

Health & Wellness Facility – *a Holistic Approach*

Vision

The Health & Wellness Facility provides and promotes a holistic approach to physical, emotional, intellectual and social growth. This dynamic gathering centre is the gateway to the Community Learning Campus (CLC) for Olds College, Chinook's Edge School Division (CESD), the Town of Olds and the residents within Mountain View County. The facility will strive to galvanize all users by encouraging a commitment to physical activity and healthy lifestyles. It will be a key venue in addressing the outcomes of the high school health, physical education and career and life management programs of study and the college health and fitness programs. It reinforces collaboration through the co-location of fitness, athletics, counseling, health and government services for learners and the community.

The Facility

The Health & Wellness Facility is open to the student population and the surrounding area providing many shared facilities for sports and leisure including:

- 3 Gymnasiums
- Indoor Running Track
- Fitness Centre
- Child Minding Facilities
- Dance/Fitness Gym
- Meeting Rooms
- Multipurpose Areas

The centre is also designed to house Alberta Child & Family Services, Olds College and Olds Junior/Senior High School student and career counseling services, Alberta Employment, Immigration and Industry, and health and wellness services. The CLC director will also be housed in this building – facilitating daily interaction, facility management, and cooperation in the continued development of the educational objectives of the learning plan.

Operational synergies exist through the sharing of control areas, office space, meeting rooms, staff facilities, food service area (shared with the core high school), change rooms, storage and other sports areas.

The Health & Wellness Facility Offers Unique Solutions

The Health & Wellness Facility will:

- Provide opportunities to develop leadership skills, athletic skills and healthy attitudes
- Instill a commitment to physical activity and a healthy lifestyle
- Develop innovative programs: coaching in a centre of excellence, as well as leadership, active living, lifestyles and wellness programs
- Provide access to: gymnasiums, a running track, a fitness centre, multipurpose areas for wrestling, aerobics and gymnastics, and links to outdoor amenities including playing fields
- Offer child minding services
- Create additional opportunities for high school, college and community sports activities
- Develop linkages to existing community sports teams and organizations
- Provide specialized fitness programs for college programming (i.e. arboriculture)
- Promote community involvement through incorporation of programs like Be Fit for Life and Ever Active Workplace

- Support seniors' health and wellness programs
- Provide access to Central Alberta Child & Family Services, Alberta Employment, Immigration and Industry, and health care professionals
- Offer a wide range of services and resources through the Integrated Career Centre – a joint project of Alberta Employment, Immigration and Industry, Olds College and CESD
- Provide access to personalized educational programming for the Core High School and Olds College that is supported through counseling and health services

With the addition of a Director, Health and Wellness Services to the Olds College staff, programs will be developed to provide physical fitness, athletic and sports programming for college learners and community members.

Within the building, space will be allocated for health care professionals providing access to medical services such as access to a nurse, doctor and physiotherapy. The unique holistic approach of this facility provides tremendous benefit to users including high school and college learners, as well as members of the community.

Health & Wellness Facility: Education Themes

The Health & Wellness Facility will support the four Education Themes established for the CLC:

- **Living in a Digital World** – provides a venue for utilization of the latest electronic technology to support fitness training and health assessment; and provides an access point for connection to up-to-date career and employment information available through connection to digital resources via the SuperNet.
- **Environmental Sustainability** – constructed to promote environmental sustainability and hosts green roof venues for instructional purposes.
- **Learning for All Persons in the Community** - provides flexible and specialized space to be utilized by learners from Olds College and Chinook's Edge School Division as well as members of Olds and the surrounding community; and provides access to programs and services for users of all ages and abilities.
- **Globalization** – provides a venue to host international coaching of excellence clinics and international sporting events.

Timeline

Construction of the Health & Wellness Facility commenced in fall 2006 and will open in fall 2009.

Financial Impact¹

Health & Wellness Facility Budget

| | |
|-----------------------|------------------|
| Capital | 22,981,759 |
| Furniture & Equipment | <u>1,292,229</u> |
| Total | 24,273,988 |

¹Budget established August 2007

Note: Olds College has committed to raise \$5,000,000 toward the CLC Campaign Total



In collaboration with the Town of Olds,

Mountain View County and the University of Alberta

For more information about this 2009 Capital Vision Campaign Project, please contact:

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