

SHAPING FUTURES

Cerritos College Health and Wellness Complex



Tilden-Coil
CONSTRUCTORS™
Building with Integrity Since 1938

Shaping Futures at Cerritos College

Health and Wellness Complex Quick Facts

Architect: HMC Architects

Delivery: CM Multi-Prime

Building Size: 102,000 sf

Phase 1 Completion: January 2019

Phase 2 Completion: March 2020

Scope: Six state of the art, energy efficient buildings:

- Kinesiology Building
- Conference Center
- Dance Building
- Physical Education Building
- Student Health Services Building
- Team Rooms

Since 1955, Cerritos College has been educating students in 180+ areas of study and currently offers 87 degree and certificate programs. Located in Norwalk, Cerritos College is among the largest community colleges in Los Angeles County with 22,000 students. Its educational philosophy “embraces community, diversity, innovation and active learning,” recognizing the worth and dignity of each student.

Tilden-Coil Constructors has served the Cerritos Community College District over the last decade as Program Manager and Construction Manager of \$450 million of the campus development, under Bond Measures CC and G. The Cerritos College Health and Wellness Complex is the latest completed project to enhance student experiential learning and support services.

The Health and Wellness Complex

The 102,000 square foot Health and Wellness Complex consists of six buildings and was delivered in two phases to maximize continuity of campus operations and eliminate the need for swing space. Elements include classrooms, weight training, cardio training, fitness labs, physical therapy labs, kinesiology division, dance studios, team training room, team locker rooms, conference center, offices and a student health center. The student health center has separate zones for clinical and counseling/administration with treatment rooms, counseling offices, triage, lab, reception/waiting, conference and administrative offices. It was the first building to resume on campus service after the March 2020 Governor’s Order relating to COVID-19 so that preventative care, health care, laboratory, chiropractic, dietitian, health education, medical consultation and mental wellness services could continue to be provided to students.

Each structure has a deep pile foundation system consisting of 80 to 90 foot deep piles (200 piles overall), 6 foot deep grade beams and 14” mat slabs. The steel was required to be erected before the first-floor slab which was required to be poured monolithically with the 6 feet deep grade beams. To maintain schedule objectives, Tilden-Coil poured 2” to 3” of slurry at the bottom of all grade beams for protection from rain, mud and debris that otherwise would have resulted in ongoing clean-up delays. Takt! precast concrete panels formed approximately 35% of the exterior facade and had substantial lead times. Again, planning ahead to maintain the critical path schedule, the Tilden-Coil team developed protocols for exact measurement of mounting holes and pre-ordered the panels in advance to be available for timely installation.



“We love this building! Everyone worked as a team member and listened to exactly what we need.”
- Dr. Hillary Mennella, Associate Dean of Student Health Services



The Tilden-Coil Building Information Modeling team modeled the existing site utilities that were uncovered during the potholing process. Employing their in-house total station, Tilden-Coil captured the existing utility locations from the field and transferred this data to their 3D software to accurately model the utilities in 3D. The model was then used to coordinate the new utility design during weekly trade contractor BIM coordination meetings to resolve conflicts prior to field installation and minimize schedule and cost impacts.

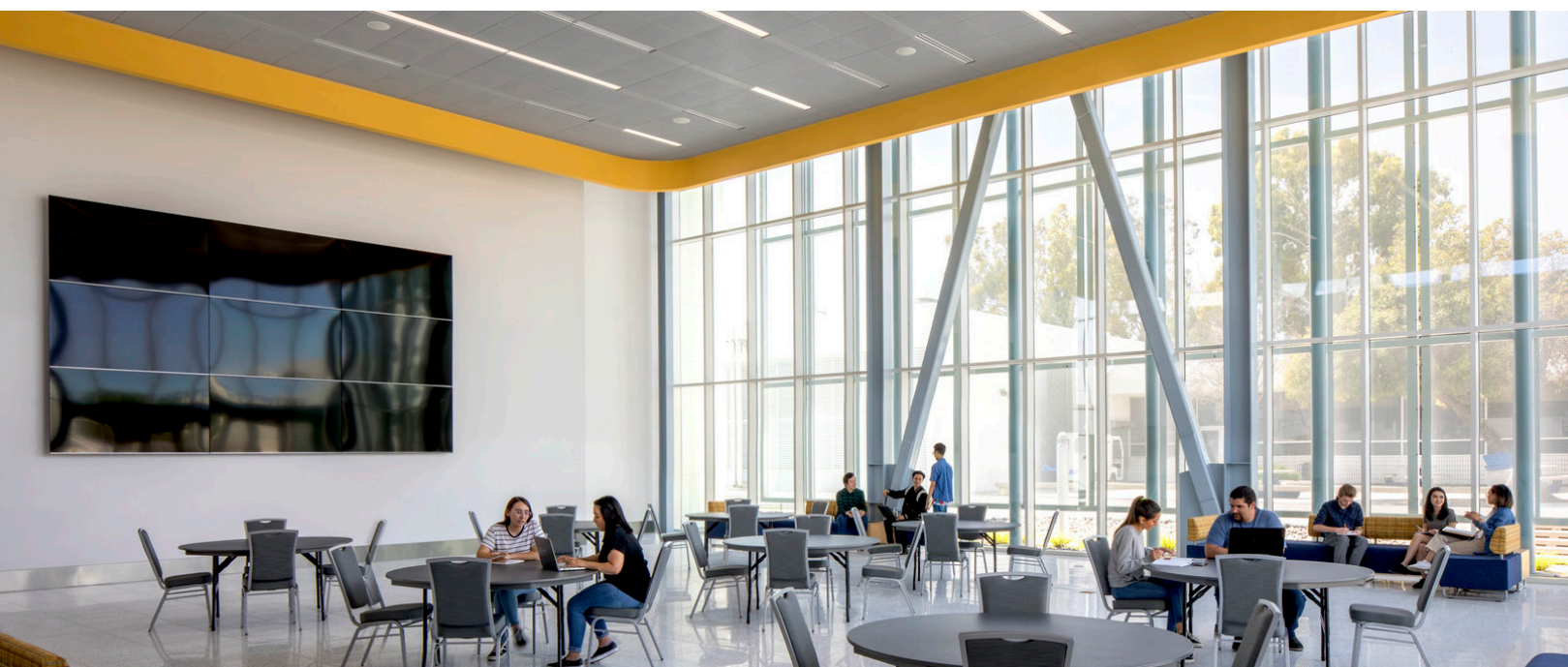


“Together, we will have a great impact in terms of offering state of the art facilities to our students and our community.”
- Rory Natividad, Dean of Kinesiology

Tilden-Coil’s utilization of Pull Planning to manage the schedule proved very effective in delivering the project on time. Floor plans for each trade clearly identifying where work would occur on a weekly basis, along with visualization boards reviewed in weekly foreman meetings, elevated the overall schedule flow. The Pull Planning process identified which trades and in which areas work could advance earlier than scheduled and provided a valuable tool to mitigate potential delays and complete the project on time.

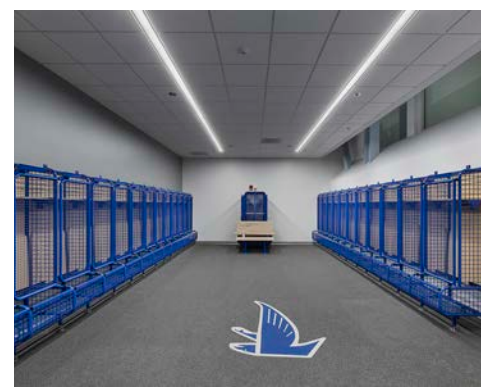
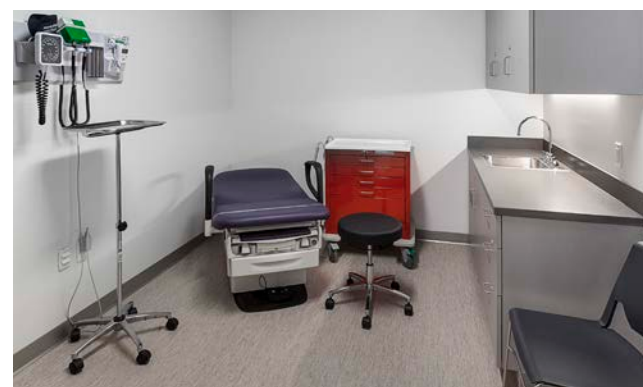
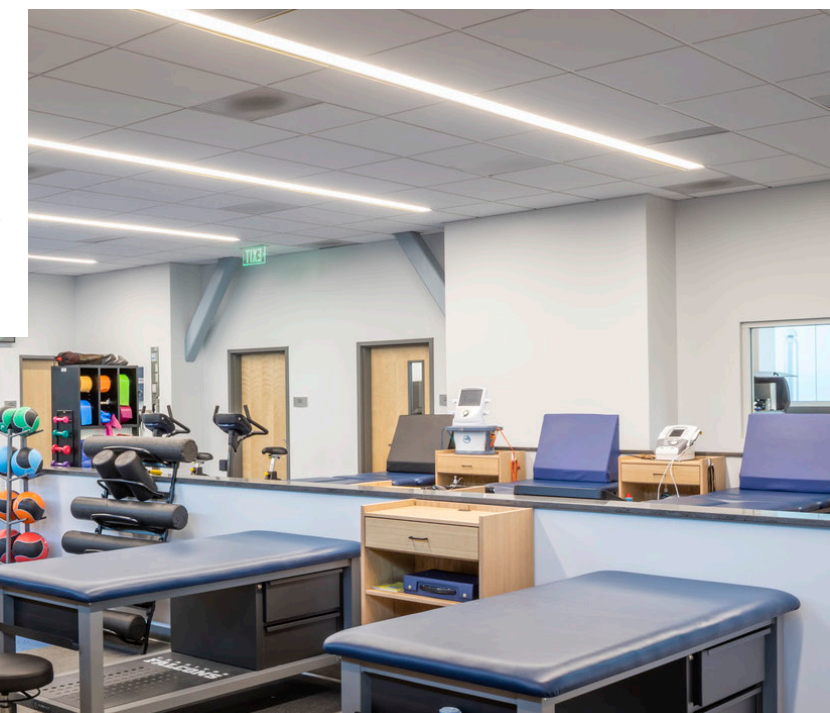


A well-conceived and executed logistics plan is paramount to safely building on college campuses. The Health and Wellness Complex, in the heart of campus, required extensive logistics planning to safely control a primary artery of pedestrian access and manage construction deliveries for minimal disruption. A two-gate system was implemented and monitored, and major deliveries were scheduled for Fridays when no classes were in session. For clarity, Tilden-Coil utilized 3D and 2D phasing plans to communicate site logistics with campus administration.



The Health and Wellness Complex represents the first LEED certified buildings on campus. Dr. Jose Fierro, President/ Superintendent, stated, “The new Complex also gives Cerritos College more momentum toward the Board’s vision to bring sustainable facilities and resources to the College that will improve the learning environment for our students and reduce our carbon footprint.”

In the end, Tilden-Coil completed the Health and Wellness Complex on time and below budget. When it came time for the ribbon cutting ceremony, Tilden-Coil assisted Cerritos College with scripting, interviewing and filming the virtual live streaming event. Consistently honoring commitments to meet the college’s objectives is the foundation on which this valued, lasting relationship is built.





Partners

Great accomplishments require great partnerships! Tilden-Coil recognizes the following prime contractors who played a major role in completing this project:

- Anderson Charnesky Structural Steel, Inc.
- Apex Fire Protection
- Audio Associates of San Diego
- Best Contracting Services, Inc.
- Brady Company
- Construction Hardware Co.
- Continental Flooring, Inc.
- Continental Marble & Tile
- Coutts Heating & Cooling, Inc.
- Letner Roofing Company
- Elljay Acoustics, Inc.
- Inland Building Construction Companies, Inc.
- K & Z Cabinet Co., Inc.
- K.A.R. Construction, Inc.
- PCC Network Solutions
- Preferred Landscape, Inc.
- Southern California Grading, Inc.
- Taft Electric Company
- Triumph Painting
- Verne's Plumbing, Inc.





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