENTER

SITE



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SITE



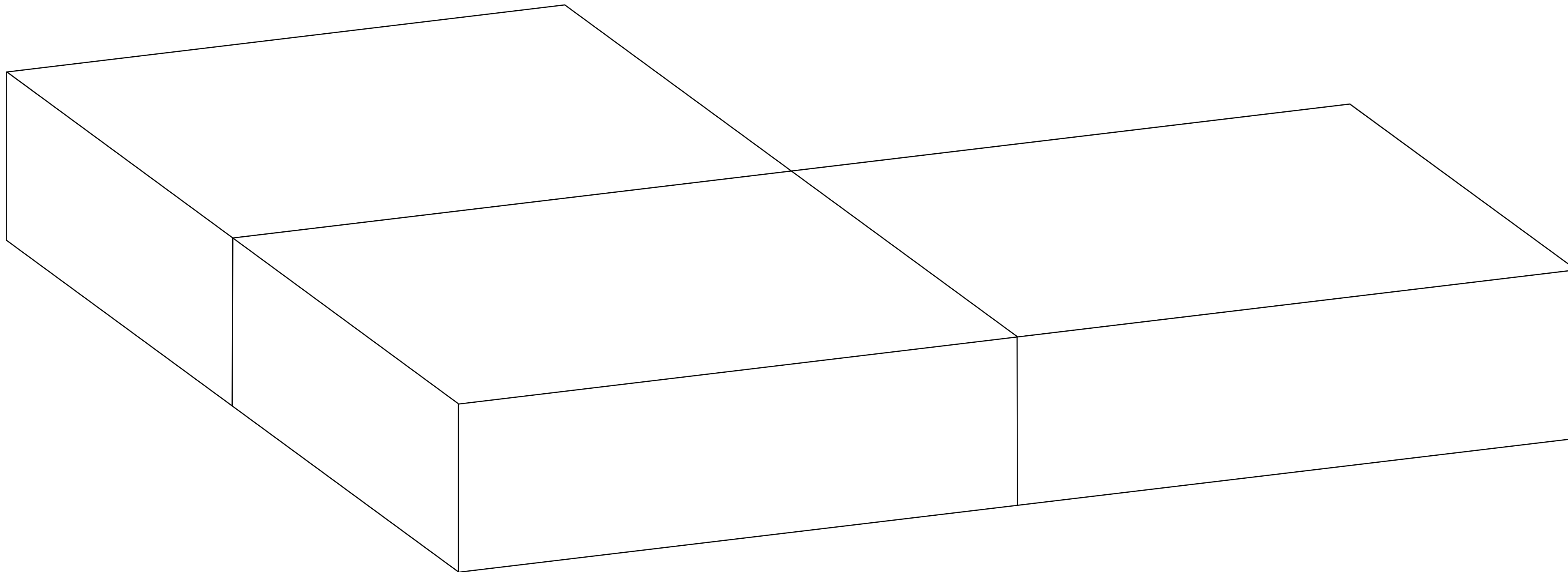
MEADOWLARK RECREATION CENTER

SITE



# MASS PROGRESSION

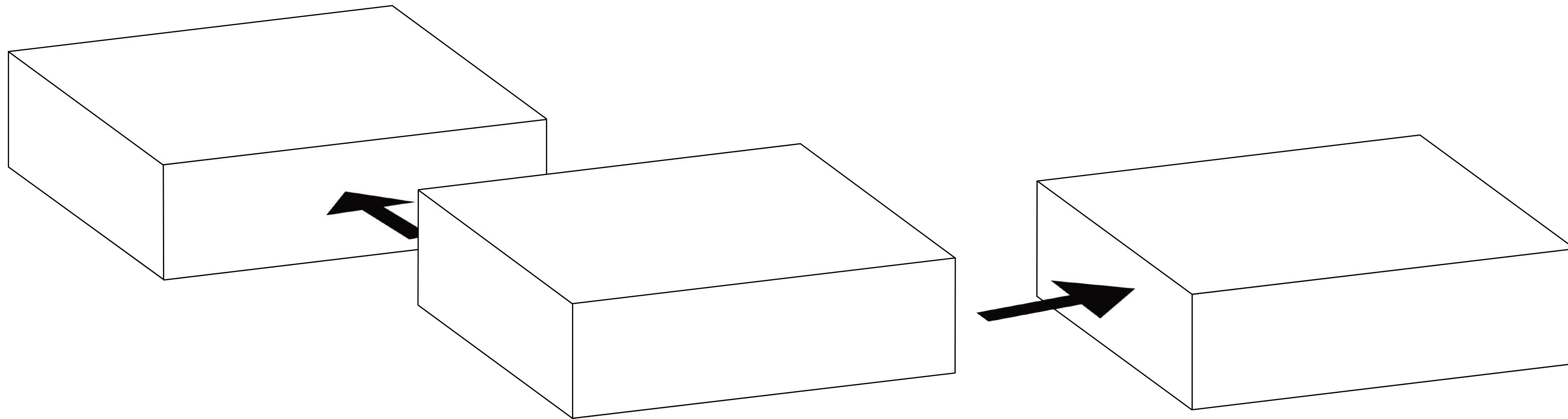
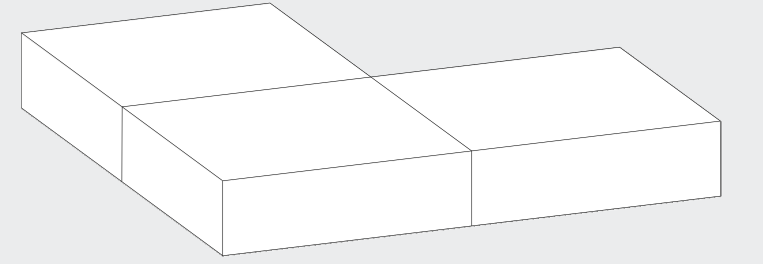
RUNNING PROGRESSION



MEADOWLARK RECREATION CENTER

MASS PROGRESSION

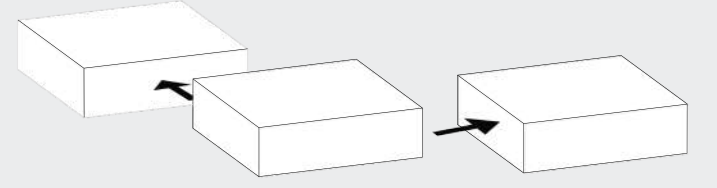
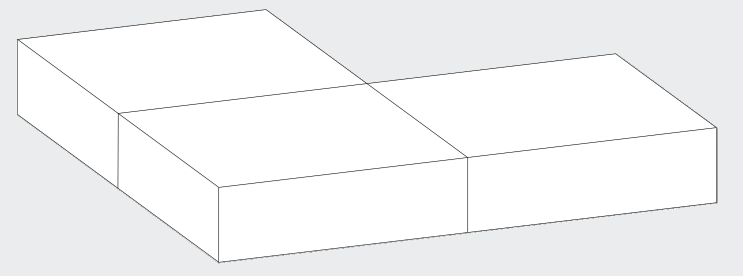
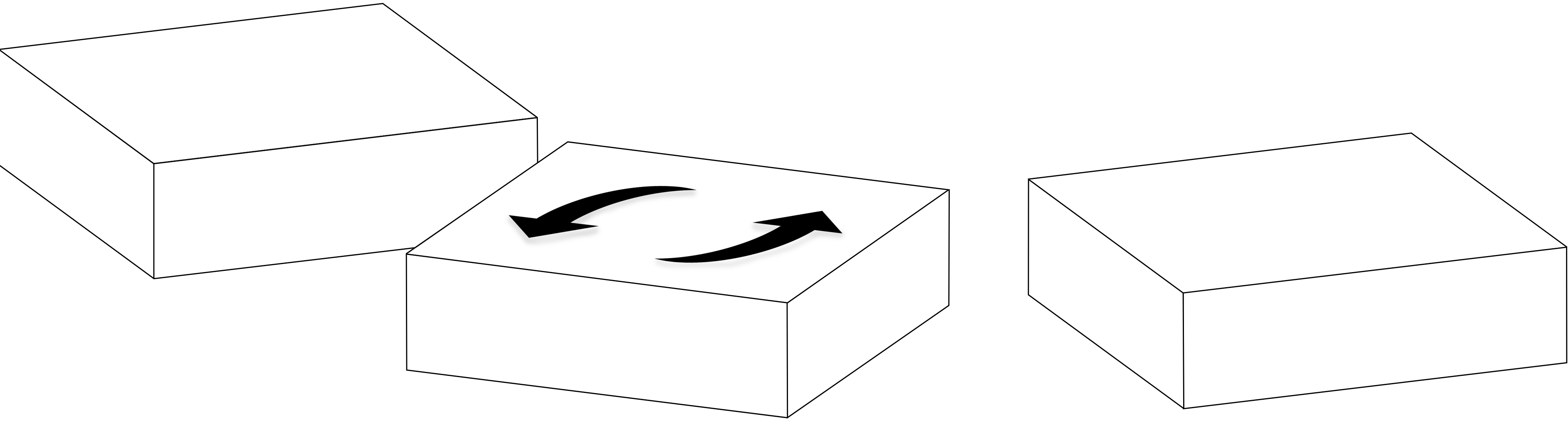
# MASS PROGRESSION



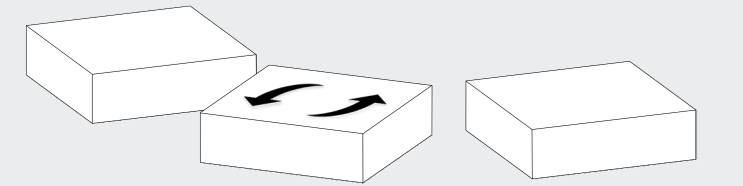
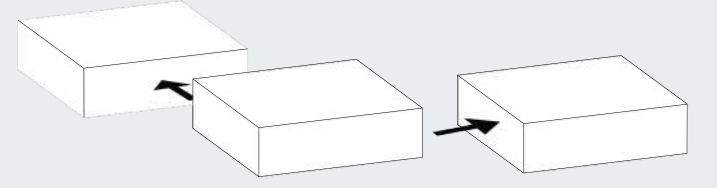
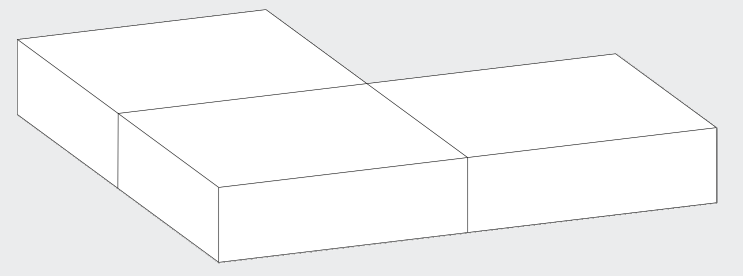
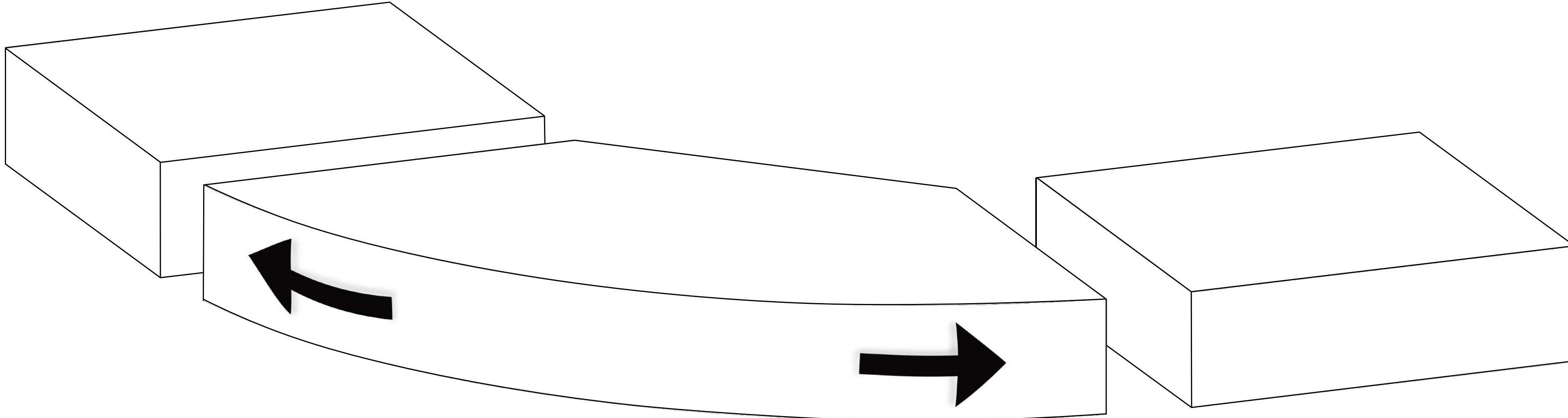
MEADOWLARK RECREATION CENTER

MASS PROGRESSION

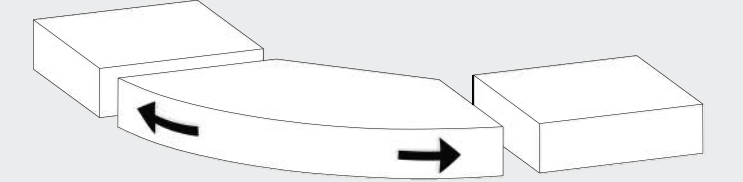
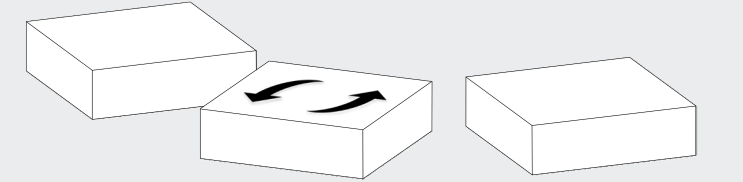
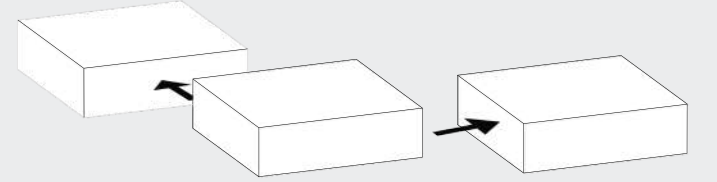
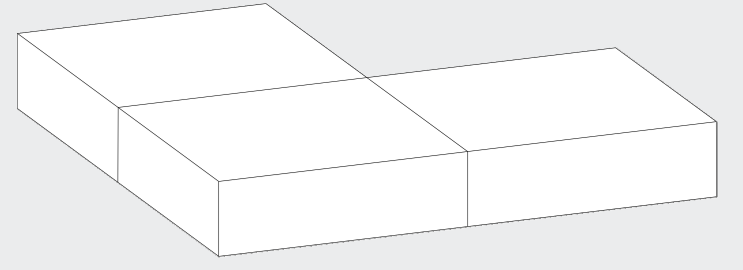
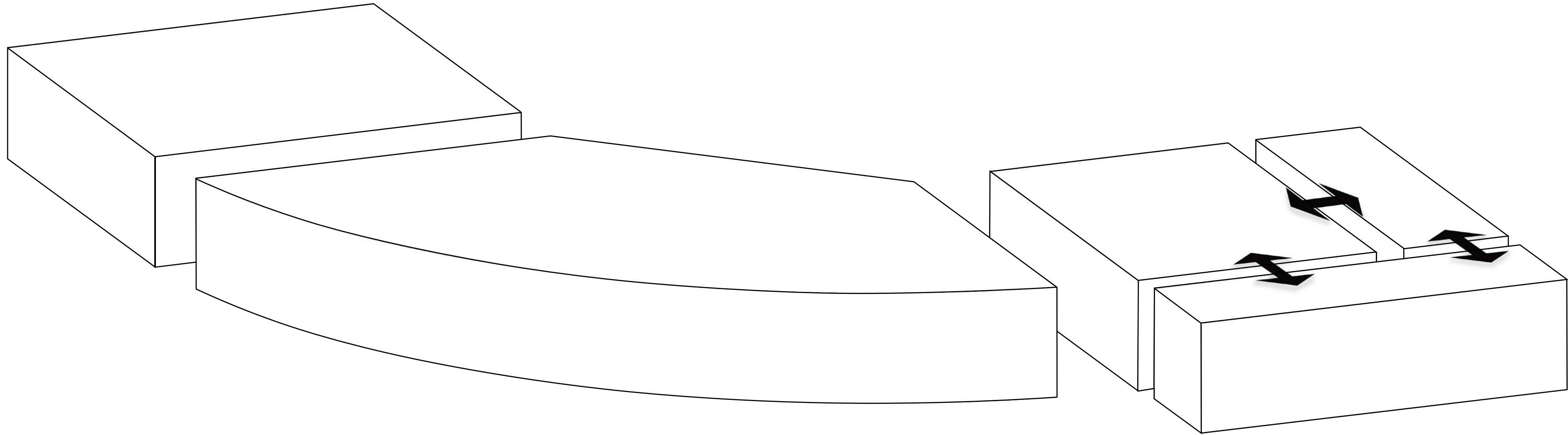
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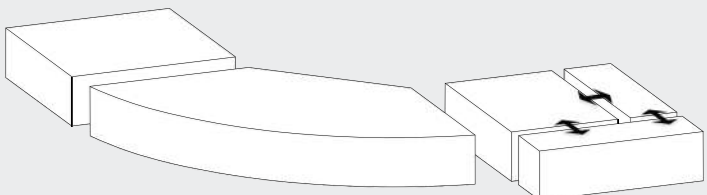
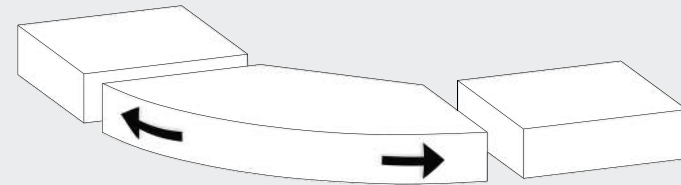
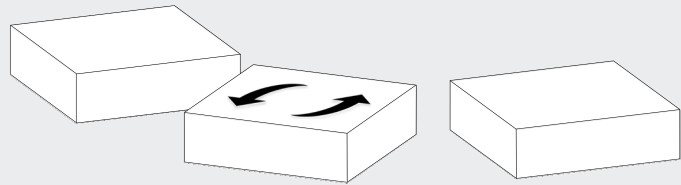
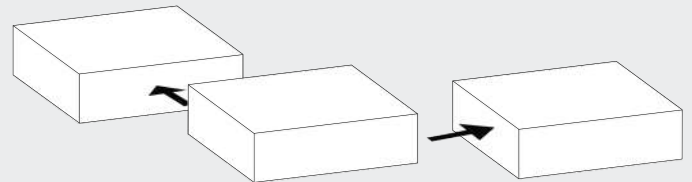
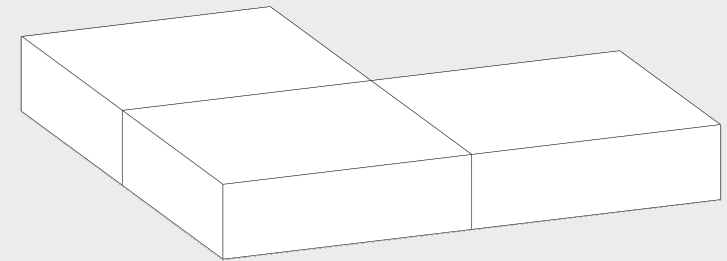
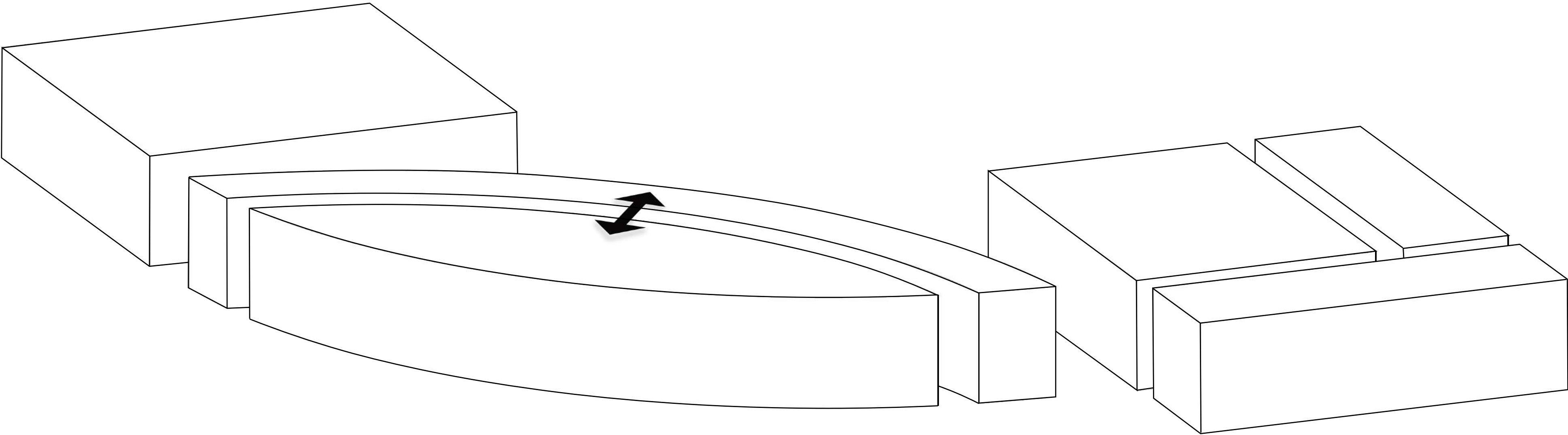
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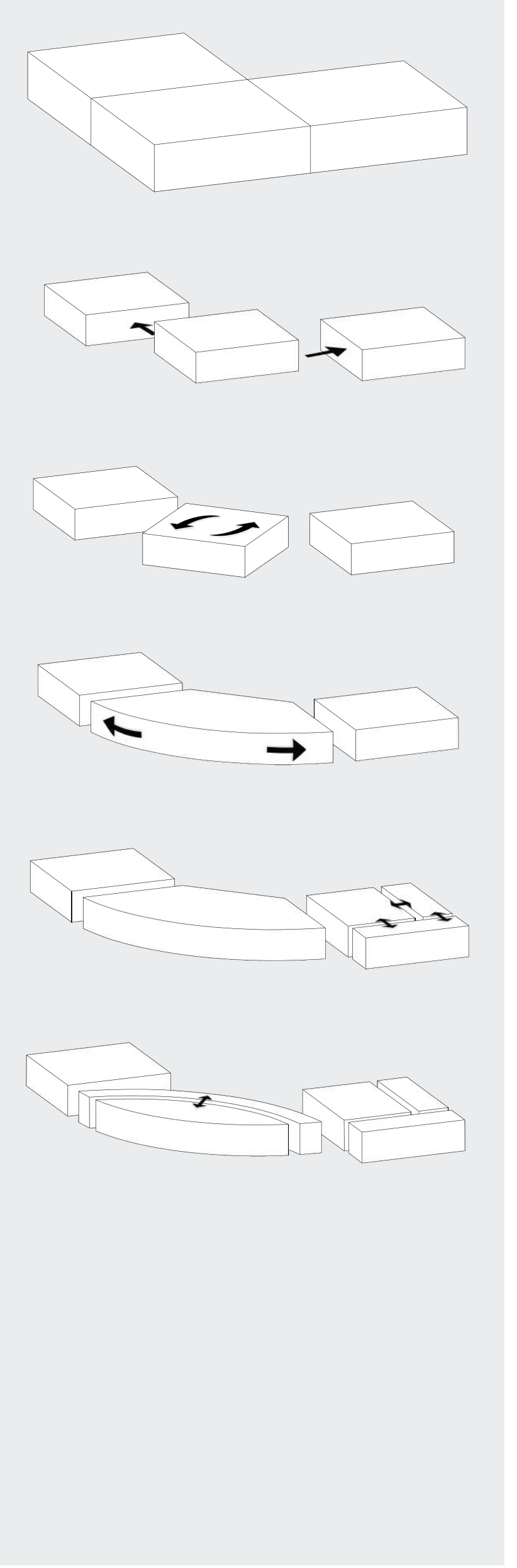
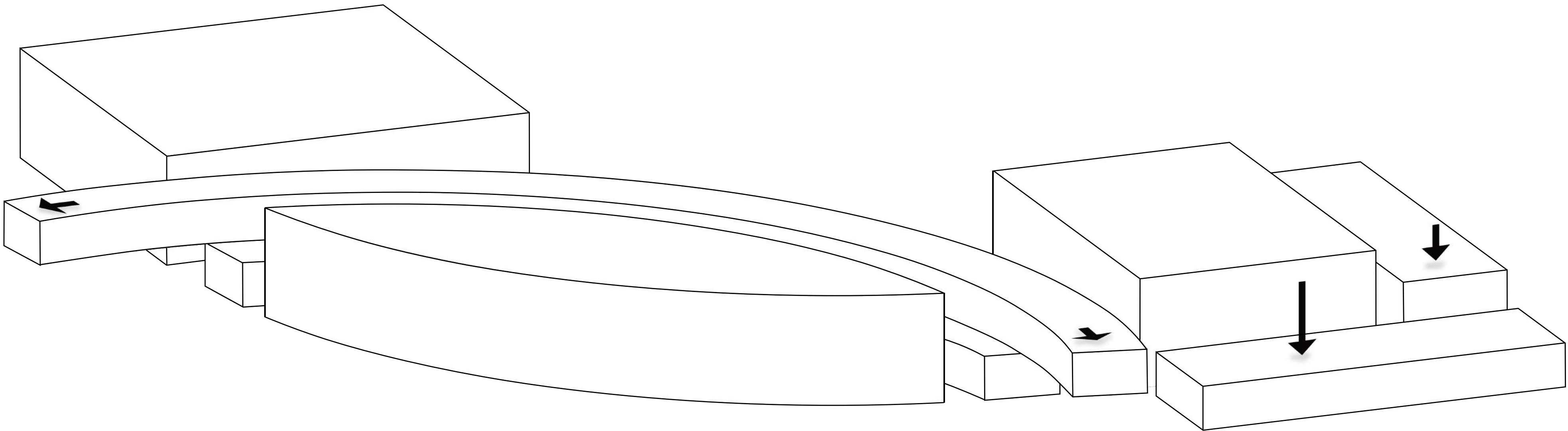
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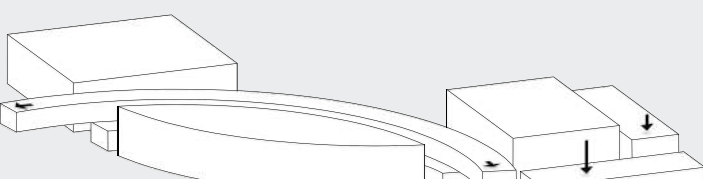
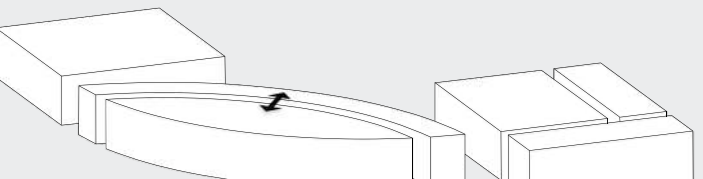
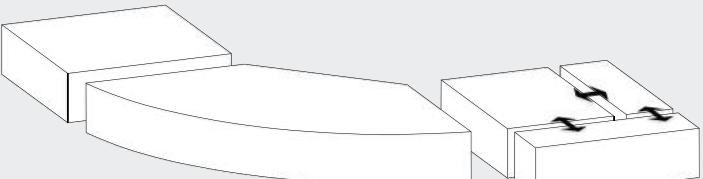
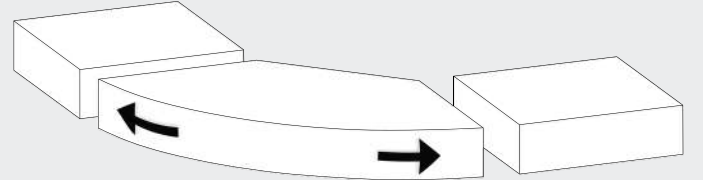
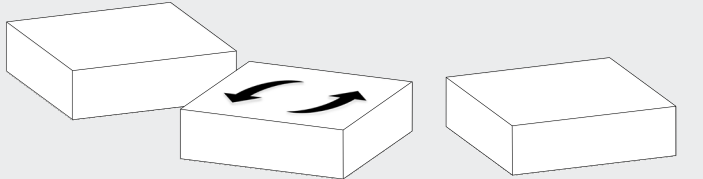
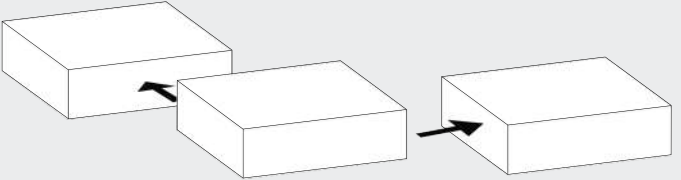
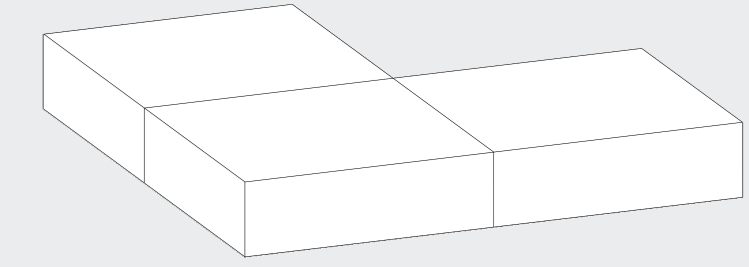
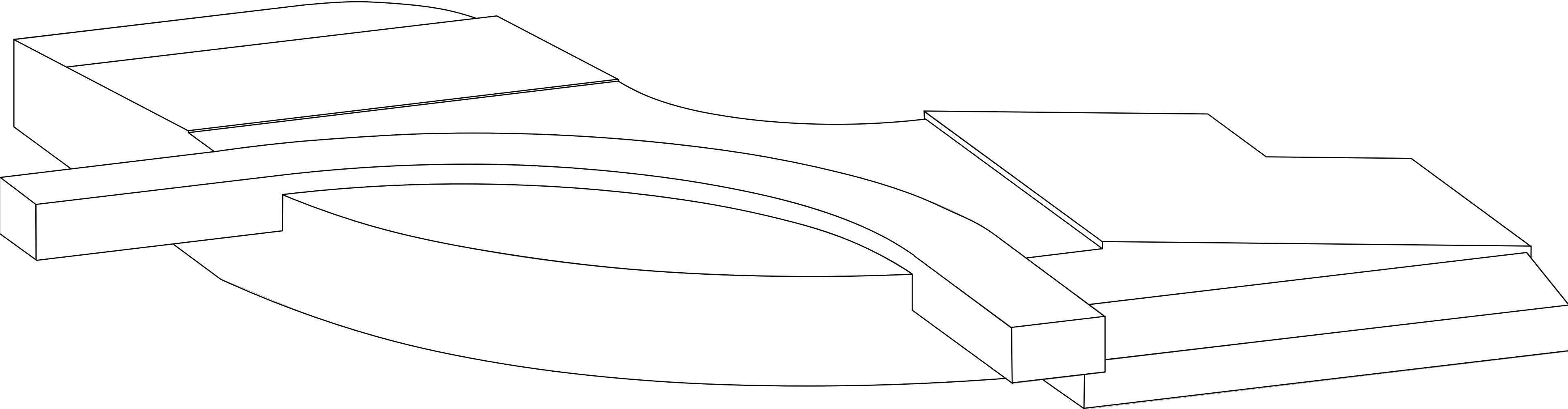
# MASS PROGRESSION



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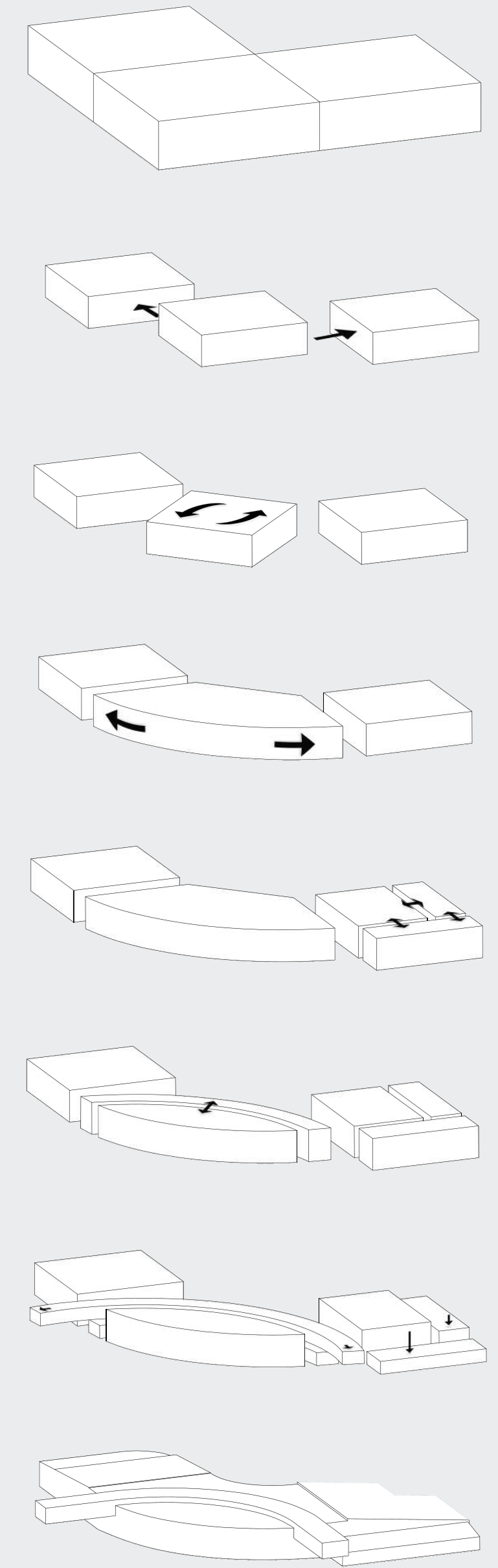
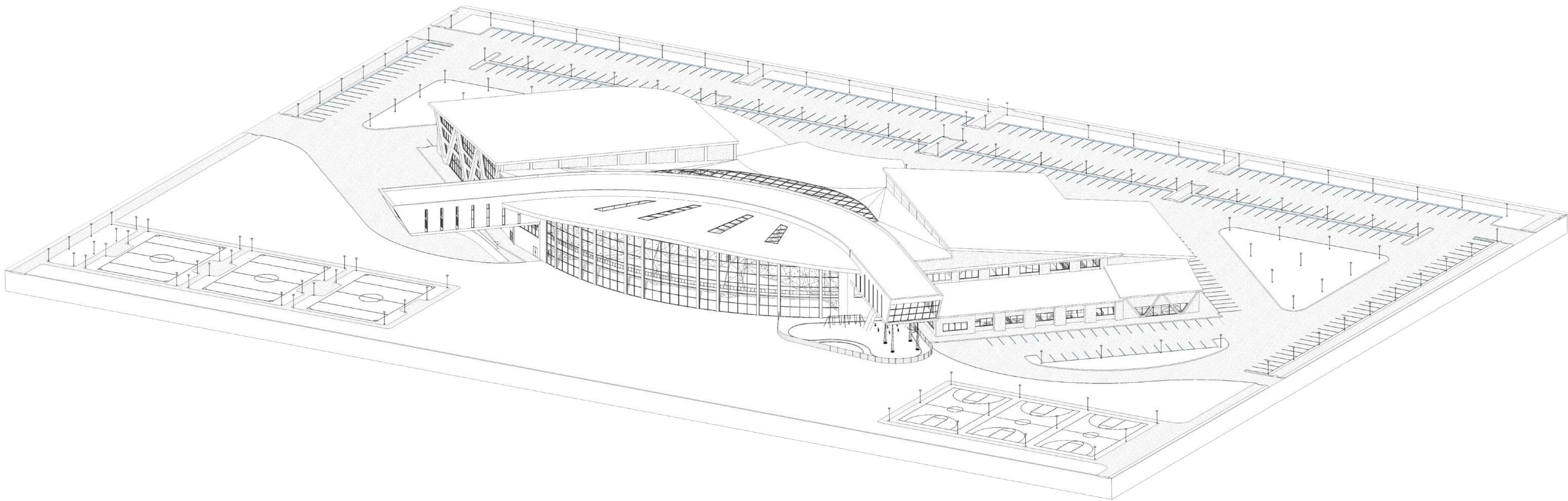


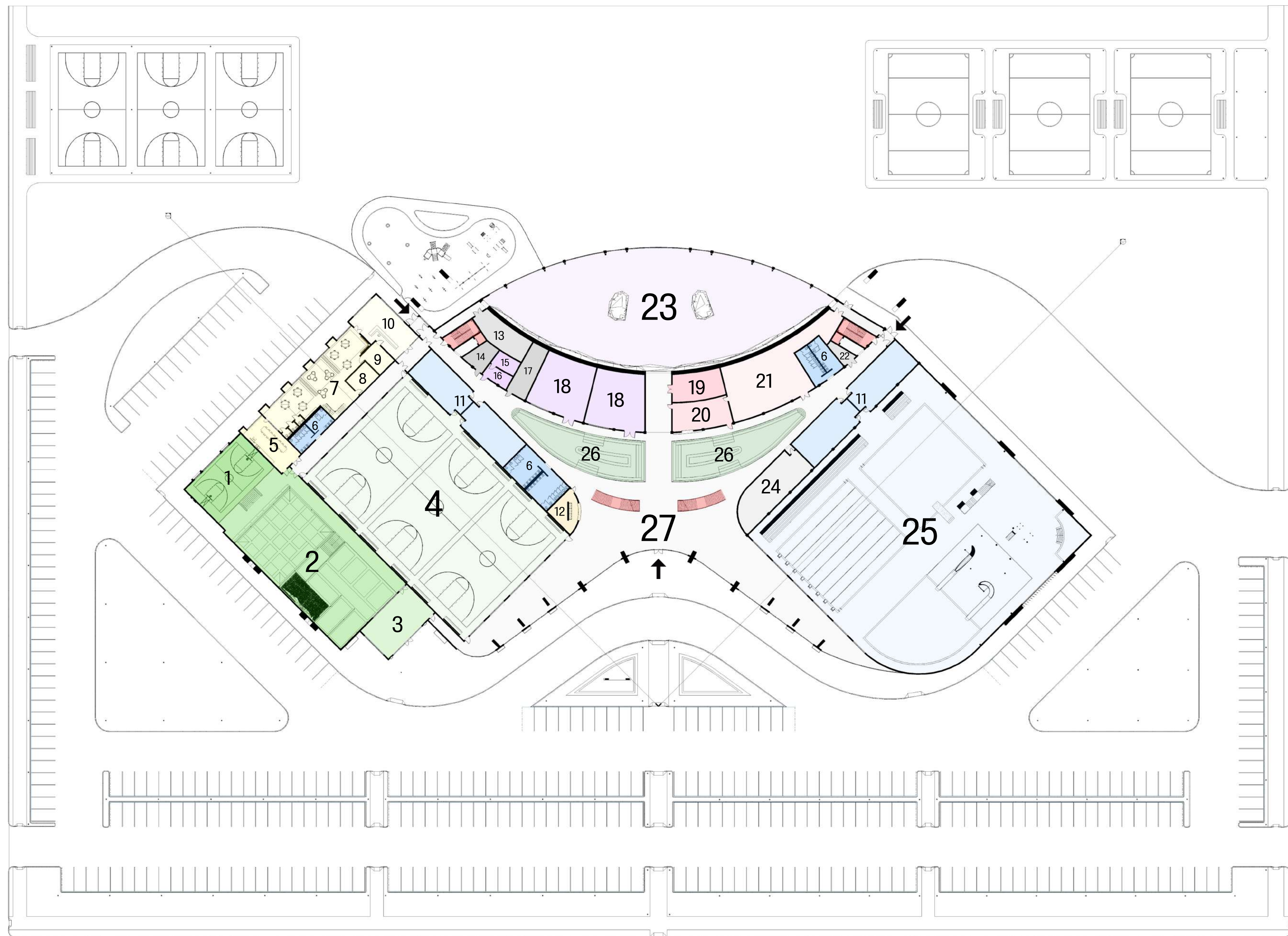
# MASS PROGRESSION





# MASS PROGRESSION



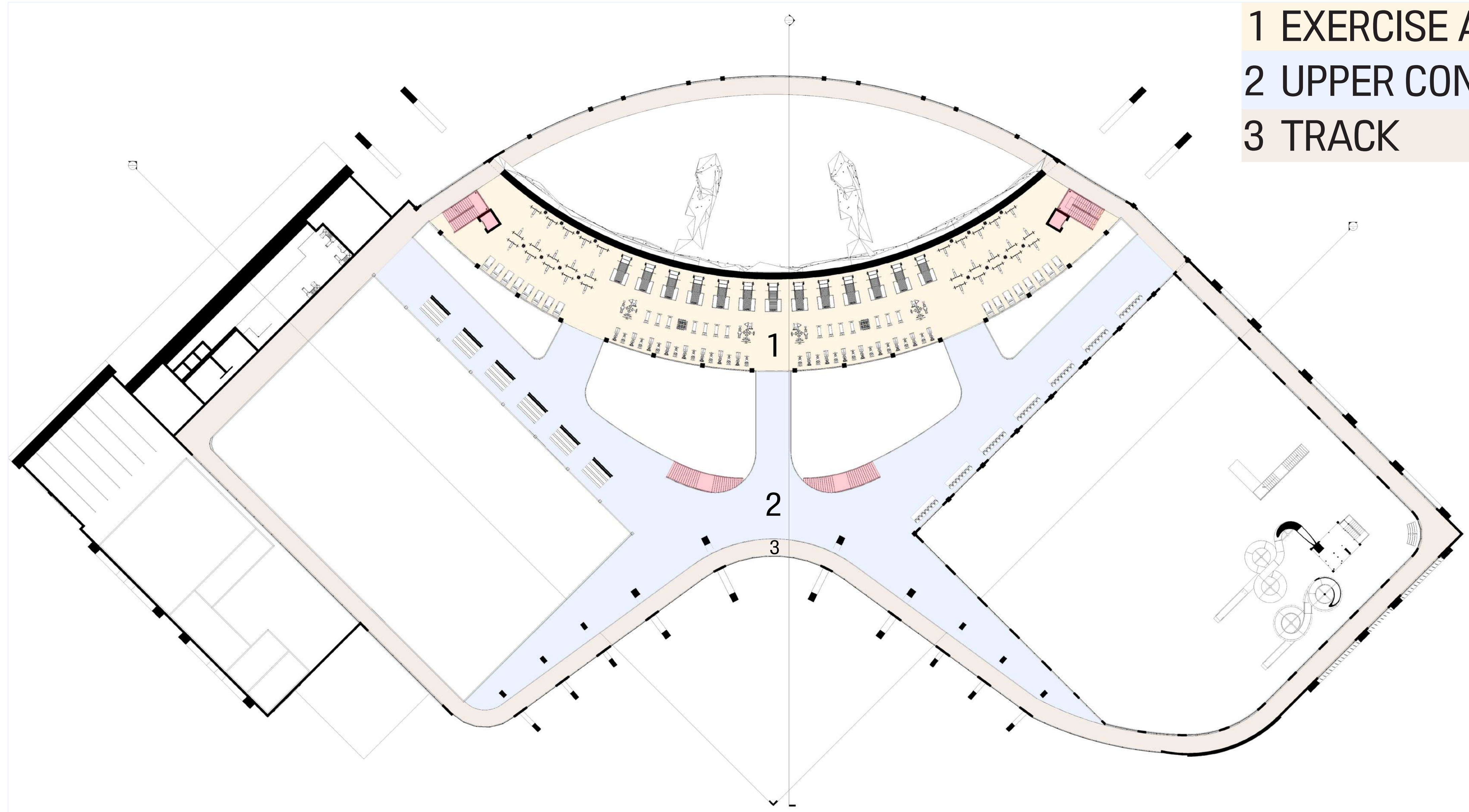


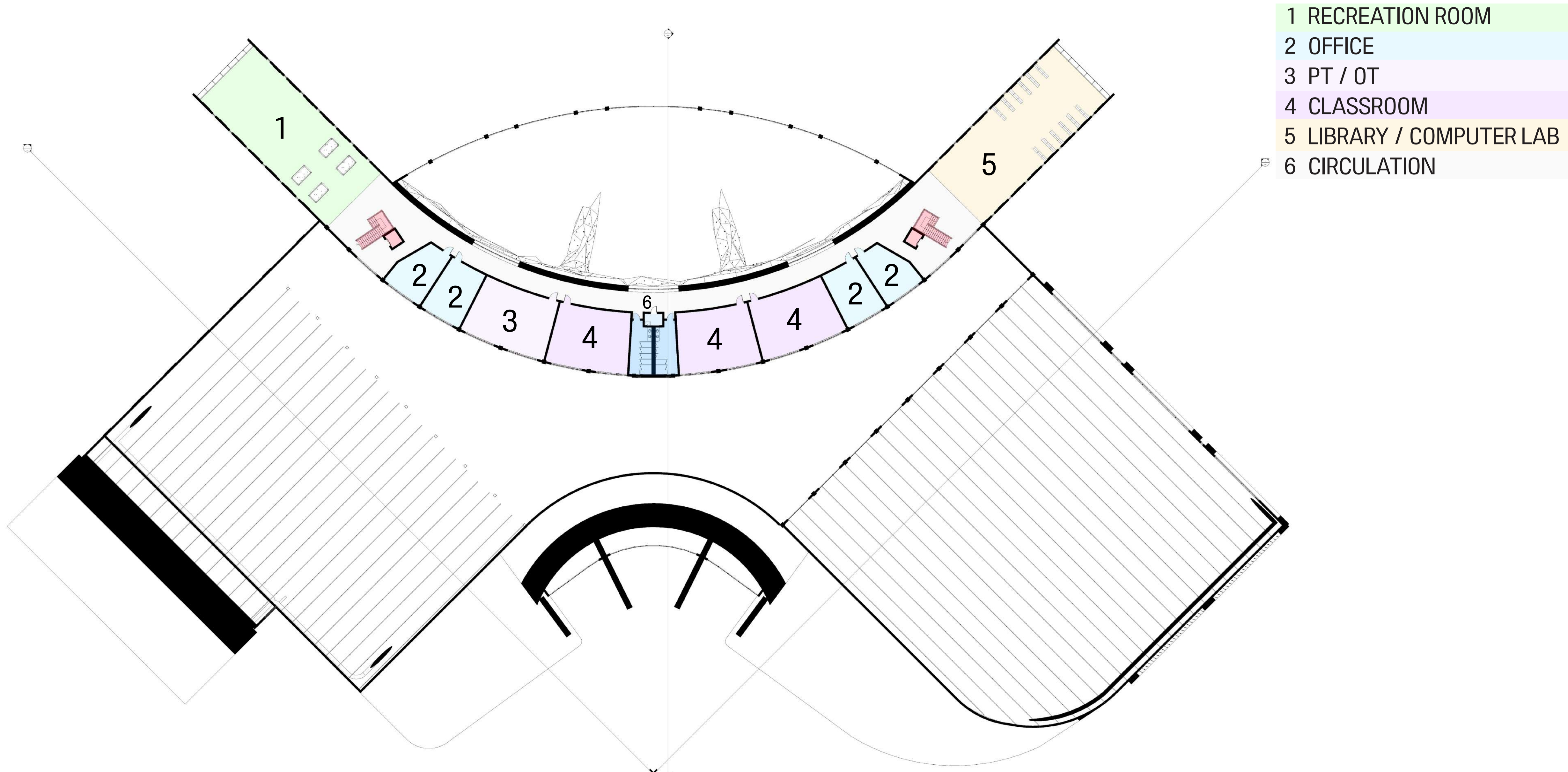
- 1 KIDS GYM
- 2 TRAMPOLINE PARK
- 3 TRAMPOLINE PARK RECEPTION
- 4 GYMNASIUM
- 5 KITCHENETTE / DINING
- 6 RESTROOMS
- 7 DAYCARE
- 8 NAP ROOM
- 9 DAYCARE OFFICE
- 10 DAYCARE RECEPTION
- 11 LOCKER ROOMS
- 12 INFORMATION DESK
- 13 STORAGE
- 14 JANITORIAL / MAINTENANCE
- 15 NURSE (EXAMINATION)
- 16 NURSE (OFFICE)
- 17 LAUNDRY
- 18 FLEX STUDIO
- 19 ROCK CLIMBING STORAGE
- 20 SHAKE SHOP
- 21 KITCHEN / FOOD STORAGE
- 22 STORAGE
- 23 ROCK CLIMBING
- 24 MECHANICAL
- 25 AQUATICS
- 26 INTERIOR COURTYARDS
- 27 CIRCULATION

# MEADOWLARK RECREATION CENTER

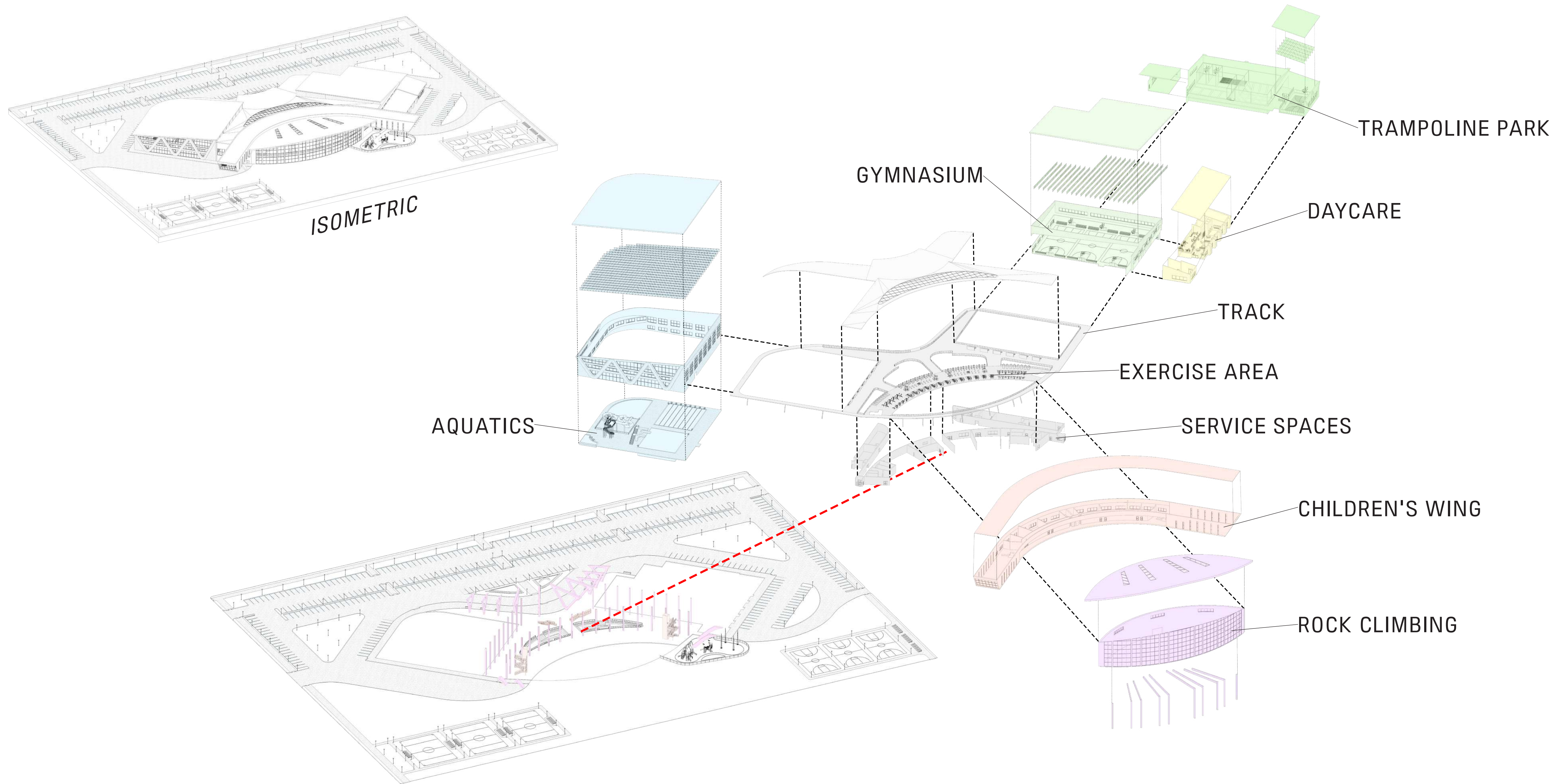
# FLOOR PLANS

- 1 EXERCISE AREA
- 2 UPPER CONCOURSE
- 3 TRACK





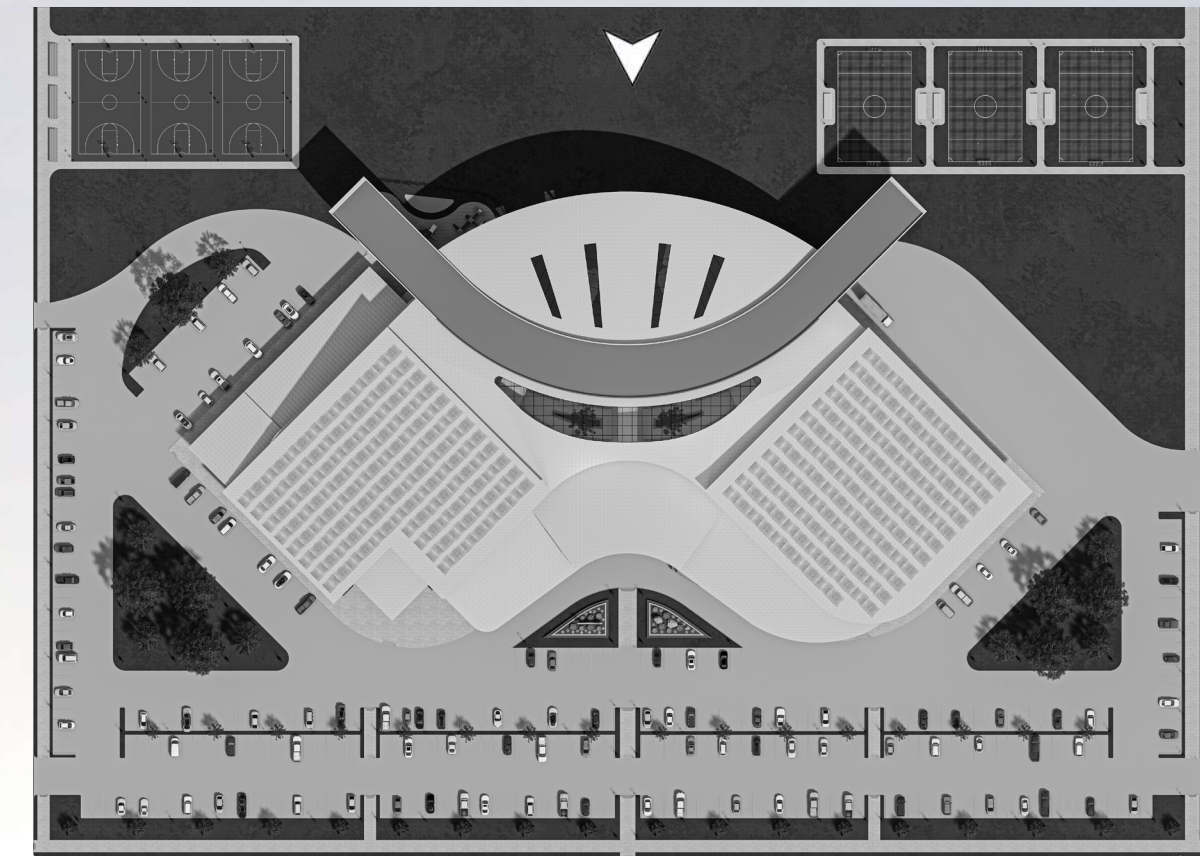
- 1 RECREATION ROOM
- 2 OFFICE
- 3 PT / OT
- 4 CLASSROOM
- 5 LIBRARY / COMPUTER LAB
- 6 CIRCULATION





MEADOWLARK RECREATION CENTER

NIGHT PERSPECTIVE



**MEADOWLARK RECREATION CENTER**

**NORTH FACADE**



**MEADOWLARK RECREATION CENTER**

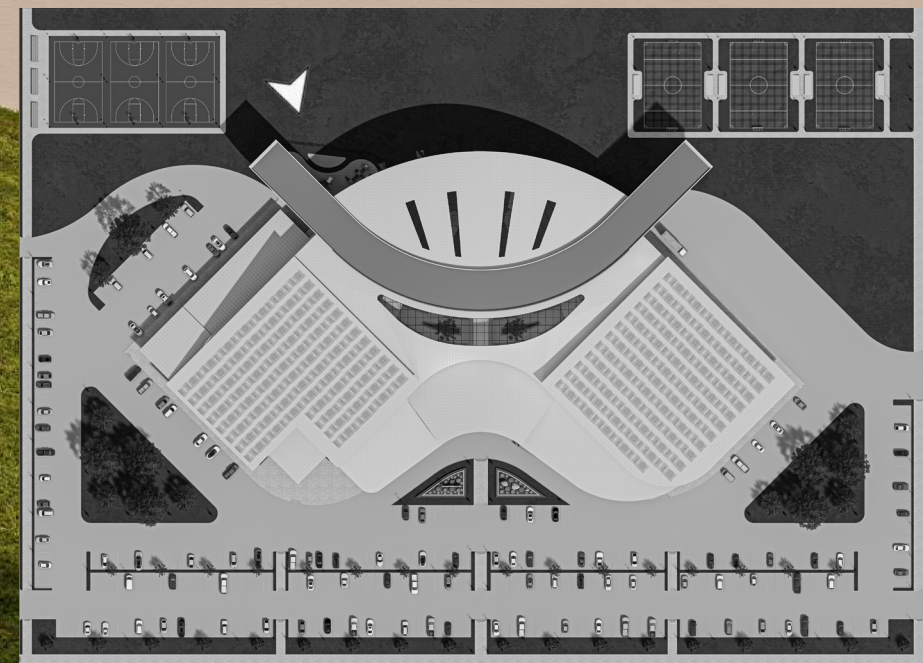
**SOCCER FIELDS**





**MEADOWLARK RECREATION CENTER**

**OUTDOOR COURTS**



**MEADOWLARK RECREATION CENTER**

**PLAYGROUND**



MEADOWLARK RECREATION CENTER

ENTRY APPROACH



**MEADOWLARK RECREATION CENTER**

**MAIN ENTRANCE**

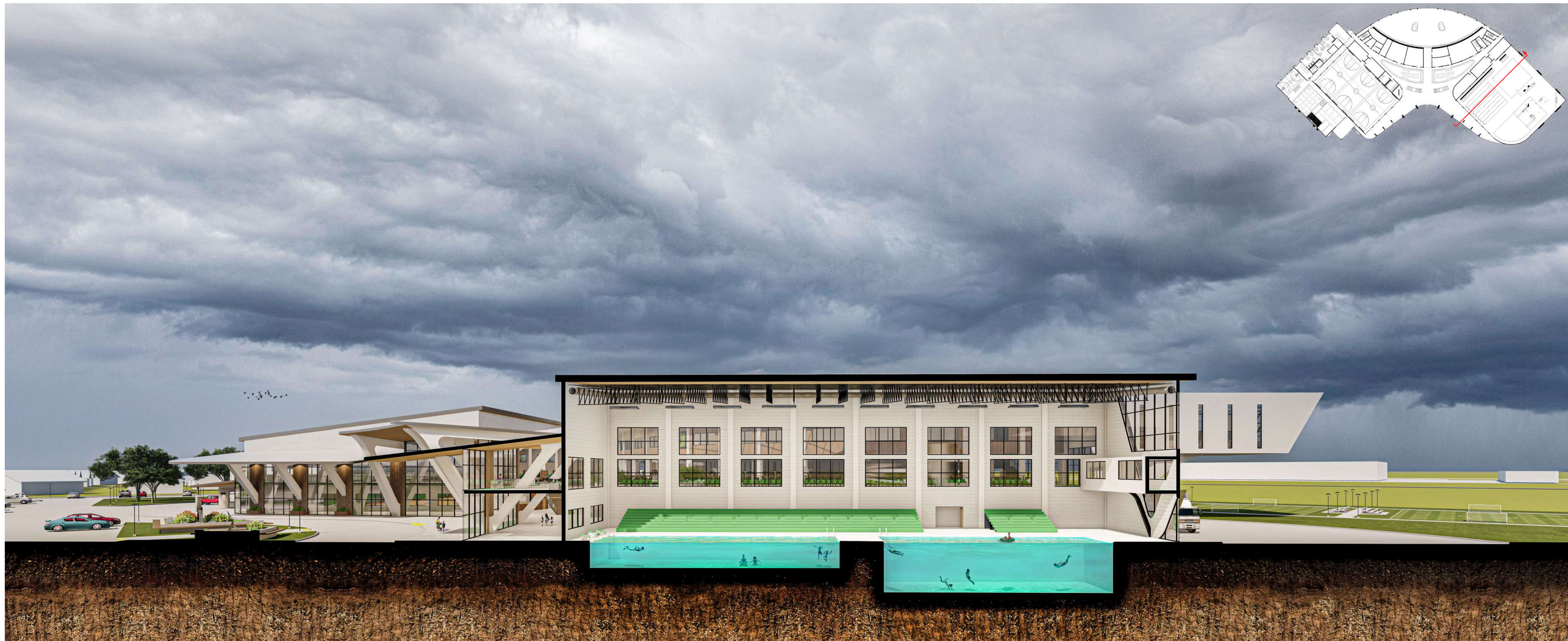
# Solar Solutions



- Solar panels
- Mechanical Louvers
- Extended canopies on South-facing facades
- Skylights and North-facing glazing to capitalize on natural light

**MEADOWLARK RECREATION CENTER**

**SOLAR SOLUTIONS**



MEADOWLARK RECREATION CENTER

AQUATICS SECTION



**MEADOWLARK RECREATION CENTER**

**GYMNASIUM SECTION**



MEADOWLARK RECREATION CENTER

CENTRAL SECTION





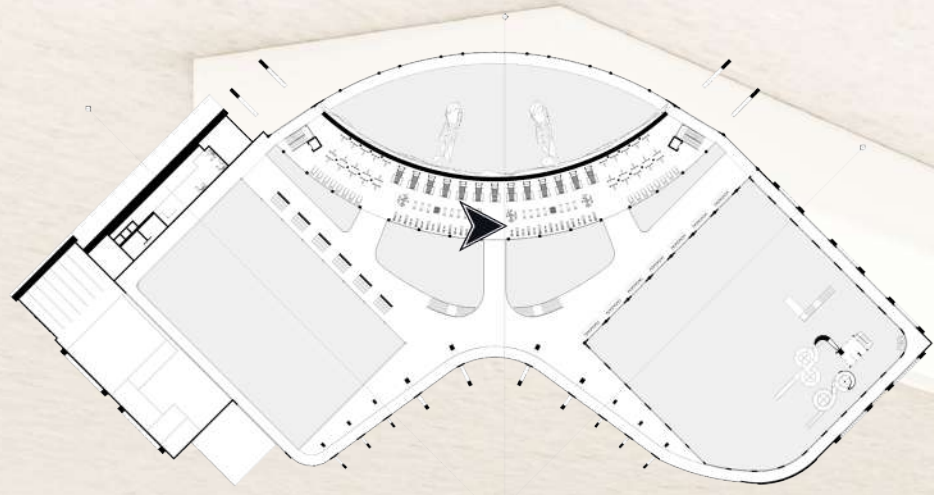
**MEADOWLARK RECREATION CENTER**

**INTERIOR COURTYARD**



**MEADOWLARK RECREATION CENTER**

**UPPER CONCOURSE**



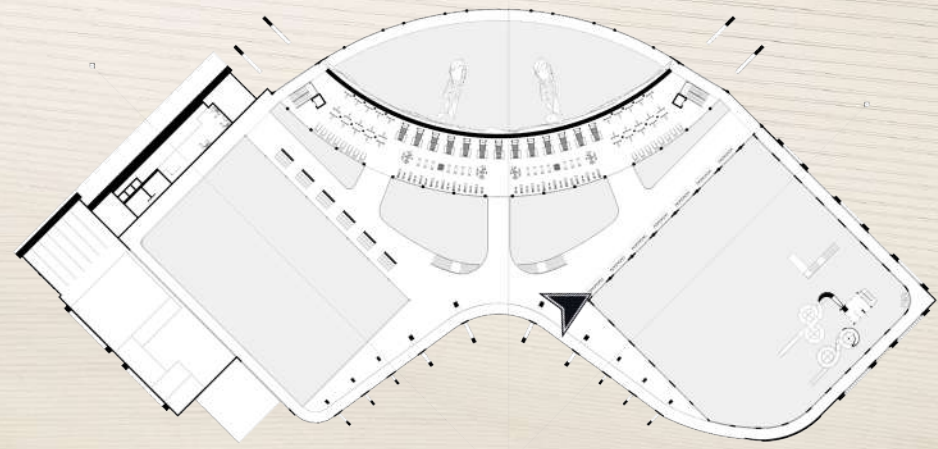
**MEADOWLARK RECREATION CENTER**

**EXERCISE AREA**



**MEADOWLARK RECREATION CENTER**

**ROCK CLIMBING**



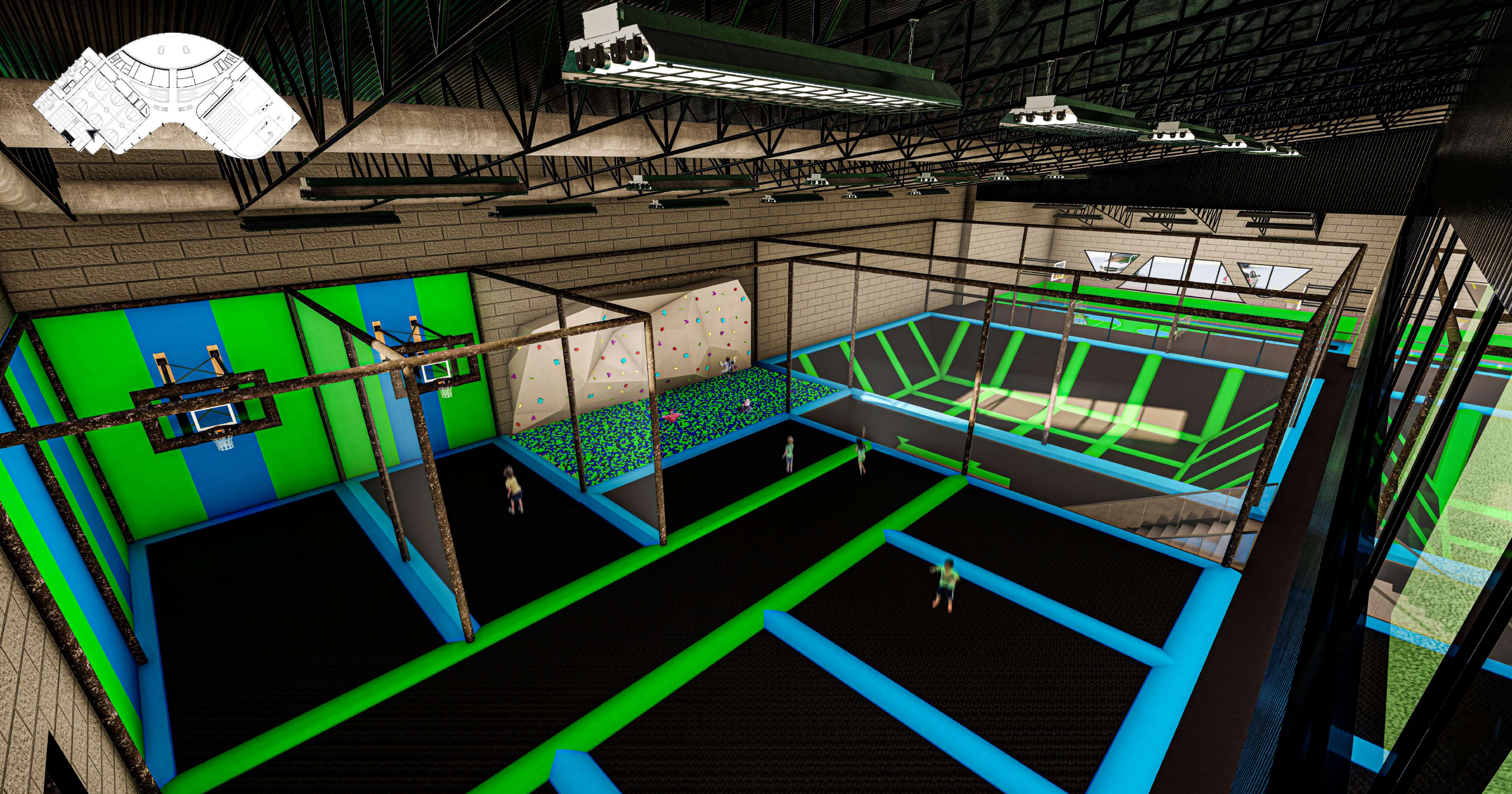
**MEADOWLARK RECREATION CENTER**

**VIEW INTO AQUATICS**



**MEADOWLARK RECREATION CENTER**

**GYMNASIUM**



MEADOWLARK RECREATION CENTER

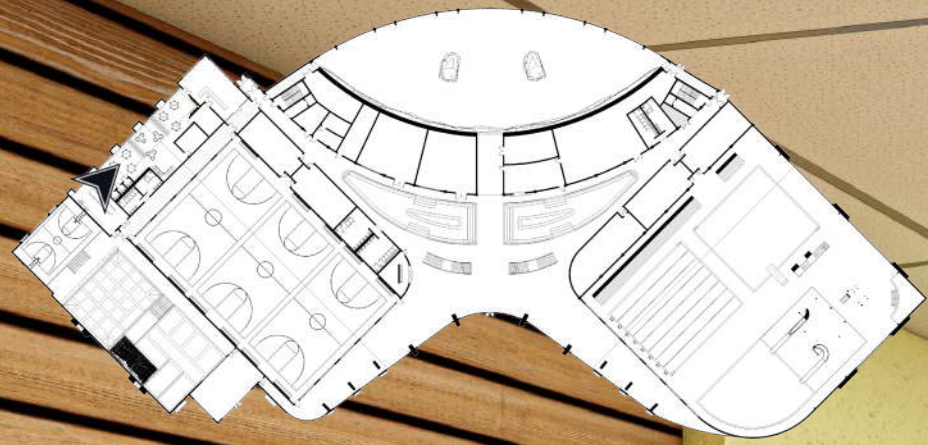
TRAMPOLINE PARK



MEADOWLARK RECREATION CENTER

KIDS GYM





MEADOWLARK RECREATION CENTER

DAYCARE



**MEADOWLARK RECREATION CENTER**

**LIBRARY/COMPUTER LAB**



MEADOWLARK RECREATION CENTER

REC ROOM

MEADOWLARK  
RECREATION  
CENTER

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MINOT, NORTH DAKOTA

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CHASE MOSSER



# MEADOWLARK RECREATION CENTER

Located in Minot, North Dakota, the Meadowlark Recreation Center seeks to solve multiple problems prominent in the region as well as the rest of the world. A climate like North Dakota's creates an increased demand for indoor recreation space during a majority of the year when the outdoors aren't quite as occupiable. Indoor recreation space comes at a premium in this part of the country and this facility seeks to offer new and exciting recreational opportunities for the citizens of Minot and the surrounding communities. Additionally, the Meadowlark Recreation Center puts an emphasis on children with childcare, and childcare elements intertwined within its architecture. Along with a full-time daycare, a variety of child dedicated spaces and programs create extensive opportunities for children to both learn and play in a safe environment. Through the combination of both recreation center and childcare center typologies, the Meadowlark Recreation Center provides the community with a facility that promotes the health, happiness, entertainment, and safety of adults and children alike.



CENTRAL SECTION

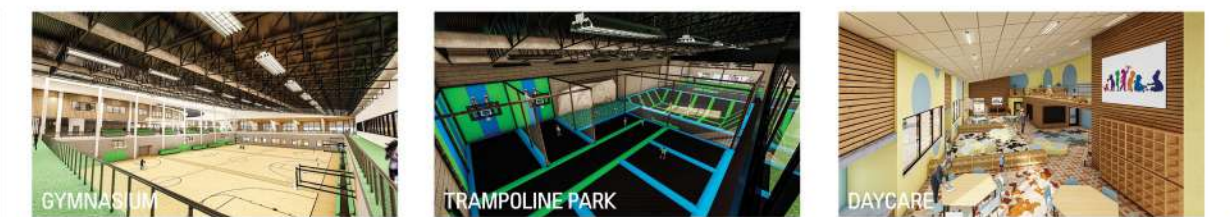


GYMNASIUM SECTION

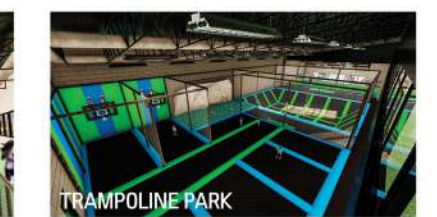


AQUATICS SECTION

Messing began with an arrangement of my three largest programmatic areas: aquatics, rock climbing, and gymnasium. These areas were separated but kept within close proximity of one another. The rock climbing area was oriented in order to orient North. It was then expanded in a curvilinear fashion in order to allow for maximum views and natural light. The gymnasium wing was divided up to create children dedicated areas. A central form was created to house the remaining rooms required within the building. Heights were altered and the upper central form cantilevered in order to create a prominent, child dedicated area on the third floor. Filled in areas and sloped roofs. Finished isometric.



GYMNASIUM



TRAMPOLINE PARK



DAYCARE



VIEW INTO AQUATICS



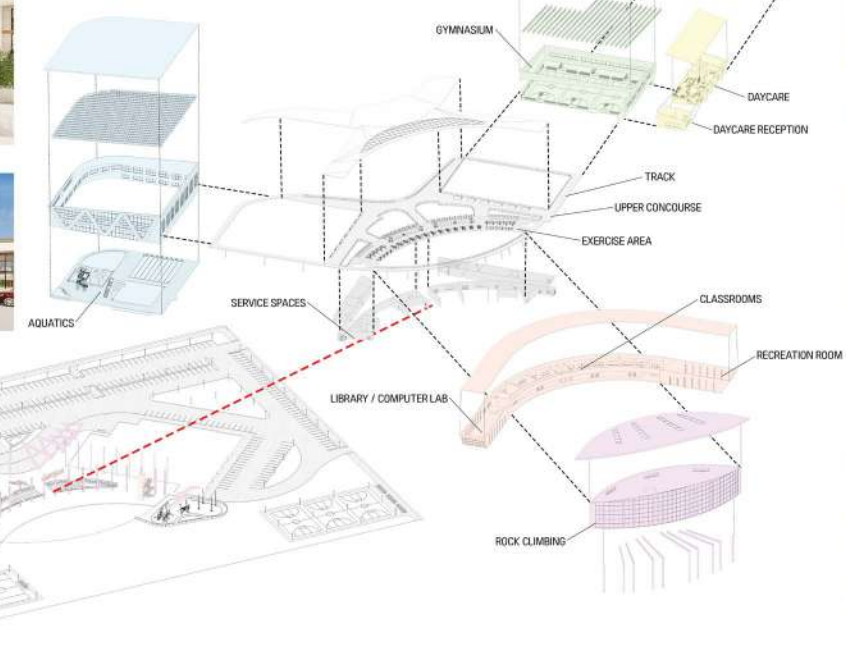
KIDS GYM



EXERCISE AREA



MAIN ENTRANCE



EXPLODED ISOMETRIC DIAGRAM



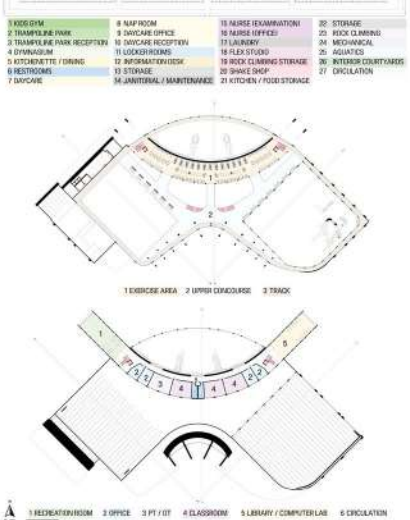
OUTDOOR BASKETBALL COURTS



SOCCER FIELDS



MAIN ENTRANCE



ROCK CLIMBING



CENTRAL ATRIUM



PLAYGROUND



LIBRARY / COMPUTER LAB



UPPER CONCOURSE



RECREATION ROOM

MONITOR PLAYING VIDEO