

YMCA, Norfolk, NE

Story Courtesy Jerry Guenther, Norfolk Daily News

Few projects in Norfolk's history are likely to present the same "wow factor" as the newly expanded Norfolk Family YMCA.

One of the main attractions is a field house that includes an indoor suspended running track. For those running in the middle lane, seven times around equals one mile.

That's in addition to a new giant gymnasium — roomy enough for four basketball games to be played at once. Then there's the expanded cardio area, new children's area, indoor playground, seemingly endless new pieces of equipment, expanded free-weight lifting area, new weights and much more.

Randy Hagedorn, YMCA executive director, said he has been pleased with the addition and how it has all come together.

"I am curious to see what people will think of it," he said. "I am amazed by it. I hope others will be, too."

It is easy to be amazed, as there are so many features to consider, including 24-hour access for members to engage in weight and strength training and other parts of the new addition.

There's new Queenax equipment for individualized training, and it's adjustable for all age and fitness levels.

There's also room for such growing sports as pickleball, as well as a physical therapy area for Faith Regional Health Services that also may be used by members. Plus, the addition features four specialized family restrooms with showers, 91 new cardio pieces of equipment and many more free weight benches and racks.

It was just a little over a year ago when ground was broken on the two-level expansion that adds more than 106,000 square feet to the existing 75,000-square-foot YMCA.

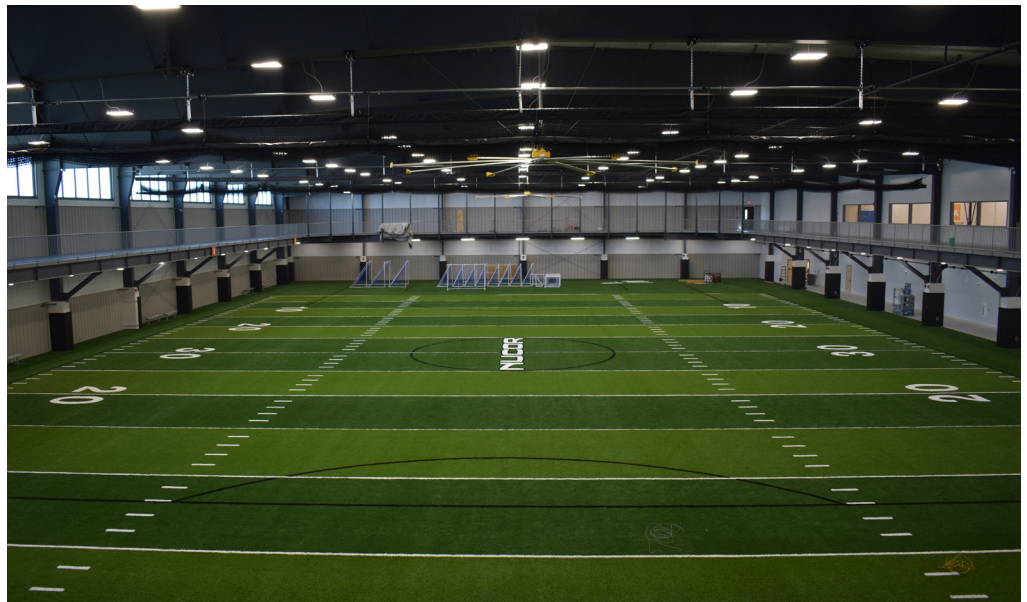
Hagedorn said the new addition reflects countless hours of planning over several years.

The biggest new feature is the field house, which includes field turf. It is capable of being used for soccer games, youth football and baseball and softball fielding, throwing and drills, as well as running and conditioning.

The field house is air conditioned for year-round use, will have bleachers and can be divided with curtains so up to four activities can take place at once. It is 80 yards long and 43 yards wide.

The new addition also contains storage for the YMCA mowers and the equipment used to maintain the field turf, meaning no more renting garages.

The new gymnasium will be able to provide bigger basketball and wrestling tournaments and also may



The field house is 80 yards long and 43 yards wide.

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CONSTRUCTION MANAGEMENT & DESIGN/BUILD SPECIALISTS

1901 Riverside Blvd., Norfolk, NE 68701

TEL: (402)371-5363

211 Walnut St., Yankton, SD 57078

TEL: (605)260-1520

333 Spruce St., Suite #203, Valley, NE 68064

EMAIL: Office@BeckenhauerConstruction.com

www.BeckenhauerConstruction.com

YMCA, continued.

be used for such events as banquets.

The south end of the field house also features a concession stand that can serve events at the field house, in the new gymnasium or outdoor fields to the south.

There's also an expanded area for indoor cycling in the old weight lifting area, which will be increased

from 25 to 30 bikes. It also features some other cardio equipment, so people can do other exercises along with cycling.

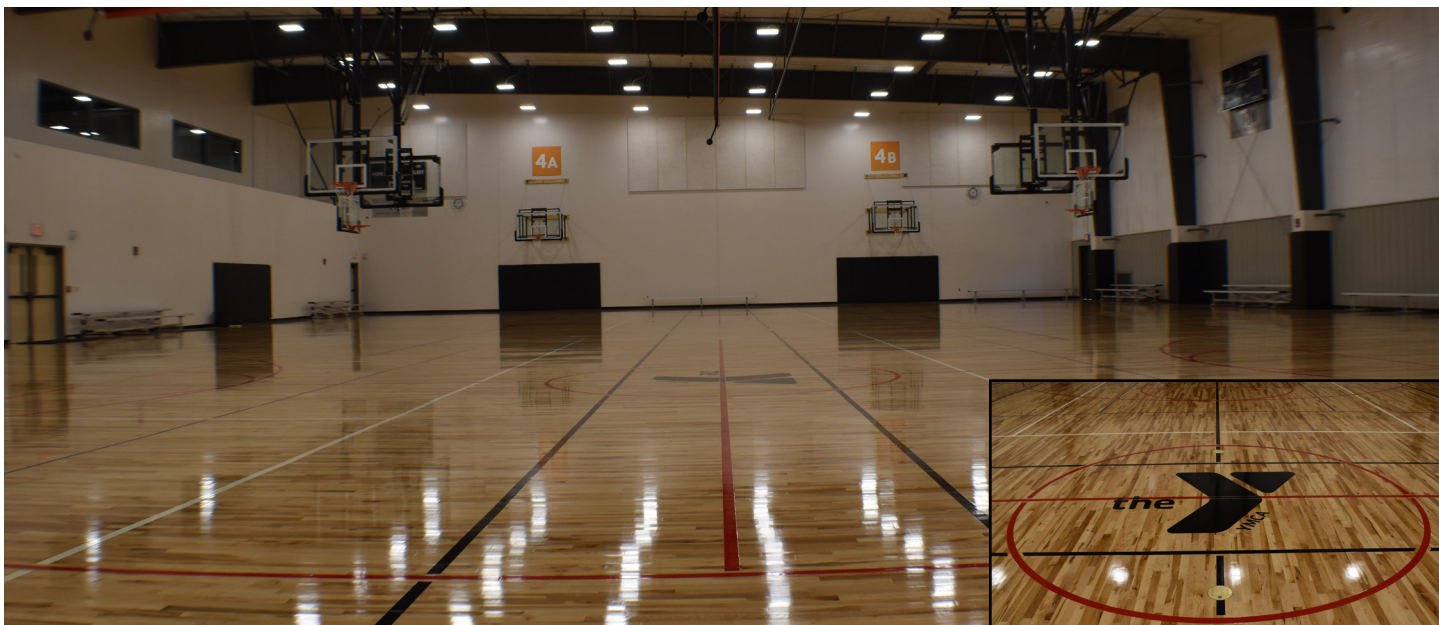
In a few weeks, Body Pump classes will be moved upstairs into an expanded area. New equipment also will be provided, making faster transitions for participants.



The brightly colored children's area is available to those under age 7.



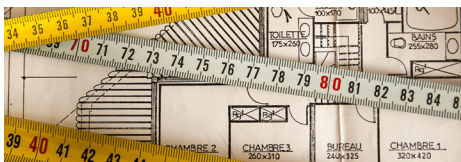
91 new pieces of cardio equipment were included.



The new court can house 4 basketball games at a time.

Handy Engineering Conversions

2000 pounds of Chinese soup? Won ton
Time between slipping on a peel and smacking
the pavement? 1 bananosecond
Half of a large intestine? 1 semicolon
1,000,000 aches? 1 megahurtz
453.6 graham crackers? 1 pound cake
1 million-million microphones? 1 megaphone
2000 mockingbirds? 2 kilomockingbirds
10 cards? 1 decacards



Did you know?

The average four year-old child asks over four hundred questions a day.
Children grow faster in the springtime.
A sneeze can travel as fast as 100 miles per hour.
The only food cockroaches won't eat are cucumbers.
Elephants are the only discovered mammals that can't jump.
You burn more calories sleeping than you do watching T.V.



Think Green

Glass can be recycled again and again with no loss in quality or purity because it is 100% recyclable. Glass takes over one MILLION years to break down in a landfill.
Aluminum never wears out; it can be recycled forever. It takes 80-100 years for an aluminum can to break down in a landfill.
#1 plastics are recycled into textiles, car parts, new PET plastic bottles and thermoformed sheet products. It can take up to 700 years for plastic to break down in a landfill.



Norfolk Country Club, Norfolk, NE

This project gives the country club a new, updated look to pass the 111-year history and legacy of excellence on to the next generation of members and their families.

The 10,159 SF of renovation included a new bar, locker rooms, banquet rooms, and dining areas.

Dean Uhlenberg, Project Manager, listed the new bar as his favorite feature. He said, "It is such a focal point of the new layout of the building. It is basically two bars in one, being able to serve both the Front Nine Dining and the Back Nine Dining/Relaxation area."

Uhlenberg listed the reopening of the newly renovated banquet rooms as the most important milestone of the project. When the project was started at the first of January, the Banquet Rooms were left open to pro-

vide dining and event space for club members. Those rooms were shut down for 6 weeks starting on March 4th and were reopened on April 12th. The club was able to use the rooms for the majority of the five-month renovation, allowing some availability for members.

Other milestones: completion of Remaining Interior Areas done in phases and sections, starting on April 17th and the last interior finishes being completed on June 6th. The Patio and Fire Pit were completed on June 24th and completion of the Main Parking Lot repairs and lighting were finished on June 27th.

During this renovation, there were two obstacles

There was a two-week delay during the Banquet Room remodels caused by the devastating March floods. During that period, out of town subcontractors and material were unable to get to the job site. We minimized this delay as best we could using Lean Construction concepts, including Daily Huddles and Last Planner to keep on-site crews working as efficiently as possible.

The second obstacle was the time



The Norfolk Area Chamber held a Ribbon Cutting for the newly renovated Country Club.



The new reception area creates a welcoming feel.



The new rectangular, granite bar creates extra space to serve customers.



New oak lockers are available in both locker rooms.

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DESIGN/BUILD & CONSTRUCTION MANAGEMENT SPECIALISTS

1901 Riverside Blvd.

Norfolk, NE 68701

www.BeckenhauerConstruction.com

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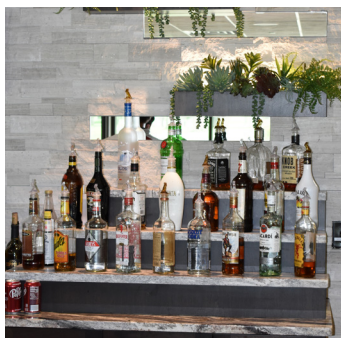
Associated General Contractors of America (AGC)

Sullivan Group



An electric fireplace provides a cozy atmosphere.

in which original casework would be delivered. It was scheduled for delivery at the end of April, including new walls for the bar. Based on this delivery date, Beckenhauer decided to build the bar walls on site with our own crews in late February. This foresight allowed plumbing and electrical rough-ins to be completed in those walls two months earlier, which sped up the completion of the bar by a couple of weeks!



Floating plant boxes are hung above the bar's liquor display.



Two coolers are available as wine lockers. Each locker is kept at a certain temperature to accommodate certain types of wine.



Although the screen pictured here is intended to watch games, there are presentation screens available in the Eagle Room and the Banquet Rooms.

Our Mission: To provide unparalleled service to our clients and to strive for superior performance and absolute reliability.

Our Vision: To focus our unwavering dedication to the task of turning our client's vision into a reality.

Our Value: To hold to the standards of safety, quality, reliability, honesty, and a caring Christian work environment.