At West Chester University, Campus Recreation is the primary destination for the Golden Ram campus community to engage in recreation, social, and wellness-oriented programs and services. Blending components of fitness and wellness with the co-curricular educational experience, it is our mission to assist each person in exceeding academic goals while establishing healthy lifetime behaviors. While at WCU, we encourage you to treat yourself and allow your mind, body, and soul to engage in some daily PLAY time; you’ve earned it!

Will the Student Recreation Center be open in Spring 2021?
The Student Recreation Center will reopen Monday, January 25th until May 14th, 2021.

What hours will the Student Recreation Center be Open?
The Student Recreation Center will be open Monday-Thursday 7am-8pm, Friday 7am-6:30pm. The Recreation Center will be CLOSED on Saturday & Sunday.

Will the Climbing Wall be Open?
The Climbing Wall will open only by REQUEST from January 25th to March 22nd.

What precautions has the Recreation Center taken regarding COVID-19?
All equipment has been spread out according to CDC Guidelines. Cardio equipment that did not require electricity (Ellipticals, Bikes & Arc Trainers) has been moved to the MAC Court and spaced 8 feet apart. Treadmills are spaced 6 feet apart and will be facing the windows. Selectorized strength equipment has been spread out 8 feet apart on the first and second floor. Additional signage has been placed around the building to remind patrons to maintain physical distancing.

Are Face Coverings Required?
Patrons using the Student Recreation Center must properly wear face coverings and maintain six feet of distance from others at all times unless the student has a documented medical exemption.

What sanitizing protocols have been taken?
EIGHT Additional ERC Wipes Stations have been placed throughout the building for patrons to use before/after they use equipment. Additional Purell Stations have also been installed for hand sanitizing.

How many people will be allowed to be in the Student Recreation Center at one time?
There will be 100 reservations open for patrons to reserve on our facility reservation system. Group exercise and climbing wall reservations will be under a separate tab on IMLeagues.

What is the Facility Reservation System?
Patrons must register for a timeslot on IMLeagues to use the facility. Reservations will be 75 minutes long. Patrons will be able to register for a timeslot 24 hours in advance and reservations will be filled on a first come, first serve basis.

Will the Basketball Courts be open for Open Rec?
Basketball Courts will NOT be open for OPEN REC but can be utilized for group exercise or other individual exercise. Courts have been sectioned off in 10 by 10 squares in order to provide proper distancing.

Will there be Intramurals during the Spring 2021 Semester?
Intramurals will be conducted virtually during the Spring 2021 Semester. This will be done through Esports (Madden, 2K, Rocket League and F1), Fantasy Football and NFL Pick Em’. Patrons should check IMLeagues for all information regarding registration, start dates and cost.

Will there be Sport Clubs during the Spring 2021 Semester?
Sports Clubs are currently suspended with an ongoing revaluation for the Spring 2021 semester.

Will any areas of the Rec Center be closed?
Locker rooms will only be available for restroom usage. Showers and lockers will be closed. Studio C and one Racquetball court will be offline for Spring semester.
THE APP IS LIVE

IMLeagues is now available on the App Store & Google Play! Be sure to download the app for quick and convenient access to make MANDATORY online reservations!

CAMPUS REC APP
To reserve any space in the Student Recreation Center, please email your request to: srcrequests@wcupa.edu

Our knowledgeable staff recommends and supports lifestyle changes through evaluation, education and a variety of tools to help motivate individuals.

New User Orientation
Learn proper form and how to use cardiovascular and strength machines on the fitness floor. Led by our experienced Recreation Attendants, the new user orientation offers hands-on participation and fitness resources to those wishing to learn how to safely use the equipment. Orientations are a drop-in process, so stop by the WCU Student Recreation Center second and third floor desks and let a Recreation Attendant assist you!

General Policies
- Reservation must be made to enter Student Recreation Center.
- Reservations are made in 75 minute blocks.
- Valid WCU ID required.
- Patrons must wear face coverings throughout facility.
- Equipment should be wiped down with ERC wipes before and after use.
- Use of equipment is at own risk.
- Proper use of equipment is required.

WCU Facility Schedule Fall 2020 Semester

Student Recreation Center
Monday – Thursday: 7:00 AM - 8:00 PM
Friday: 7:00 AM - 6:30 PM
Saturday: CLOSED
Sunday: CLOSED

Climbing Wall
The Climbing Wall will open only by request from January 25th to March 22nd.

Rec Swim
Not offered this semester

Please refer to the website for closures, holiday hours, changes to schedule.

Facilities
- 69,000 square foot facility.
- 15,000 square feet of cardiovascular and strength floor area.
- Over 60 pieces of name brand cardiovascular equipment.
- Over 155 pieces of strength equipment including the Life Fitness Synergy 360.
- 1:30 mile jogging track.
- Men’s and women’s locker rooms with over 75 lockers (members must provide own lock).
- State-of-the-art 34 feet tall climbing wall.
- Nutrition and Fitness Educational Suite.
- Administrative office suite with conference rooms.
- 2 hardwood basketball courts.
- 1 multi-activity court (MAC) including indoor soccer.
- 2 outdoor basketball courts.
- 1 outdoor sand volleyball court.

NEW USER ORIENTATION

Learn proper form and how to use cardiovascular and strength machines on the fitness floor. Led by our experienced Recreation Attendants, the new user orientation offers hands-on participation and fitness resources to those wishing to learn how to safely use the equipment. Orientations are a drop-in process, so stop by the WCU Student Recreation Center second and third floor desks and let a Recreation Attendant assist you!
To create an IMLeagues account:
2. Enter your information. You must use your school email address (@wcupa.edu). Click Submit. You will receive a confirmation email. Click the link in the email to log in and activate your account.
3. You should be automatically joined to “West Chester University”. If not, you can search schools by clicking the “Schools” link and select “West Chester University”.

To register for a gym visit:
1. Log into your IMLeagues account.
2. Click the Facilities Reservation tab in the purple banner under West Chester University.
3. Scroll down and click on the “classes” tab.
4. Find the reservation time you want to register for and click the green Sign Up button to the right. This will take you to the general gym visit information page. The green Sign Up button is visible if registration is open.
5. Read the liability release and click Accept at the bottom of the page. Click Sign Up. You have successfully joined the session.
6. You will receive a confirmation email from IMLeagues with info on the class for which you have registered.

FACILITY RESERVATION
In order to maintain proper physical distancing guidelines and adhere to CDC standards, All Rec Center Visits must be scheduled ahead of time using IM Leagues.
WHAT IS GROUP FITNESS?
Coming in February, Campus Recreation will be offering virtual Fitness Classes for our resident body that are available to all on-campus students and are designed to be relaxing with a myriad of disciplines. Some of the classes include HIIT, Tabata Bootcamp, Yoga, Power Pilates, and more. Stay tuned with the West Chester Fitness Community from the comfort of your own home!

Group Fitness classes range from Les Mills BodyPump to Zumba and everything in between. All classes are taught by nationally certified instructors who are current WCU students and members of the WCU community. We take tremendous pride in our group fitness classes and encourage all levels of experience to attend!

EMPLOYMENT OPPORTUNITIES:
Would you like to join our team? Check our website for job descriptions, information sessions and openings:
https://www.wcupa.edu/_services/CampusRec/employment.aspx

Employee Spotlight

NAME: Tobi Odesina
POSITION: Facility Supervisor
COLLEGE: College of the Sciences and Mathematics
FAVORITE PART OF WORKING AT SRC: Getting to know all the great people.
CAREER GOAL: To become a software developer and further my knowledge in the technical field.

Group Fitness classes

- **WHAT IS GROUP FITNESS?**
  - Coming in February, Campus Recreation will be offering virtual Fitness Classes for our resident body that are available to all on-campus students and are designed to be relaxing with a myriad of disciplines. Some of the classes include HIIT, Tabata Bootcamp, Yoga, Power Pilates, and more.

- **GROUP FITNESS CLASSES**
  - **Les Mills BodyPump** to Zumba and everything in between. All classes are taught by nationally certified instructors who are current WCU students and members of the WCU community.

- **SMALL GROUP TRAINING**
  - A blend of group fitness and personal training. Each session will have their own personal “coach” to inspire, focus on form, and safety in helping each participant reach their fitness goals!

- **FITNESS TERMS**
  - **Barre**: A fun and empowering class set to today’s hottest music. Classes begin with a warm up focusing on postural strength and alignment, followed by a series of upper body exercises using light weights. The ballet barre is used to sculpt the lower body, abs and for flexibility training.
  - **Cycle & Tone**: A cardio and strength training class based on a variety of resistance and sprint sets on bicycles. Learn combinations of climbs, jumps, and sprints to get your heart rate soaring! Cycle & Tone provides 45 minutes of strength training followed by 33 minutes of cardiovascular work.
  - **HIIT**: This high intensity interval training class is perfect for when you are in a rush and want to get a workout in. It focuses on short bursts of max effort combined with shorter rest periods to keep your heart rate elevated, allowing you to get the most out of your workout.
  - **Tabata Bootcamp**: A 45 minute total body HIIT (High Intensity Interval Training) workout designed to burn calories and boost your metabolism. Tabata Bootcamp’s motto is “Quality, not quantity.” The program offers effective workouts that maximize your results in minimal time…what could be better?
  - **BODYPUMP™**: The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the lowest weight rows–resistance bands, pilates, steps and wall. Get instant results, increase your strength, and sculpt in 60 minutes.
  - **Grit**: Les Mills GRIT 30-minute classes rotate through a schedule of cardio-designed to burn fat and rapidly improve athletic capacity by the use of high impact body weight exercises. Athletes! This workout offers you a step, bodyweight exercises and multi-dimensional sports conditioning training to increase your overall athletic performance, fitness and function.
  - **Strength and tone-lean muscle plus boost your metabolism with the use of dynamic and hand-held Yoga**: This class is ideal for anyone new to yoga and interested in its benefits that will help you build strength, increase flexibility, and find balance. It is motivatingly paced so you will learn the fundamental Yoga postures and principles that create a successful and effective mind/body practice.

- **APPLICATIONS**: Application is on Campus Recreation website under Employment.
Here at West Chester University, our Campus Recreation Program has given me an exciting chance to build on my personal and professional goals, skills, and connections. Being part of a program that is not only built on engaging students to lead in the workplace everyday, but also grow together as a team, Campus REC has helped my peers and I develop workforce skills that will travel with us long after our time at West Chester University comes to an end. Campus REC has so many great student run programs and departments that there truly is something for everyone’s passions, while also being extremely easy and encouraging to try something new. Since my time here began, I have made some of my greatest friends and made some of my best memories and it is all thanks to Campus Recreation.”

– Sidhartha Dhir ’21
Some people say I have ATTITUDE – maybe I do... but I think YOU HAVE TO.

You have to BELIEVE IN YOURSELF when no one else does – that makes you a WINNER right there.” – Venus Williams

OAP TRIPS SPRING 2021

Saturday, March 27
Beginner’s hike – John Heinz Refuge
Join our guides for a local hike. This co-curricular transcript opportunity will cover the basics of hiking including navigation and self-care.

Saturday, April 3
Beginner’s hike – Ridley Creek State Park
Join our guides for a local hike. This co-curricular transcript opportunity will cover the basics of hiking including navigation and self-care.

Saturday, April 1
Outdoor climbing – Chickie’s Rock
Want to climb outside? We will be setting up top rope climbs at the Chickie’s Rock climbing area on the Susquehanna. All equipment will be provided, and it is highly recommended that participants climb at the SRC wall in advance of the trip.

Saturday, April 17
Intermediate hike – French Creek State Park
Looking for a challenge? This hike will take participants over steeper terrain and will include higher mileage. Prior completion of an Introduction to Hiking trip is highly encouraged.

Saturday, April 24
Overnight backpacking – Ricketts Glen State Park ($10)
Join us for waterfall views and a night off campus. This trip will introduce students to backpacking and self-care in a wilderness setting.

Saturday, May 1
Biking – Delaware Towpaths
An out-and-back day on the flat Delaware Canal Towpath. Bikes are provided.

Sunday, May 2
Stand up paddleboarding – Marsh Creek State Park
Take a break from finals! This co-curricular transcript opportunity will teach participants the fundamentals of paddleboarding, including maneuvering and basic rescue skills. Join us:
- 5pm Monday, May 3
- 11am Saturday, May 8
- 1pm Saturday, May 8
- 5pm Thursday, May 13

All trips are $5 unless otherwise noted. Transportation will NOT be provided out of caution for COVID-19.
Intramurals at West Chester University are designed to provide a flexible and structured environment for all students to participate. Sports are offered in both league and one day tournament formats. Interested individuals and teams must register by the entry deadlines listed below.

WCU Virtual Offerings – 2021-2022 Academic Year

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<th>Registration Period</th>
<th>Play Begins</th>
<th>Cost</th>
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<td>NBA 2K</td>
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In-Person Offering

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<td>3/29</td>
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</table>

*ALL CLASSES START AT 6:15 PM*

To register, visit imleagues.wcupa
For more information or to inquire about future events, contact dcomas@wcupa.edu or follow us on Twitter @WCUIntramurals
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<td>Bowling</td>
<td>Sydney Fitzt</td>
<td><a href="mailto:SF892573@wcupa.edu">SF892573@wcupa.edu</a></td>
<td>Men's Soccer</td>
<td>Drake Pine</td>
<td><a href="mailto:DP955404@wcupa.edu">DP955404@wcupa.edu</a></td>
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<tr>
<td>Climbing</td>
<td>Dominic Sabone</td>
<td><a href="mailto:DF795224@wcupa.edu">DF795224@wcupa.edu</a></td>
<td>Men's Ultimate Frisbee</td>
<td>Keith Wood</td>
<td><a href="mailto:KN988155@wcupa.edu">KN988155@wcupa.edu</a></td>
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<tr>
<td>Crossfit</td>
<td>Michael Gallagher</td>
<td><a href="mailto:MG857264@wcupa.edu">MG857264@wcupa.edu</a></td>
<td>Men's Volleyball</td>
<td>Bryan Gatloway</td>
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<td>Dance</td>
<td>Ashley Miles</td>
<td><a href="mailto:AM987507@wcupa.edu">AM987507@wcupa.edu</a></td>
<td>Men's Water Polo</td>
<td>Ryan Lordan</td>
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<tr>
<td>Equestrian</td>
<td>Morgan Dempsey</td>
<td><a href="mailto:MD895769@wcupa.edu">MD895769@wcupa.edu</a></td>
<td>Rugby</td>
<td>Nick O‘Briens</td>
<td><a href="mailto:NO988810@wcupa.edu">NO988810@wcupa.edu</a></td>
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<tr>
<td>Freestyle</td>
<td>Joshua Taylor</td>
<td><a href="mailto:JT910411@wcupa.edu">JT910411@wcupa.edu</a></td>
<td>Swim Club</td>
<td>Caroline Barnett</td>
<td><a href="mailto:CB905054@wcupa.edu">CB905054@wcupa.edu</a></td>
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<td>Field Hockey</td>
<td>Emily Endres</td>
<td><a href="mailto:EE888155@wcupa.edu">EE888155@wcupa.edu</a></td>
<td>Women’s Hockey</td>
<td>Cheyenne Carson</td>
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<tr>
<td>Fencing</td>
<td>Steve Brown</td>
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<td>Women’s Lacrosse</td>
<td>Danielle Parcell</td>
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<td>Judo</td>
<td>Ryan Saltiel</td>
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<td>Kickboxing</td>
<td>Alica Harvey</td>
<td><a href="mailto:AH988767@wcupa.edu">AH988767@wcupa.edu</a></td>
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<td>Hannah Marie</td>
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<td>Gabriella Welch</td>
<td><a href="mailto:GW95294@wcupa.edu">GW95294@wcupa.edu</a></td>
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<td>Hudson Mckays</td>
<td><a href="mailto:HM895703@wcupa.edu">HM895703@wcupa.edu</a></td>
<td>Women’s Water Polo</td>
<td>Karl Khanson</td>
<td><a href="mailto:KL904400@wcupa.edu">KL904400@wcupa.edu</a></td>
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<td><a href="mailto:G099445@wcupa.edu">G099445@wcupa.edu</a></td>
<td>Wrestling</td>
<td>Thomas Blumwell</td>
<td><a href="mailto:TB91889@wcupa.edu">TB91889@wcupa.edu</a></td>
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The Sport Clubs program consists of competitive, instructional, and recreational clubs in nature that are unique in the very fact that they are initiated, organized, managed, and funded by students. Through this format, participating students have the opportunity to acquire skills such as leadership, organization, management, and fiscal responsibility. Sport clubs compete on a regional and national level and offer an opportunity for students to continue their athletic careers after high school.

The WCU Sports Club Council (SCC) was established in 1992 in order to have all clubs come together as a unified body and demonstrate their willingness to be recognized and registered in our WCU Student Government Association (SGA). It was designed with the sole purpose to promote mentoring, advisement, and student engagement. The Sport Clubs program at West Chester University strives to encourage participation, socialization, and competition of student organized sport clubs. Value-added experiences enhance physical fitness and foster a spirit of competition.
Think you can climb a mile? Earn bragging rights and a sweet tee by completing our Mile High Challenge. Talk to a staff member for details.

CLIMBING WALL HOURS SPRING 2021
Request-only basis from January 25th to March 22nd

WCU Virtual Offerings – 2021-2022 Academic Year

<table>
<thead>
<tr>
<th>Event Offering</th>
<th>Registration Period</th>
<th>Play Begins</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>FIFA</td>
<td>1/25 – 2/3</td>
<td>2/8</td>
<td>FREE</td>
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<tr>
<td>NBA 2K</td>
<td>1/25 – 2/3</td>
<td>2/8</td>
<td>FREE</td>
</tr>
</tbody>
</table>

IN-PERSON Offering

<table>
<thead>
<tr>
<th>Event Offering</th>
<th>Registration Period</th>
<th>Play Begins</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outdoor Soccer</td>
<td>2/15 – 3/8</td>
<td>3/29</td>
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</tr>
</tbody>
</table>

*ALL CLASSES START AT 6:15 PM*

Intramurals at West Chester University are designed to provide a flexible and structured environment for all students to participate. Sports are offered in both league and one day tournament formats. Interested individuals and teams must register by the entry deadlines listed below.

To register, visit imleagues.com/wcupa
For more information or to inquire about future events, contact dcomas@wcupa.edu or follow us on Twitter @WCUIntramurals
Some people say I have ATTITUDE – maybe I do... but I think YOU HAVE TO.

You have to BELIEVE IN YOURSELF when no one else does – that makes you a WINNER right there. – Venus Williams

OAP TRIPS SPRING 2021

Saturday, March 27
Beginner’s hike – John Heinz Refuge
Join our guides for a local hike. This co-curricular transcript opportunity will cover the basics of hiking including navigation and self-care.

Saturday, April 3
Beginner’s hike – Ridley Creek State Park
Join our guides for a local hike. This co-curricular transcript opportunity will cover the basics of hiking including navigation and self-care.

Saturday, April 1
Outdoor climbing – Chickie’s Rock
Want to climb outside? We will be setting up top rope climbs at the Chickie’s Rock climbing area on the Susquehanna. All equipment will be provided, and it is highly recommended that participants climb at the SRC wall in advance of the trip.

Saturday, April 17
Intermediate hike – French Creek State Park
Looking for a challenge? This hike will take participants over steeper terrain and will include higher mileage. Prior completion of an Introduction to Hiking trip is highly encouraged.

Saturday, April 24
Overnight backpacking – Ricketts Glen State Park ($10)
Join us for waterfall views and a night off campus. This trip will introduce students to backpacking and self-care in a wilderness setting.

Saturday, May 1
Biking – Delaware Towpaths
An out-and-back day on the flat Delaware Canal Towpath. Bikes are provided.

Stand up paddleboarding – Marsh Creek State Park
Take a break from finals! This co-curricular transcript opportunity will teach participants the fundamentals of paddleboarding, including maneuvering and basic rescue skills. Join us:

- 5pm Monday, May 3
- 11am Saturday, May 8
- 3pm Saturday, May 8
- 3pm Thursday, May 13

All trips are $5 unless otherwise noted. Transportation will NOT be provided out of caution for COVID-19.
“Here at West Chester University, our Campus Recreation Program has given me an exciting chance to build on my personal and professional goals, skills, and connections. Being part of a program that is not only built on engaging students to lead in the workplace everyday, but also grow together as a team, Campus REC has helped my peers and I develop workforce skills that will travel with us long after our time at West Chester University comes to an end. Campus REC has so many great student run programs and departments that there truly is something for everyone’s passions, while also being extremely easy and encouraging to try something new. Since my time here began, I have made some of my greatest friends and made some of my best memories and it is all thanks to Campus Recreation.”

– Sidhartha Dhir ’21
WHAT IS GROUP FITNESS?

Coming in February, Campus Recreation will be offering virtual Motion Studios live streamed on Zoom and available to all members by using the Zoom app on their computer or mobile device. All classes are taught by nationally certified instructors who are current WCU students and members of the WCU community. We take tremendous pride in our group fitness classes and encourage all levels of experience to attend!

SMALL GROUP TRAINING

Small Group Training is a blend of group fitness and personal training. Each session will have their own personal “coach,” to inspire, focus on form, and safety in helping each participant reach their fitness goals! Every coach is certified for each specific mode of exercise, bringing a high level of expertise and passion. Each small group training program varies. Please stay tuned for the most up to date information on our website.

FITNESS TERMS

Barre: A fun and empowering class set to today’s hottest music. Classes begin with a warm up focusing on postural strength and alignment, followed by a series of upper body exercises using light weights. The ballet barre is used to sculpt the lower body, abs and for flexibility training.

Cycle & Tone: A cardio and strength training class based on a variety of resistance and sprint sets on bicycles. Learn combinations of climbs, jumps, and sprints to get your heart rate soaring! Cycle & Tone provides 45 minutes of high-intensity training elevated by 75% of maximum work. Students will experience a variety of resistance and sprinting techniques, including hill intervals, heart rate zones, and more. Students are encouraged to bring their own bike or use the bike provided by Campus Recreation.

HIIT: This high intensity interval training class is designed to get you in and out of the studio in 45 minutes. The class is a combination of cardiovascular and strength training exercises. The class is designed to burn fat, improve cardiovascular fitness, and increase energy levels. The class is high intensity and includes a mix of cardiovascular and strength training exercises. The class is high intensity and includes a mix of cardiovascular and strength training exercises.

Tabata Bootcamp: A 45-minute total body HIIT (High Intensity Interval Training) workout designed to promote calorie burn and improve cardiovascular fitness. The Tabata Bootcamp is a 45-minute high-intensity interval training class. The Tabata Bootcamp is a 45-minute high-intensity interval training class. The Tabata Bootcamp is a 45-minute high-intensity interval training class. The Tabata Bootcamp is a 45-minute high-intensity interval training class. The Tabata Bootcamp is a 45-minute high-intensity interval training class.

POWERS: The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the heaviest weight you can manage. The result is improved strength, power, and cardiovascular fitness. This class is ideal for anyone new to weightlifting and interested in its benefits that will help you build strength, increase flexibility, and find more. It is considered one of the best barbell classes and is designed to teach the fundamentals of barbell lifting and exercises.

HIIT: This high intensity interval training class is designed to challenge your cardiovascular system. The class is a combination of cardiovascular and strength training exercises. The class is high intensity and includes a mix of cardiovascular and strength training exercises.

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LES MILLS GRIT 30: This HIIT class combines cardiovascular and strength training exercises. The class is designed to burn fat, improve cardiovascular fitness, and increase energy levels. The class is high intensity and includes a mix of cardiovascular and strength training exercises.

Yoga: This class is ideal for anyone new to yoga and interested in its benefits that will help you build strength, increase flexibility, and find more. It is considered one of the best barbell classes and is designed to teach the fundamentals of barbell lifting and exercises.

BODYPUMP™: The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the heaviest weight you can manage. The result is improved strength, power, and cardiovascular fitness. This class is ideal for anyone new to weightlifting and interested in its benefits that will help you build strength, increase flexibility, and find more. It is considered one of the best barbell classes and is designed to teach the fundamentals of barbell lifting and exercises.

GRIT: Les Mills GRIT 30-minute classes rotate through a schedule of Cardio designed to burn fat and rapidly improve athletic capability by the use of high impact body weight exercises. Athletes. This workout offers us a step, body weight exercises and full Molly sports conditioning training to increase your overall athletic performance: core strength, agility, speed and power. Strength-build strength and tone lean muscle plus boost your metabolism with the use of dynamic and ballistic combinations.

Yoga: This class is ideal for anyone new to yoga and interested in its benefits that will help you build strength, increase flexibility, and find more. It is considered one of the best barbell classes and is designed to teach the fundamentals of barbell lifting and exercises.

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To create an IMLeagues account:
2. Enter your information. You must use your school email address (@wcupa.edu). Click Submit. You will receive a confirmation email. Click the link in the email to log in and activate your account.
3. You should be automatically joined to “West Chester University”. If not, you can search schools by clicking the “Schools” link and select “West Chester University”.

To register for a gym visit:
1. Log into your IMLeagues account.
2. Click the Facilities Reservation tab in the purple banner under West Chester University.
3. Scroll down and click on the “classes” tab.
4. Find the reservation time you want to register for and click the green Sign Up button to the right. This will take you to the general gym visit information page. The green Sign Up button is visible if registration is open.
5. Read the liability release and click Accept at the bottom of the page. Click Sign Up. You have successfully joined the session.
6. You will receive a confirmation email from IMLeagues with info on the class for which you have registered.

FACILITY RESERVATION
In order to maintain proper physical distancing guidelines and adhere to CDC standards, All Rec Center Visits must be scheduled ahead of time using IM Leagues.
To reserve any space in the Student Recreation Center, please email your request to: srcrequests@wcupa.edu

OUR KNOWLEDGEABLE STAFF RECOMMENDS AND SUPPORTS LIFESTYLE CHANGES THROUGH EVALUATION, EDUCATION AND A VARIETY OF TOOLS TO HELP MOTIVATE INDIVIDUALS.

NEW USER ORIENTATION
Learn proper form and how to use cardiovascular and strength machines on the fitness floor. Led by our experienced Recreation Attendants, the new user orientation offers hands-on participation and fitness resources to those wishing to learn how to safely use the equipment. Orientations are a drop-in process, so stop by the WCU Student Recreation Center second and third floor desks and let a Recreation Attendant assist you!

GENERAL POLICIES
- Reservation must be made to enter Student Recreation Center.
- Reservations are made in 75 minute blocks
- Valid WCU ID required
- Patrons must wear face coverings throughout facility
- Equipment should be wiped down with ERC wipes before and after use
- Use of equipment is at own risk
- Proper use of equipment is required

FACILITIES SERVICES

FACILITIES
- 69,000 square foot facility
- 15,000 square feet of cardiovascular and strength floor area
- Over 65 pieces of name brand cardiovascular equipment
- Over 115 pieces of strength equipment including the Life Fitness Synergy 360
- 175 m jogging track
- Men’s and women’s locker rooms with over 75 lockers (member must provide own lock)
- State-of-the-art 34-foot tall climbing wall
- Nutrition and Fitness Educational Suite
- Administrative offices suite with conference rooms
- 2 hardwood basketball courts
- 1 multi-activity court (MAC) including indoor soccer
- 2 outdoor basketball courts
- 1 outdoor sand volleyball court

WCU FACILITY SCHEDULE Fall 2020 Semester

STUDENT RECREATION CENTER
Monday – Thursday: 7:00 AM - 8:00 PM
Friday: 7:00 AM - 6:30 PM
Saturday: CLOSED
Sunday: CLOSED

CLIMBING WALL
The Climbing Wall will be open only by REQUEST from January 25th to March 22nd

REC SWIM
Not offered this semester

Please refer to the website for closures, holiday hours, changes to schedule.

NEED A SPOT? HAVING TROUBLE WITH YOUR LAST SET? ASK A RECREATION ATTENDANT TO HELP SPOT YOU!
THE APP IS LIVE

IMLeagues is now available on the App Store & Google Play!

Be sure to download the app for quick and convenient access to make MANDATORY online reservations!

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DEPARTMENT STAFF

MICHAEL RENO, Senior Director of Campus Recreation
mreno@wcupa.edu | (610) 436-6928
- Responsible for creation, prioritization and administration of operational and capital budget
- Responsible for coordination of indoor and outdoor facility enhancements and construction projects
- Provide leadership and support to all department full-time professional staff

DAN COMAS, Associate Director for Facilities and Business Operations
dcomas@wcupa.edu, (610) 436-2277
- Managers all aspects of the facility and related staff
- Responsible for scheduling and coordination of facility rentals
- Manage department budgets

TBA, Assistant Director of Intramurals and Sport Clubs
- Coordinates all intramural sports leagues and tournaments
- Administrator of IMLeagues.com
- Fills all Recreation Equipment Rental Requests

STEVEN SASSAMAN, Associate Director for Experiential & Adventure Education
ssassaman@wcupa.edu | (610) 436-2100
- Manage the operations of the Climbing wall including staff training, maintenance, and development of educational programs
- Coordinates the training and development of our student Trip Guides who conduct outdoor excursions throughout the semester
- Assist campus community with providing experiential leadership development programs.

EMPLOYEE BENEFITS...Services...General Policies

Fitness Programs...Services...General Policies

Intramurals...Services...General Policies

Sport Clubs Program...Services...General Policies

Outdoor Adventures Pursuits...Services...General Policies

Employment...Services...General Policies
At West Chester University, Campus Recreation is the primary destination for the Golden Ram campus community to engage in recreation, social, and wellness-oriented programs and services. Blending components of fitness and well-being with the co-curricular educational experience. It is our mission to assist each person in exceeding academic goals while establishing healthy lifetime behaviors. While at WCU, we encourage you to treat yourself and allow your mind, body, and soul to engage in some daily PLAY time; you’ve earned it!

Will the Student Recreation Center be open in Spring 2021?
The Student Recreation Center will reopen Monday, January 25th until May 14th, 2021.

What hours will the Student Recreation Center be Open?
The Student Recreation Center will be open Monday-Thursday 7am-8pm, Friday 7am-6:30pm. The Recreation Center will be CLOSED on Saturday & Sunday.

Will the Climbing Wall be Open?
The Climbing Wall will open only by REQUEST from January 25th to March 22nd.

What precautions has the Recreation Center taken regarding COVID-19?
All equipment has been spread out according to CDC Guidelines. Cardio equipment that did not require electricity (Ellipticals, Bikes & Arc Trainers) has been moved to the MAC Court and spaced 8 feet apart. Treadmills are spaced 6 feet apart and will be facing the windows. Selectorized strength equipment has been spread out 8 feet apart on the first and second floor. Additional signage has been placed around the building to remind patrons to maintain physical distancing.

Are Face Coverings Required?
Patrons using the Student Recreation Center must properly wear face coverings and maintain six feet of distance from others at all times unless the student has a documented medical exemption.

What sanitizing protocols have been taken?
EIGHT Additional ERC Wipes Stations have been placed throughout the building for patrons to use before/after they use equipment. Additional Purell Stations have also been installed for hand sanitizing.

How many people will be allowed to be in the Student Recreation Center at one time?
There will be 100 reservations open for patrons to reserve on our facility reservation system. Group exercise and climbing wall reservations will be under a separate tab on IMLeagues.

What is the Facility Reservation System?
Patrons must register for a timed on IMLeagues to use the facility. Reservations will be 75 minutes long. Patrons will be able to register for a timed 24 hours in advance and reservations will be filled on a first come, first serve basis.

Will the Basketball Courts be open for Open Rec?
Basketball Courts will NOT be open for OPEN REC but can be utilized for group exercise or other individual exercise. Courts have been sectioned off in 10 by 10 squares in order to provide proper distancing.

What are Intramurals during the Spring 2021 Semester?
Intramurals will be conducted virtually during the Spring 2021 Semester. This will be done through Esports (Madden, 2K, Rocket League and FIFA), Fantasy Football and NFL Pick Em’. Patrons should check IMLeagues for all information regarding registration, start dates and cost.

Will the Rec Center be open for Spring 2021?
Locker rooms will only be available for restroom usage. Showers and lockers will be closed. Studio C and one Racquetball court will be offline for Spring semester.

Will any areas of the Rec Center be closed?
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12. Will there be Sport Clubs during the Spring 2021 Semester? Sports Clubs are currently suspended with an ongoing revaluation for the Spring 2021 semester.

13. Will any areas of the Rec Center be closed? Locker rooms will only be available for restroom usage. Showers and lockers will be closed. Studio C and one Racquetball court will be offline for Spring semester.