At West Chester University, Campus Recreation is the primary destination for the Golden Ram campus community to engage in recreation, social, and wellness-orientated 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!

Something for EveryBody

EMPLOYMENT OPPORTUNITIES

Would you like to join our team?

- Climbing Wall Attendant
- Intramural Official
- Group Fitness Instructor
- Outdoor Adventure Pursuits staff
- Recreation Attendant

Where to apply: https://wcupa.joinhandshake.com/jobs

Our company profile name is “West Chester University Campus Recreation Department”. Job descriptions with contact persons/hiring managers, pay-rates and qualifications will be available on handshake.

Something for EveryBody

2019
What's New

ADVENTURE EDUCATION

relationships and improve on skills including teamwork, communication, South Campus, provides an opportunity to customize your group's learning. Challenge course and team building: the Challenge Course, located on sliding scale fee for student groups and non-profits. request and one of our facilitators will be in touch to help design the perfect program to a full day experience. Please visit our website to submit a program program for your group. Prices vary based on the program and we offer a based on several factors including size of the group, activities selection, affiliation with WCU and length of program. Please visit the Adventure Education page on the Campus Rec website or contact OutdoorPursuits@wcupa.edu to request an estimate for your group.

West Chester University is home to a top-notch challenge course facility, located on South Campus. Student organizations, campus departments, and community groups may book an array of experiences ranging from a one-hour program to a full day experience. Please visit our website to submit a program request and one of our facilitators will be in touch to help design the perfect program for your group. Prices vary based on the program and we offer a sliding scale fee for student groups and non-profits.

Challenge course and team building: the Challenge Course, located on South Campus, provides an opportunity to customize your group’s learning. Our facilitators lead and debrief activities to help your group build positive Ground Initiatives: Ground Initiatives take place on the ground but do not be fooled by their commonplace name, they are often quite challenging and can depend on a group’s needs and goals.

LOW ELEMENTS: These challenges do involve getting your feet off the ground and often employ permanent structures designed for challenge courses. Some sample activities include: spider’s web, team wall, or at an on-campus location of the organization’s choice. Through the years, the adventure education program has welcomed corporate groups, religious groups, school students, school administrators and teachers, day camps, Greek organizations, and athletic teams. Each has seen the value of hands-on learning done outdoors. Challenge and adventure experiences vary, based on several factors including size of the group, activities selection, affiliation with WCU and length of program. Please visit the Adventure Education page on the Campus Rec website or contact OutdoorPursuits@wcupa.edu to request an estimate for your group.

DEPARTMENT STAFF

MARTIN, Assistant Director of Fitness and Athletics

ERIN MARTHIN, Assistant Director of Fitness and Athletics

ERIN MARTHIN, Assistant Director of Fitness and Athletics

KELLY MCMILLEN, Graduate Assistant Sport Clubs

O. D. DAVIS, Graduate Assistant Intramural Sports

MARTIN, Assistant Director of Fitness and Athletics

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FACILITIES SERVICES
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.

GENERAL POLICIES
• Valid WCU ID required
• All use equipment at their own risk
• Appropriate attire is required. Entire facility dress code is on our website
• Equipment should be wiped down with ERC wipes before and after use
• WCU has the right to limit or prohibit exercises/activities performed by patrons that are seen as hazardous or high risk to themselves or others.

FACILITIES
• 68,000 square feet 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
• 1/7 mile jogging track
• Men’s and women’s locker rooms with over 75 lockers (member must provide OWN lock)
• State-of-the-art 34 feet tall climbing wall
• Nutrition and Fitness Educational Suite
• Administrative offices suite with conference room
• 2 hardwood basketball courts
• 1 multi-activity court (MAC) including indoor soccer
• 1 indoor basketball court
• 1 outdoor sand volleyball court

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

WCU FACILITY SCHEDULE
Fall 2021 Semester

STUDENT RECREATION CENTER
Monday – Thursday: 6:00 AM - 11:30 AM
Friday: 6:00 AM - 10:00 PM
Saturday: 10:00 AM - 8:00 PM
Sunday: 11:00 AM - 11:30 PM

CLIMBING WALL
Monday – Thursday: 3:00 PM – 9:00 PM

REC SWIM
View WCU Campus Rec Home Page

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

The Ball Is In Your Court:
If you’re a West Chester University enrolled student you are already a member. Just show-up, present your Ram ID and come get your fitness groove on!

Not a student? Don’t worry, as long as you are one of the following you can join, too.

• WCU faculty, staff, adjunct faculty or lecturer
• A current member of the West Chester University Alumni Association
• An employee of a university affiliate

Membership has its benefits:

• Access to over 35 weekly, high-quality Group Fitness classes
• Opportunity to learn, practice and climb our 34 ft. tall climbing wall
• Membership pricing on special events, Outdoor Adventure Pursuit trips, programs, or services including Small Group Training (GRIT)
• Two complimentary guests per semester
• Ability to check-out or rent Campus Recreation equipment including basketballs, volleyballs, rock-climbing shoes, boxing gloves, resistance straps, and outdoor equipment

RATES

Annual membership $330 (365 days from date of purchase)
6-months membership $180
1-month/30 day membership $35
1-day membership (good all day) $7

All memberships must be made on-line at: https://www.wcupa.edu/services/campusRec/forms/membership

Credit card or payroll deduction (annual membership only) only

MEMBERSHIP POLICIES & PROCEDURES FAQ’S

The Student Recreation Center continues to review updated guidance provided by the governor of Pennsylvania, the CDC, PA Departments of Health and Education, and information from the Chester County Department of Health. At the same time, we remain flexible should public health needs shift in the Commonwealth of Pennsylvania.

Are face coverings required?
Patrons using the Student Recreation Center must properly wear a mask that covers the nose and mouth within spaces where 3 feet of physical distancing is not possible regardless of vaccination status. For those who are fully vaccinated, mask wearing is no longer required when 3 feet of social distancing is possible.

*Fully vaccinated means it has been two (2) weeks after receiving the second dose of a Pfizer or Moderna vaccine or two (2) weeks after a single dose of the J&J vaccine.

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.

Will the indoor basketball courts be open for Open Rec?
The indoor basketball courts will be open for OPEN REC use.

Will there be intramurals during the Fall 2021 semester?
Yes, intramurals will be conducted both in-person and virtually during the Fall 2021 semester. Patrons should visit IMLeagues for more information regarding registration, start dates and cost.

Will there be sport clubs during the Fall 2021 semester?
Yes, sport clubs will practice and compete during the Fall 2021 semester.

Will any areas of the Rec Center be closed?
One racquetball court will be offline for fall 2021 semester.

The Student Recreation Center will extend their hours of operation beginning on Monday, August 30th.

What hours will the Recreation Center be open?
The Student Recreation Center will be open Monday-Thursday 6:00am-11:30pm, Friday 6:00am-10:00pm, Saturday 10:00am- 8:00pm and Sundays 11:00am-11:30pm.

What precautions has the Student Recreation Center taken regarding COVID-19?
All equipment has been spread out according to CDC Guidelines. Treadmills are spaced out 6 feet apart and will be facing the windows. All other cardio equipment (ellipticals, bikes & arc trainer) will be spread 3 feet apart. All selectorized and strength equipment has been spread out 6-feet. Additional signage has been placed around the building to remind patrons to maintain physical distancing.

What will the Recreation Center be open in Fall 2021?
Will there be intramurals during the Fall 2021 semester? Yes, intramurals will be conducted both in-person and virtually during the Fall 2021 semester. Patrons should visit IMLeagues for more information regarding registration, start dates and cost.

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Will the climbing wall be open?
The Climbing Wall will open Monday-Thursday from 3:00pm- 9:00pm beginning on Monday, August 30th.

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WHAT IS GROUP FITNESS?

Coming in February, Campus Recreation will be offering virtual Fitness classes for our student body that are unable to attend our in person offerings. The classes are available for all West Chester University students, and are designed to be State, with minimal to no equipment. Some of the classes include HIIT, Tabata Bootcamp, Yoga, Power Pilates, Barre and more. Stay connected 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!

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 session will be different so 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 cycle training followed by 15 minutes of abs training.

HIIT: This High Intensity Interval training class is perfect for when you are in a rush and want to get a workout in. It is a series of anaerobic all out 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 learn more 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 heaviest weight you can carry. It is a combination of strength, power, balance, and flexibility. BODYPUMP™ will incorporate the use of dumbbells and barbells.

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. Athletic This workout often uses a step, body weight exercises and multi-dimensional sports-conditioning training to increase your overall endurance performance: strength, agility, speed, and power. Strength-build strength and tone lean muscle plus boost your metabolism with the use of plates and barbells.

Yoga: This class is ideal for anyone new to yoga and interested in its benefits that will help you build strength, increase flexibility and build trust. It is moderately paced so you will learn the fundamental Yoga postures and principles that create a successful and effective mind/body practice.

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.
“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 an 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
NEVER say NEVER,
because LIMITS, like FEARS, are often just ILLUSIONS."
– Michael Jordan

INTRAMURAL SPORTS

OAP TRIPS FALL 2021
Please visit IG: @outdooradventurepursuits or website: https://www.wcupa.edu/_services/CampusRec/outdoorAdventure.aspx for updates to the 2021 Fall schedule.

Adventures include: hiking, backpacking, paddle boarding, and overnight camping.
The Outdoor Adventure Pursuits program strives to engage students in meaningful outdoor experiences utilizing a variety of outdoor activities and excursions. Students gain confidence in skills as in problem solving, leadership development, self-awareness, sustainable living, global citizenship, all ability levels welcome...beginner to advanced!

Climbing Wall Hours Fall 2021

Monday – Thursday 3pm to 9pm

Climbing Fundamentals (50) - Get started off right with this two hour session focused on basic body movement, climbing equipment, and belaying technique. This is a small group session with one of trained instructors offering lots of personal attention.

Lead Climbing (320) - This two part class (4 total hours) will cover the fundamentals of lead climbing including lead climbing techniques, lead belaying, rope management, and equipment used. Must be WCU belay certified and demonstrate ability to climb a 5.9 proficiently to participate. This is a small group session with a nationally accredited Climbing Wall Instructor offering lots of personal attention.

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.

Please visit website: https://www.wcupa.edu/_services/CampusRec/intramurals.aspx for updates to the 2021 Fall schedule.

To register, visit imleagues.com/wcupa

For more information or to inquire about future events, contact Demetrius Isaac (disaac@wcupa.edu) or follow us on Twitter @WCUIntramurals
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.

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<tr>
<td>Bowling</td>
<td>Colby Yonchiuk</td>
<td><a href="mailto:CY954297@wcupa.edu">CY954297@wcupa.edu</a></td>
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<tr>
<td>Climbing</td>
<td>Dominic Saboe</td>
<td><a href="mailto:D9791784@wcupa.edu">D9791784@wcupa.edu</a></td>
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<tr>
<td>Crossfit</td>
<td>Guido Zito</td>
<td><a href="mailto:G2019837@wcupa.edu">G2019837@wcupa.edu</a></td>
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<tr>
<td>Dance Team</td>
<td>Olivia Adams</td>
<td><a href="mailto:J7110639@wcupa.edu">J7110639@wcupa.edu</a></td>
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<tr>
<td>Equestrian</td>
<td>Jamie Espinoza</td>
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<tr>
<td>Fencing</td>
<td>Joshua Taylor</td>
<td><a href="mailto:J7153213@wcupa.edu">J7153213@wcupa.edu</a></td>
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<tr>
<td>Field Hockey</td>
<td>Kayley D'Arcy</td>
<td><a href="mailto:K2055395@wcupa.edu">K2055395@wcupa.edu</a></td>
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<tr>
<td>Judo</td>
<td>Matthew P. Toomey</td>
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<tr>
<td>Kickboxing</td>
<td>Ian Pressley</td>
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<tr>
<td>Men's D1 &amp; D2 Ice Hockey</td>
<td>Ryan Wagt</td>
<td><a href="mailto:R9540823@wcupa.edu">R9540823@wcupa.edu</a></td>
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<tr>
<td>Men's Lacrosse</td>
<td>Keri Stover</td>
<td><a href="mailto:K3882675@wcupa.edu">K3882675@wcupa.edu</a></td>
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<tr>
<td>Men's Rugby</td>
<td>Antonio Vakaran</td>
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<tr>
<td>Mesh Ultimate</td>
<td>Keith Redd</td>
<td><a href="mailto:K8918515@wcupa.edu">K8918515@wcupa.edu</a></td>
</tr>
<tr>
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<td>Nicholas Nipper</td>
<td><a href="mailto:N9955713@wcupa.edu">N9955713@wcupa.edu</a></td>
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<tr>
<td>Men's Water Polo</td>
<td>Tanner Carcavilla</td>
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<tr>
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<td>Claudia McFadden</td>
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<td>Meg Carfagni</td>
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<tr>
<td>Women's Ultimate</td>
<td>Hannah Mann</td>
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<tr>
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<td>Sara Robinson</td>
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<tr>
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<td>Katie Lattanza</td>
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<td>Wrestling</td>
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<tr>
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</tr>
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<tr>
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<tr>
<td>Wrestling</td>
<td>Tommy Bramwell</td>
<td><a href="mailto:tb9119@wcupa.edu">tb9119@wcupa.edu</a></td>
</tr>
</tbody>
</table>

The Sport Clubs program includes 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 aims to encourage participation, socialization, and competition of student-organized sport clubs. Value-added experiences enhance physical fitness and foster a spirit of competition.

<table>
<thead>
<tr>
<th>SPORT CLUB</th>
<th>PRESIDENT</th>
<th>EMAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowling</td>
<td>Colby Yonchiuk</td>
<td><a href="mailto:cy95404@wcupa.edu">cy95404@wcupa.edu</a></td>
</tr>
<tr>
<td>Climbing</td>
<td>Dominic Sabine</td>
<td><a href="mailto:ds91520@wcupa.edu">ds91520@wcupa.edu</a></td>
</tr>
<tr>
<td>Crossfit</td>
<td>Giulia Zito</td>
<td><a href="mailto:gzi9937@wcupa.edu">gzi9937@wcupa.edu</a></td>
</tr>
<tr>
<td>Dance Team</td>
<td>Julita Adams</td>
<td><a href="mailto:js90539@wcupa.edu">js90539@wcupa.edu</a></td>
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<tr>
<td>Equestrian</td>
<td>Jamie Espino</td>
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The Outdoor Adventure Pursuits program strives to engage students in meaningful outdoor experiences utilizing a variety of outdoor activities and excursions. Students gain confidence in skills as in problem solving, leadership development, self-awareness, sustainable living, global citizenship. All ability levels welcome...beginner to advanced!

CLIMBING WALL HOURS FALL 2021
Monday – Thursday 3pm to 9pm

Climbing Fundamentals (50) - Get started off right with this two hour session focused on basic body movement, climbing equipment, and belaying technique. This is a small group session with one of trained instructors offering lots of personal attention.

Lead Climbing (520) - This two part class (4 total hours) will cover the fundamentals of lead climbing including lead climbing techniques, lead belaying, rope management, and equipment used. Must be WCU belay certified and demonstrate ability to climb a 5.9 proficiently to participate. This is a small group session with a nationally accredited Climbing Wall Instructor offering lots of personal attention.

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.

Please visit website: https://www.wcupa.edu/_services/CampusRec/intramurals.aspx for updates to the 2021 Fall schedule.

To register, visit imleagues.com/wcupa
For more information or to inquire about future events, contact Demetrius Isaac (disaac@wcupa.edu) or follow us on Twitter @WCUIntramurals

LEAGUE OFFERINGS
Flag Football
Indoor Soccer
Dodgeball

SPECIAL EVENT OFFERINGS
3x3 Basketball
NBA 2K Tournament
Fantasy Football
"NEVER say NEVER,

because LIMITS, like FEARS, are often just ILLUSIONS."

– Michael Jordan

OAP TRIPS FALL 2021
Please visit IG: @outdooradventurepursuits
or website: https://www.wcupa.edu/_services/CampusRec/outdoorAdventure.aspx
for updates to the 2021 Fall schedule.

Adventures include: hiking, backpacking, paddle boarding, and overnight camping.
“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 Fitness classes for our student body that are unable to attend our in-person offerings. The classes are available for all West Chester University students, and are designed to be state-of-the-art with unique programming. Some of the classes include HIIT, Tabata Bootcamp, Yoga, Power Pilates, Barre and more. Stay connected 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!

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 bodyweight training followed by 15 minutes of cycling. 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!

HIIT: This High Intensity Interval training class 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. Utilizing the Recreation Center’s new functional fitness area, you can incorporate the use of tires, battle ropes, and weight sleds.

Tabata Bootcamp: A 45 Minute total body HIIT (High Intensity Interval Training) workout designed to learn more 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 heaviest weight you can tolerate. These exercises, performed at a quick pace, require no special equipment and your choice of weight inspires you to get the most you possibly can – and keep them up to 200 calories per class!

Grit: Les Mills GRT 30-minute classes rotate through a schedule of Cardie designed to burn fat and rapidly improve athletic capability by the use of high impact body weight exercises. Athlete. This workout often uses a step, body weight exercises and multi-dimensional sports conditioning training to increase your overall athleticism: strength, agility, speed and power. Strength-build strength and tone lean muscle plus boost your metabolism with the use of plates and barbells.

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 your inner peace. It is moderately paced so you will learn the fundamental yoga postures and principles that create a successful and effective mind-body practice.

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.
MEMBERSHIP
The Ball Is In Your Court:
If you’re a West Chester University enrolled student you are already a member. Just show-up, present your Ram ID and come get your fitness groove on!
Not a student? Don’t worry, as long as you are one of the following you can join, too.
• WCU faculty, staff, adjunct faculty or lecturer
• A current member of the West Chester University Alumni Association
• An employee of a university affiliate

Membership has its benefits:
• Access to over 35 weekly, high-quality Group Fitness classes
• Opportunity to learn, practice and climb our 34 ft. tall climbing wall
• Membership pricing on special events, Outdoor Adventure Pursuit trips, programs, or services including Small Group Training (GRIT)
• Two complimentary guests per semester
• Ability to check-out or rent Campus Recreation equipment including basketballs, volleyballs, rock-climbing shoes, boxing gloves, resistance straps, and outdoor equipment

RATES
Annual membership .......................... $330
(365 days from date of purchase)
6-months membership ........................................ $180
1-month/30 day membership .......................... $35
1-day membership (good all day) .................. $7

All memberships must be made on-line at:
https://www.wcupa.edu/services/campusRec/forms/membership

Credit card or payroll deduction (annual membership only) only

COVID-19 POLICIES & PROCEDURES FAQ’S
The Student Recreation Center continues to review updated guidance provided by the governor of Pennsylvania, the CDC, PA Departments of Health and Education, and information from the Chester County Department of Health. At the same time, we remain flexible should public health needs shift in the Commonwealth of Pennsylvania.

Will the Recreation Center be open in Fall 2021?
The Student Recreation Center will extend their hours of operation beginning on Monday, August 30th.

What hours will the Recreation Center be open?
The Student Recreation Center will be open Monday-Thursday 6:00am-11:30pm, Friday 6:00am-10:00pm, Saturday 10:00am-8:00pm and Sundays 11:00am-11:30pm.

Will the climbing wall be open?
The Climbing Wall will open Monday-Thursday from 3:00pm-9:00pm beginning on Monday, August 30th.

What precautions has the Student Recreation Center taken regarding COVID-19?
All equipment has been spread out according to CDC Guidelines. Treadmills are spaced out 6 feet apart and will be facing the windows. All other cardio equipment (ellipticals, bikes & arc trainer) will be spread 3 feet apart. All selectorized and strength equipment has been spaced out 6 feet. Additional signage has been placed around the building to remind patrons to maintain physical distancing.

What sanitizing protocols have been taken?
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.

Will the indoor basketball courts be open for Open Rec?
The indoor basketball courts will be open for OPEN REC use.

Will there be intramurals during the Fall 2021 semester?
Yes, intramurals will be conducted both in-person and virtually during the Fall 2021 semester. Patrons should visit IMLeagues for more information regarding registration, start dates and cost.

Will there be sport clubs during the Fall 2021 semester?
Yes, sport clubs will practice and compete during the Fall 2021 semester.

Will any areas of the Rec Center be closed?
One racquetball court will be offline for fall 2021 semester.

Are face coverings required?
Patrons using the Student Recreation Center must properly wear a mask that covers the nose and mouth within spaces where 3 feet of physical distancing is not possible regardless of vaccination status. For those who are fully vaccinated, mask wearing is no longer required when 3 feet of social distancing is possible.

*Fully vaccinated means it has been two (2) weeks after receiving the second dose of a Pfizer or Moderna vaccine or two (2) weeks after a single dose of the J&J vaccine.
FACILITIES SERVICES
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.

GENERAL POLICIES
• Valid WCU ID required
• All use equipment at their own risk
• Appropriate attire is required. Entire facility dress code is on our web site
• Equipment should be wiped down with ERC wipes before and after use
• WCU has the right to limit or prohibit exercises/activities performed by patrons that are seen as hazardous or high risk to themselves or others

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
• 1/8 mile jogging track
• Men’s and women’s locker rooms with over 75 lockers (member must provide own lock)
• State-of-the-art 34 feet tall climbing wall
• Nutrition and Fitness Educational Suite
• Administrative office suite with conference room
• 2 hardwood basketball courts
• 1 multi-activity court (MAC) including indoor soccer
• 1 indoor basketball court
• 1 outdoor sand volleyball court

WCU FACILITY SCHEDULE Fall 2021 Semester

STUDENT RECREATION CENTER
Monday – Thursday: 6:00 AM - 11:30 AM
Friday: 6:00 AM - 10:00 PM
Saturday: 10:00 AM - 8:00 PM
Sunday: 11:00 AM - 11:30 PM

CLIMBING WALL
Monday – Thursday: 3:00 PM - 9:00 PM

REC SWIM
View WCU Campus Rec Home Page

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!
What’s New

ADVENTURE EDUCATION

Our facilitators lead and debrief activities to help your group build positive relationships and improve on skills including teamwork, communication, planning, problem solving, decision making, and leadership. Indoor programs are also available within Campus Recreation facilities, including the Climbing Wall, or at an on-campus location of the organization’s choice. Through the years, the adventure education program has welcomed corporate groups, religious groups, school students, school administrators and teachers, day camps, Greek organizations, and athletic teams. Each has seen the value of hands-on learning done outdoors. Check out all adventure experiences online, based on several factors including size of the group, activities selection, affiliation with WCU and length of program. Please visit the Adventure Education page on the Campus Rec website or contact OutdoorPursuits@wcupa.edu to request an estimate for your group.

LOW ELEMENTS:

These challenges do involve getting your feet off the ground and often employ permanent structures designed for challenge training, problem solving, decision making, and leadership. Indoor programs are also available within Campus Recreation facilities, including the Climbing Wall, or at an on-campus location of the organization’s choice. Through the years, the adventure education program has welcomed corporate groups, religious groups, school students, school administrators and teachers, day camps, Greek organizations, and athletic teams. Each has seen the value of hands-on learning done outdoors. Check out all adventure experiences online, based on several factors including size of the group, activities selection, affiliation with WCU and length of program. Please visit the Adventure Education page on the Campus Rec website or contact OutdoorPursuits@wcupa.edu to request an estimate for your group.

GROUND INITIATIVES:

Ground initiatives take place on the ground but do not be fooled by their commonplace name, they are often quite challenging and can promote learning as much as low or high initiatives. Our adventure facilitators can employ a seemingly limitless number of activities promoting learning, problem solving, decision making, and leadership. Indoor programs are also available within Campus Recreation facilities, including the Climbing Wall, or at an on-campus location of the organization’s choice. Through the years, the adventure education program has welcomed corporate groups, religious groups, school students, school administrators and teachers, day camps, Greek organizations, and athletic teams. Each has seen the value of hands-on learning done outdoors. Check out all adventure experiences online, based on several factors including size of the group, activities selection, affiliation with WCU and length of program. Please visit the Adventure Education page on the Campus Rec website or contact OutdoorPursuits@wcupa.edu to request an estimate for your group.

DEPARTMENT STAFF

MICHAEL KOLB, Director of Campus Recreation
michael.kolb@wcupa.edu | (610) 436-6924
• Responsible for strategic direction and planning of Campus Recreation program and facilities
• Oversee the financial operations and budget
• Provide leadership and support across all departmental functions

DAN CORMAC, Associate Director for Facilities and Business Operations
dan.cormac@wcupa.edu | (610) 436-2277
• Manages all areas of the facility and student staff
• Responsible for the scheduling and coordination of facility rentals
• Manage department budgets

DEMETRIUS ISAAC, Assistant Director of Intramurals and Sport Clubs
demetrius.isaac@wcupa.edu | (610) 436-2333
• Coordinates administration of intramural and sport clubs programs and tournaments
• Administrative support to faculty
• Fill all Recreation Equipment Rental Requests

STEVEN SASSAMAN, Associate Director for Experiential Education
steven.sassaman@wcupa.edu | (610) 436-2100
• Manage the operations of the Climbing Wall including staff training, maintenance, and development of educational programs
• Coordinate the training and development of our student Trip Guides who conduct outdoor experiences using the Climbing Wall
• Assist Campus community with providing experiential leadership development programs

ERIN MULLIGAN, Assistant Director of Fitness and Lifestyle
erin.mulligan@wcupa.edu | (610) 436-2350
• Supervising Director of fitness and recreation
• Develop departmental marketing and promotional materials
• Oversee facility enhancement and construction projects

BRANDON STEEL, Graduate Assistant, Intramurals
brandon.steel@wcupa.edu | (610) 436-2200
• Oversee all fitness programs and activities
• Responsible for the scheduling and coordination of facility rentals

JOE DAVIE, Graduate Assistant, Intramural Sports
joseph.davie@wcupa.edu | (610) 436-2350
• Assist campus community with providing experiential leadership development programs

KYLE PILUSO, Graduate Assistant, Marketing & Special Events
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NATALIE DONOHUE, Graduate Assistant, Fitness Programs
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KRISTA LINK, Administrative Assistant
Krista.Link@wcupa.edu | (610) 436-2131
• Administrative and liaison support
• Professional staff support
• Coordinate all administrative support needs for the department

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• Assist Campus community with providing experiential leadership development programs
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!

Something for EveryBody

EMPLOYMENT OPPORTUNITIES

Where to apply: https://wcupa.joinhandshake.com/jobs

Our company profile name is “West Chester University Campus Recreation Department”. Job descriptions with contact persons/hiring managers, pay-rates and qualifications will be available on handshake.

- Climbing Wall Attendant
- Intramural Official
- Group Fitness Instructor
- Outdoor Adventure Pursuits staff
- Recreation Attendant