

A black and white architectural rendering of a futuristic structure. The central focus is a tall, cylindrical tower with a spiral staircase or walkway. Above the tower is a large, dark, circular opening. The structure is surrounded by large, curved, white panels that create a sense of depth and scale. In the lower right, three small figures of people are visible, providing a sense of scale. The overall aesthetic is clean, modern, and futuristic.

ft3

Architecture
Landscape
Interior Design

Wellness Vol. 1

ft3.ca

Wellness Design

Good Health starts with wellness. Wellness captures every facet of healthy living, whether through sports, fitness, lifestyle, arts... people. At ft3 we know that - first hand. Creating environments which enable positive interactions and experiences that are rich, meaningful and fulfilling are at the core of what we do. More and more we find our clients embrace a work life balance. Often the two are intertwined.



Corporate Profile

ft3 provides full architectural, landscape and interior design services for healthcare, multi-family housing and offices. Established in 1975 and headquartered in Winnipeg, we've expanded across the prairies. We're proud of that growth, built on a reputation for excellence rooted in four key principles:

- Hire and develop the best and brightest design talent and critical thinkers in the industry;
- Seek client input at each and every stage of the process, ensuring that when the work is completed the

project remains an enduring source of pride for its users, owners and community;

- Create innovative design solutions driven by our clients' needs, vision, budget and schedule; and
- Ensure that green design solutions provide the affordability, flexibility and durability that our clients seek.

We're energized by design that is functional, inspirational, durable and sustainable. From projects ranging from the Grace Hospital new Emergency Department, to the BDO office

redevelopment, to the 300 Assiniboine 25-storey residential tower, meticulous attention to detail and a keen awareness of client needs continue to inform our work.

Ultimately, we believe in the capacity of architecture and the built environment to enhance physical and emotional well-being, productivity and quality of life. Intuitive design is no accident. Meticulous planning, coordination and consultation are key ingredients in design that elevate and inspire in equal measure.

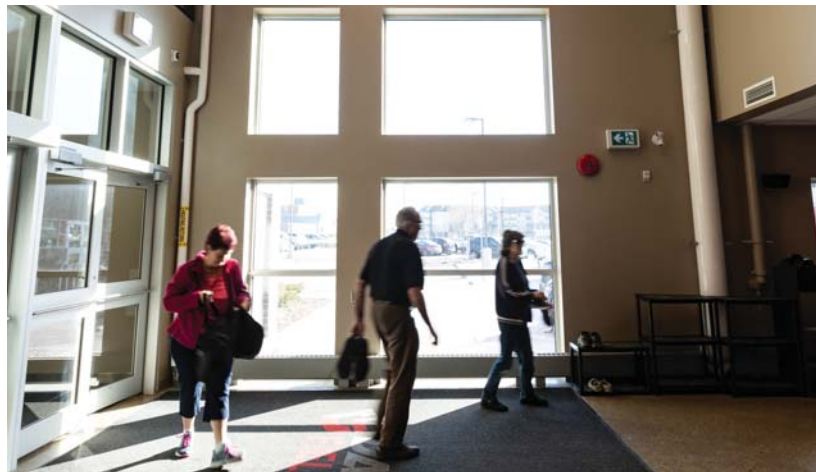
*For more than four decades,
our firm has created spaces
that stand the test of
time through a personal
commitment to quality
that extends from concept
development to construction.*



Dakota Fieldhouse

CLIENT: ***City of Winnipeg***
LOCATION: *Winnipeg, Manitoba*
SCALE: *5,574 m² / 60,000 ft²*
COMPLETED: *2017*





COMMUNITY CONNECTIONS

Dakota Fieldhouse, Winnipeg, MB

The fieldhouse represents the fulfillment of a community's need for additional space for indoor sporting activities. The idea of creating flexible space was key to the operations of the community centre. This “house” features three full-size basketball courts with the potential for six cross-court volleyball courts. The gym is open above to a mezzanine level that is framed by a 200-metre running / walking track, a 60-metre sprint track, and workout areas.

The exterior site features a connected campus approach, initiated by a strategic parking and traffic management plan that incorporates a shared-use agreement between the adjacent library and high school.

The Dakota Fieldhouse received LEED Canada NC 2009 Silver certification in 2020.



St. Peter's Catholic Church, Petrus Hall

CLIENT: ***St. Peter's Roman Catholic Church***
Roman Catholic Archdiocese of Winnipeg

LOCATION: *Winnipeg, MB*

SCALE: *1,950 m² / 21,000 ft²*

COMPLETED: *2017*





THE ROCK

St. Peter's Catholic Church, Petrus Hall, Winnipeg, MB

The new facility has been designed as one of three major components for phased implementation. St. Peter's determined that their most pressing need was space for recreation, fundraising, and social events. Building the Petrus Multi-Purpose Hall / Gymnasium as Phase One, the church began generating rental revenue to offset the cost of construction. It is anticipated that this approach will accelerate the next

phase(s). The Phase One project consists of a full-size gymnasium with courts for basketball, volleyball and badminton. The building includes a theatrical stage and a commercial kitchen. Phase two is anticipated to commence shortly.

St. Peter's Petrus Hall received LEED Canada NC 2009 Silver certification in 2018.



Delta 9

CLIENT: **Delta 9**
LOCATION: *Various, MB*
COMPLETED: *2020*





JOINT EFFORT

Delta 9, Various Locations, MB

A crisp and clean white canvas provided the backdrop for the welcoming, warm wood finishes and the bright blue color of the D9 brand. The design of each retail store includes an informal client consultation lounge for one-on-one dialogue, plenty of retail display shelving, and a group instructional room for formal educational seminars and classes. The custom millwork sensory bar provides customers the opportunity to see and smell

products safely and is designed to ‘float’ above a beam of light. Imagery of clouds, plants and nature are featured as part of the retail display system, including a moss wall in some locations. All elements contribute to staging a relaxed yet sophisticated space for staff and patrons to interact, educate, and shop.

Thermëa by Nordik Spa-Nature

CLIENT: ***Auberge & Spa Le Nordik Inc.***

LOCATION: *Winnipeg, Manitoba*

SCALE: *2,000 m² / 21,000 ft²*

COMPLETED: *2014*


thermää





REST, RECHARGE, RELAX

Thermëa by Nordik Spa-Nature, Winnipeg, MB

ft3 in association with GPP Architecture

Thermëa by Nordik Spa-Nature, an innovative concept in therapeutic spa experiences. The relaxation and healing centre is set in a natural environment, in every corner of the site, guests are surrounded with the most primitive elements; wood, stone, water and fire. The thermal experience involves alternating between hot, cold and rest. To facilitate this, a series of pavilions housing dry sauna, steam and relaxation rooms

surround an open courtyard featuring several hot tubs, tempered baths as well as cold plunge and sun-catch areas. The backdrop is powerful and welcoming adding another layer to the guests' relaxation experience.

Canada Wellness Institute

CLIENT: *The Wellness Institute*

LOCATION: *Various Sites, Beijing, China*

COMPLETED: *2019*

CANADA
wellness
Institute

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我们一起科学健康!

健康, 是一种生活方式
LIFESTYLE AS MEDICINE

国家认证



TRADE PROGRAM

Canada Wellness Institute, Various Sites, Beijing, China

Canada Wellness Institute, a global leader in medically-based fitness services and More Health, the largest digital health services company in China, have created a joint venture company that is integrating new medical fitness facilities and online solutions across China. Each centre is to maintain the Canada Wellness brand. The design of each centre, although unique to each site will relate back to a Canadian flavour/colour and material palette, ensuring users of the facilities recognize the Canadian inspired origin.

Stonewall Heritage Arts Centre

CLIENT: ***Town of Stonewall***
LOCATION: *Stonewall, Manitoba*
SCALE: *1,022 m² / 11,000 ft²*
COMPLETED: *2011*





INSIDE OUT

Stonewall Heritage Arts Centre, Stonewall, MB

Out of rubble comes hope. The Town of Stonewall was devastated by a fire that destroyed the visitor centre. The interpretive centre pays homage to this. The simplistic form of the two-storey structure echoes the strength, beauty and elegance of the Tyndall stone masses surrounding the site. Clever use of stonework cobble pathways to and from the centre, encouraging visitors to meander and explore. Natural light permeates all parts of the building creating

ever changing shadows and reflections on both sides of the glass. Regionally manufactured materials including structural steel and recycled elm wood panel products were utilized, along with materials using recycled content, such as gypsum board, carpet tile and wood flooring. Low VOC products reduce off-gassing and improve indoor air quality. The building was LEED certified in 2015.



Calvin Christian Collegiate

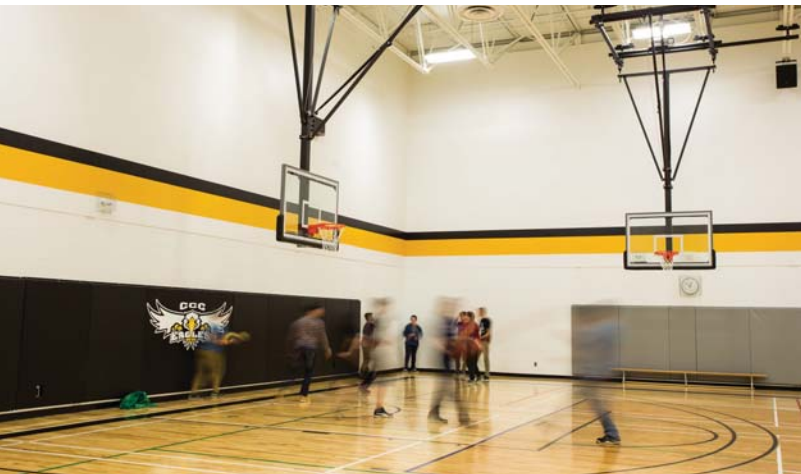
CLIENT: ***Calvin Christian Schools***

LOCATION: *Winnipeg, MB*

SCALE: *1,300 m² / 14,000 ft²*

COMPLETED: *2015*





MAKING THE GRADE

Calvin Christian Collegiate, Winnipeg, MB

At the heart of every school is its gymnasium. A silent backdrop to sporting events, school concerts, pep rallies and assemblies. It's where memories are made; memories that are meant to live on forever! Capturing the heart, spirit and pride of the Calvin Christian staff and student body was a team effort incorporating meaningful elements that set the tone and champion a united front. Go Eagles!

Lord Nelson School Gym

CLIENT: ***Winnipeg School Division #1***

LOCATION: *Winnipeg, Manitoba*

SCALE: 1,886 m² / 20,300 ft²

COMPLETED: 2016





A “COMMUNITY HUB”

Lord Nelson School Gym, Winnipeg, MB

The Lord Nelson School expansion fits within the historical context of the existing school and reflects the unique identity of the school community – One Big Family. The new gym and outdoor play spaces serve as the heart of school activities and facilitate safe movement of students from inside and out.

It is a sense of community and inclusion inherent in all design aspects. Its components are part of the learning environment and provide real life teachable

opportunities for students to expand their understanding of the natural world – for example, vegetable planter boxes were provided to teach students about gardening and local food production.

The project is LEED Silver Certified and received the Manitoba Hydro PowerSmart designation.



International Peace Garden Interpretive Centre

CLIENT: ***International Peace Garden***
LOCATION: *Boissevain, MB and Dunseith, ND*
SCALE: *1,485 m² / 16,000 ft²*
COMPLETED: *2010*





MORE THAN PEACE GROWS HERE

International Peace Garden, Boissevain, MB and Dunseith, ND

*ft3 in conjunction with GPPArchitecture
and WERK | Charles Anderson
Landscape Architecture*

A celebration of nature. This “glass house” accentuates the dynamic scenery, framing the colourful and vibrant ever-changing views of the exterior landscape from every viewpoint. High level clerestory windows draw and reflect nature light deep within the interior and create an illuminous glow along the evening skyline. Regionally sourced materials and products with

recycled content are utilized throughout, and a waste reduction plan minimized the environmental impact of construction.

The International Peace Garden project received (US) LEED NC v2.2 Silver certification in 2013.





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