

1.Component NAVY	FY 2005 MILITARY CONSTRUCTION PROGRAM	2.Date 18 FEB 2004
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3.Installation and Location/UIC: N00158 NAVAL AIR STATION JOINT RESERVE BASE WILLOW GROVE, PENNSYLVANIA	4.Project Title FITNESS CENTER
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5.Program Element 0805176N	6.Category Code 74043	7.Project Number P237	8.Project Cost (\$000) 7,700
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9.COST ESTIMATES

Item	UM	Quantity	Unit Cost	Cost(\$000)
FITNESS CENTER (33,949 SF)	m2	3,154		5990
INDOOR FITNESS CENTER (33,949 SF)	m2	3,154	1,882.17	(5940)
TECHNICAL OPERATING MANUALS	LS			(10)
ANTI-TERRORISM/FORCE PROTECTION	LS			(40)
SUPPORTING FACILITIES				690
ELECTRICAL UTILITIES	LS			(40)
MECHANICAL UTILITIES	LS			(80)
PAVING AND SITE IMPROVEMENTS	LS			(90)
DEMOLITION	LS			(480)
SUBTOTAL				6680
CONTINGENCY (5%)				330
TOTAL CONTRACT COST				7010
SIOH (6%)				420
SUBTOTAL				7430
DESIGN/BUILD - DESIGN COST				270
TOTAL REQUEST ROUNDED				7700
TOTAL REQUEST				7700

10.Description of Proposed Construction

Construct a modified standard design physical fitness center with a gymnasium, indoor courts, exercise and training rooms, locker and shower rooms, first-aid station and fitness center administration space. Supporting facilities include fire protection and alarm systems, and information systems. Heating provided by the existing central boiler plant and hot water provided by natural gas fired heater. Demolition of Building 2 (2,644 m2) is included.

11.Requirement: 3154m2 **Adequate:** 0m2 **Substandard:** 0m2

PROJECT:

Constructs a physical fitness center.
(Current Mission)

REQUIREMENT:

This project is required to provide an adequate athletic facility to support the physical readiness of active and reserve military personnel attached to the station, as well as dependents, retirees, and authorized civilians.

CURRENT SITUATION:

The existing fitness center is located within an old wood frame building, constructed in 1942, which is inadequate in both size and physical condition. The facility is visibly and functionally obsolete with many building safety code deficiencies. It cannot accommodate the number of personnel using it in a safe and healthy manner. Exercise machines are crowded together creating unsafe conditions. Overloaded electrical and mechanical systems impact the use of the facility and result in excessive maintenance

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costs. The existing building is constructed over a dirt floor crawl space contaminated with asbestos. Over the years, piping system (steam and water) leaks in the crawl space have created a damp environment for wood framing members. This, in turn, has deteriorated the wood floor joists, floor sheathing, and sill plates. Piping systems in the crawl space are also equally affected.

IMPACT IF NOT PROVIDED:

If this project is not provided, personnel will continue to use an inadequate facility and be subjected to unsafe and unhealthy conditions. This will result in a decline in the physical readiness of military personnel, reduced morale, and the inability to retain qualified personnel in the military. In addition, without a new facility the high costs of maintaining and operating the existing 1942 vintage wood frame building will continue.

12.Supplemental Data:

A. Estimated Design

1. Status:

(A) Date Design Start	082002
(B) Date Design 35% Complete	092004
(C) Date Design Completed	042005
(D) Percent Completed as of SEPTEMBER 2003	3%
(E) Percent Completed as of JANUARY 2004	3%
(F) Type of Design Contract	Design Build
(G) Parametric Estimate used to develop cost	Yes
(H) Energy study/Life cycle analysis performed	No

2. Basis:

(A) Standard or Definitive Design:	Yes
(B) Where Design Was Most Recently Used:	NAS Oceana

3. Total Cost (C) = (A) + (B) = (D) + (E) :

(A) Production of Plans and Specifications	\$250
(B) All other Design Costs	\$50
(C) Total	\$300
(D) Contract	\$250
(E) In-House	\$50

4. Contract Award	012005
5. Construction Start	042005
6. Construction Complete	082006

B. Equipment associated with this project which will be provided from other appropriations: None

JOINT USE CERTIFICATION:

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The Director of Naval Reserve certifies that this project has been considered for joint use potential. Unilateral Construction is recommended. The State Joint Services Reserve Component Facilities Board has reviewed this project for joint use potential. That board determined that unilateral construction was the best alternative to support this mission.

Activity POC: John DiBuono

Phone No: 215-443-6235