Something for EveryBody

(610) 436-1REC
www.wcupa.edu/campusrec/

@wcupacampusrec
@westcampuscacom
@wcupacampusrec
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
**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 depending 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, zig-zag, giant's finger, Mohawk walk, animal house, board room, wild woozy and several others.

**High Elements:**

These challenges take place higher off the ground and involve the use of a harness and belay system. WCU is fortunate to have an outstanding array of low and high elements. We have a large ropes/ pole course that combines nine individual elements starting on the ground and ending high in the air. We have a smaller pole course that includes seven individual adventure elements. There are several other high elements scattered around campus or alongside the Gordon Nature Area including swing by choice and space loops.

**Participant Quote:**

“I discovered that most of what was holding me back was my own mind, but by fully committing to the challenge I could overcome more than I thought possible. Nothing else in my time at WCU has inspired me so much and I now have the confidence to achieve my dreams.”

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**ADVENTURE EDUCATION**

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 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.

**Program Offerings:**

- 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.

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

NEW USER ORIENTATION
Leaves 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
- All use equipment at their own risk.
- Appropriate attire is required. Entire facility dress code is on our website.
- A t-shirt/shirt is required to be worn in the recreation center.
- Valid WCU ID required.
- Proper use of equipment is required. Improper use includes but is not limited to:
  - Be courteous to others and wipe-down all equipment with a disinfectant wipe when finished.
  - Personal trainers and/or instructors, whether being compensated or not, who are not WCU employees are prohibited.
  - 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 feet facility • 13,000 square feet of cardiovascular and strength floor area • Over 60 pieces of name brand cardiovascular equipment • Over 150 pieces of strength equipment including the Life Fitness Synergy 360 • 1/10 mile jogging track • "Tread-2" operated by Peloton serving delicious fruit smoothies and other healthy snacks and a table perfect for the busy and health conscious student or professional.

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
- Athletic Training Suite (coming soon)
- Nutrition and Fitness Educational Suite (coming soon)
- Administrative office suite with conference room
- 2 hardwood basketball courts
- 1 multi-activity court (MAC) including indoor soccer
- 2 outdoor basketball courts
- 1 outdoor sand volleyball court

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

FALL SEMESTER HOURS OF OPERATION

STUDENT RECREATION CENTER
- Monday – Thursday: 6:00 AM - 12:00 AM
- Friday: 6:00 AM - 11:00 PM
- Saturday: 10:00 AM - 11:00 PM
- Sunday: 11:00 AM - 12:00 AM

CLIMBING WALL
- Monday – Friday: 3:30 PM - 9:30 PM
- Saturday: CLOSED
- Sunday: 4:00 PM - 8:00 PM

REC SWIM
- NORTH CAMPUS:
  - Monday – Friday: 1:30 PM - 3:00 PM
  - Monday – Thursday: 8:30 PM - 10:30 PM
  - Saturday: 1:00 PM - 3:00 PM
- SOUTH CAMPUS:
  - Mon, Wed, Fri: 12:00 PM - 1:00 PM
  - Sunday: 1:00 PM - 3:00 PM

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
WHAT IS GROUP FITNESS? Group fitness classes range from Les Mills Body Pump to Zumba and everything in between. All classes are taught by nationally certified instructors who are current WCU students and members of the WCU faculty. We take tremendous pride in our group fitness classes and recognize all ages and levels of experience! All classes are taught by enthusiastic and knowledgeable instructors who are passionate about fitness and motivate their participants to reach their fitness goals. All classes are taught by nationally certified instructors who are current WCU students and members of the WCU faculty. We take tremendous pride in our group fitness classes and recognize all ages and levels of experience! All classes are taught by enthusiastic and knowledgeable instructors who are passionate about fitness and motivate their participants to reach their fitness goals.

SMALL GROUP TRAINING Small Group Training is a blend of group fitness and personal training. Each session will have their own personal "tutor" to inspire, focus them, and help improve their heart rate with a full body workout. Each small group training program varies. Please stay tuned for the most up to date information on our website.

FITNESS TERMS

Bounce: A fun and empowering class set to today's hottest dance music. Classes begin with a warm up focusing on postural alignment, followed by a series of upper body and lower body strength exercises. The use of a stationary bike and hill climbing, cafe. The music is usually upbeat and exciting and the effectiveness of the workout is consistent with the type of environment.

BODYPUMP: The original barbell class that strengthens your entire body. This workout challenges the body and your cardiovascular, muscular, and metabolic systems. Each class is focused on areas such as squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for! - fact - Burn up to 500 calories per class! Get Les Mills GRIT 30-minute classes rotate through a series of challenging cardio workouts designed to burn fat and rapidly improve athletic capability by the use of high impact weight exercise and resistance. This workout offers a step, a送货logy, body weight and multi-dimensional sports movement class designed to increase your overall athletic performance, strength, agility, speed and power. Strength, muscle and toning exercises set your metabolism into overdrive, giving you a calorie-burning, exciting and effective fitness system! (no dance experience required) Burn up to 500-800 calories in this party-like environment.

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Zumba: A high impact, low impact, fun, energetic workout that incorporates Latin and international music and dance movements, which create a dynamic, exciting, and effective fitness system. (no dance experience required). Burn up to 500-800 calories in this party-like environment.

Yoga: This class is designed to improve your physical and mental well-being by the use of plates and barbells. This class incorporates Latin and international music and dance movements, which create a dynamic, exciting, and effective fitness system. (no dance experience required). Burn up to 500-800 calories in this party-like environment.

Barre: A cardio and strength training class based on the principles of ballet. This class is designed to improve your physical and mental well-being by the use of plates and barbells. This class incorporates Latin and international music and dance movements, which create a dynamic, exciting, and effective fitness system. (no dance experience required). Burn up to 500-800 calories in this party-like environment.

LES MILLS RPM™: A 45-minute High-Intensity Training (HIT) workout, using an indoor bike to achieve heart rate and core work. It’s scientifically proven to return rapid results. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. This bike bootcamp class is designed to increase your overall athletic performance, strength, agility, speed and power. Strength, muscle and toning exercises set your metabolism into overdrive, giving you a calorie-burning, exciting and effective fitness system! (no dance experience required) Burn up to 500-800 calories in this party-like environment.

Tabata Basecamp: A 4-5 minute total body HIT (High Intensity Interval Training) workout designed to burn more calories and boost your metabolism. Tabata Basecamp motto is “Quality, not quantity.” The program offers effective workouts that maximize your results in minimal time - what could be better?

Tabata: A high intensity, low impact, fun, energetic workout that incorporates Latin and international music and dance movements, which create a dynamic, exciting, and effective fitness system. (no dance experience required). Burn up to 500-800 calories in this party-like environment.

HIIT: A high impact, low impact, fun, energetic workout that incorporates Latin and international music and dance movements, which create a dynamic, exciting, and effective fitness system. (no dance experience required). Burn up to 500-800 calories in this party-like environment.

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“Campus Recreation at West Chester University has given me a unique opportunity to celebrate my mind and body. From going on excursions to learning about nutrition, it has been a continuous journey in discovering how to be the best me. At "the rec" I have challenged my time management skills, diversified my social circle, and invested in myself. Since the rec is involved in departments all across campus, it is filled with dynamic individuals who will one day make the world a better place.”

– Tara Morrissey ‘20

FALL 2019
Beginning August 26-December 13, 2019
Finals Week Modified Schedule
December 9-13, 2019

IMPORTANT DATES
Labor Day: Sept. 2; NO CLASSES
Fall Break: November 25-December 1st; NO CLASSES
Finals Week: a modified schedule will be posted

LIFESTYLE NUTRITION
Twitter: @nutritionwcu
Instagram: lifestylenutritionwcu

What we offer:
• Nutrition Counseling: provided by senior level nutrition students
• Nutrition Education Presentations: topics varying

What we’ve done:
• What the Health Presentation: Discussion on different diets and the trend of Veganism
• Collaboration with Nutrition Department Curriculum to let the students work with real people
• Presented at a Wellness Fair for Quintiles IMS

What to Look for!
• Small Group Training and Nutrition Counseling Collaboration
• Cooking Demonstrations

FITNESS

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Grit-B W/ Sarah 6:15-7:00am
Cycle-C W/ Tracy 6:15-7:15am
Grit-B W/ Sarah 6:15-7:00am
Cycle-C W/ Tracy 6:15-7:15am
BodyPump-B W/ Lauren 6:45-7:45am

Yoga-A W/ Abby 8:00-9:00am
Yoga-A W/ Abby 8:00-9:00am
Barre-B W/ Gina 8:30-9:30am
Yoga-B W/ Caroline 10:15-11:15am
Barre-B W/ Kristin 10:30-11:30am

Cycle-C W/ Cierra 11:30am-12:30pm
HIIT-B (Turf) W/ Tracy 11:15am-12:15pm
Zumba-B W/ Tiffany G. 12:30-1:30

Bodypump-B W/ Melanie 12:45-1:45pm

Cycle Express-C W/ Cierra 3:15-3:45pm
Yoga-B W/ Kelly 2:30-3:30
Tabata-B W/ Nicole 4:00-5:00pm
Zumba-B W/ Brittany 5:00-6:00pm
Barre-B W/ Lindsay 5:00-5:45
Grit-B W/ Nicole 5:00-5:45pm
Barre-B W/ Lindsay 5:00-5:45
Grit-B W/ Nicole 5:00-5:45pm

Yoga-A W/ Caroline 6:00-7:00pm
Yoga-A W/ Caroline 6:00-7:00pm

Bodypump-B W/ Maura 6:00-7:00pm
Zumba-B W/ Rebecca 7:30-8:30pm
Zumba-B W/ Brittany 7:30-8:30pm
Zumba-B W/ Rebecca 7:30-8:30pm
Zumba-B W/ Brittany 7:30-8:30pm
Zumba-B W/ Brittany 7:30-8:30pm

Key:
A = Room 020
B = Room 024
C = Room 105
Student Recreation Center

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What to Look for!
• Small Group Training and Nutrition Counseling Collaboration
• Cooking Demonstrations
“Sometimes you WIN, sometimes you LEARN.”

– John C. Maxwell

OUTDOOR ADVENTURE PURSUITS

9/7 Intro to Standup Paddleboard Trip - Marsh Creek, PA (beginner) $10
Spend the day learning on our Standup Paddleboards on this day trip around Marsh Creek. Instruction of basic strokes and SUP handling will be included in addition to all equipment. No prior experience necessary!

9/8 Mountain Biking Trip - Jim Thorpe, PA (beginner) $15
Enjoy a scenic ride along the Lehigh River. This trip includes a bike rental and the trail is relatively flat as it follows old railroad grades. Time to explore the historic town of Jim Thorpe will follow the ride.

9/10 Whitewater rafting - Jim Thorpe, PA (beginner) $25
Enjoy the thrill of whitewater rafting as you paddle the class III rapids of the Lehigh River. No prior experience necessary and all necessary equipment will be provided.

10/12 Outdoor Rock Climbing - Ralph Stover, PA (intermediate) $10
Learn the basics of outdoor top rope climbing at one of our local climbing destinations. All equipment and transportation is included!

10/26-10/27 Star Gazing Campout - Cherry Springs, PA (Beginner) $15
Join us as we enjoy one of the best places to see the stars in the US! This will be an entry level car camping experience with opportunities to learn skills such as stargazing.

11/2 Halloween Hike - Jenny Jump State Park (beginner) $10
Get spooky as we hike a historic haunted trail. Great views are guaranteed… ghost sightings are not.

Trip Ratings:

Beginner - Introductory trip with no previous experience required. Easy to moderate physical activity.

Intermediate - Previous experience recommended, but not required. Moderate physical activity.

Advanced - Previous experience with working knowledge required. Moderate to strenuous physical activity.

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RENTAL EQUIPMENT PRICES

<table>
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<tr>
<th>ITEM</th>
<th>Day</th>
<th>Weekend (2-3 days)</th>
<th>Weekend (4-7 days)</th>
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<tr>
<td>Standup Paddleboard</td>
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</table>
CLIMBING WALL HOURS
Monday - Friday: 3:30 PM - 9:30 PM
Sunday: 4:00 PM - 8:00 PM

BOULDERING BASICS ($10)
This two hour small group session will cover the basics of body movement, proper spotting and pad placement, and training techniques to become a stronger climber! This is a small group session with a nationally accredited Climbing Wall Instructor offering lots of personal attention.

CLIMBING FUNDAMENTALS (FREE)
Get started off right with this two hour session focused on basic body movement, climbing equipment, and belaying techniques. This is a small group session with one of trained Instructors offering lots of personal attention.

ADVANCED CLIMBING TECHNIQUES ($10)
Struggling to conquer that 5.10? This two hour session will focus on advanced climbing techniques such as crack climbing, Apegging, and leglocks. This is a small group session with a nationally accredited Climbing Wall Instructor offering lots of personal attention.

LEAD CLIMBING ($20)
This two part Class (4 total hours) will cover the fundamentals of lead climbing including lead climbing techniques, lead belaying, top rope management, and equipment used. Must be WCU Indoor certified and demonstrate ability to climb a 5.0 proficiently to participate. This is a small group session with a nationally accredited Climbing Wall Instructor offering lots of personal attention.

PRIVATE CLIMBING LESSON ($20)
Looking for some personalized instruction? Hire one of our nationally accredited Climbing Wall Instructors to spend two hours of focused climbing assessment and skill development.

P.I.A.A. S.T.A.R.T. Program
Students of Today Are Referees of Tomorrow

Special Event Offerings

<table>
<thead>
<tr>
<th>Event</th>
<th>Registration Period</th>
<th>Date</th>
<th>Cost</th>
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<tbody>
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<td>Madden Tournament</td>
<td>8/19 - 8/29</td>
<td>8/29</td>
<td>$5</td>
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<tr>
<td>NFL Pick’em</td>
<td>8/19 - 9/5</td>
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<td>NBA 2k20 Tournament</td>
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<td>3x3 Basketball</td>
<td>8/19 - 9/12</td>
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<tr>
<td>FIFA Tournament</td>
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League Offerings

<table>
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<tr>
<td>Basketball</td>
<td>8/26 - 9/16</td>
<td></td>
<td>$25</td>
</tr>
<tr>
<td>Big Pink Volleyball</td>
<td>9/10 - 10/14</td>
<td></td>
<td>$50</td>
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</tbody>
</table>

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

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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.

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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.

<table>
<thead>
<tr>
<th>SPORT CLUB</th>
<th>PRESIDENT</th>
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CLIMBING WALL HOURS

Monday - Friday: 3:30 PM - 9:30 PM
Sunday: 4:00 PM - 8:00 PM

CLIMBING PROGRAMS

BOULDERING BASICS ($10)
This two hour small group session will cover the basics of body movement, proper spotting and pad placement, and training techniques to become a stronger climber! This is a small group session with a nationally accredited Climbing Wall Instructor offering lots of personal attention.

CLIMBING FUNDAMENTALS (FREE)
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 our trained instructors offering lots of personal attention.

ADVANCED CLIMBING TECHNIQUES ($10)
Struggling to conquer that 5.10? This two hour session will focus on advanced climbing techniques such as crack climbing,Arggag, and leglays. This is a small group session with a nationally accredited Climbing Wall Instructor offering lots of personal attention.

LEAD CLIMBING ($20)
This two part class (1 total hours) will cover the fundamentals of lead climbing including lead climbing techniques, lead belaying, top rope management, and equipment used. Both the WCU Indoor certified and demonstrated ability to climb a 5.9 proficiency to participate. This is a small group session with a nationally accredited Climbing Wall Instructor offering lots of personal attention.

PRIVATE CLIMBING LESSON ($20)
Looking for some personalized instruction? Hire one of our nationally accredited Climbing Wall Instructors to spend two hours of focused climbing assessment and skill development.

INTRAMURALS / SPORT CLUBS

To register, visit im leagues.com/wcupa
For more information or to inquire about future events, contact dcomas@wcupa.edu or follow us on Twitter @WCUIntramurals

League Offerings Registration Period Starts Cost

1v1 Flag Football 8/19 - 8/19 9/16 $25
5v5 Indoor Soccer 8/19 - 8/19 9/16 $25
d6 Dodgeball 8/19 - 8/19 9/16 $25
d6 Indoor Volleyball 10/7 - 10/21 10/28 $25
5v5 Basketball 10/1 - 10/23 11/10 $40

Special Event Offerings Registration Period Date Cost

Madden Tournament 8/19 - 8/29 8/29 $5
NFL Pick 'em 8/19 - 8/9 FREE
NBA 2k20 Tournament 8/19 - 8/9 9/9 $5
FIFA Tournament 9/9 - 9/30 9/30 $5
Big Pink Volleyball 10/10 - 10/29 10/30 $10
Table Tennis 11/4 - 11/20 11/20 $5

P.I.A.A. T & A.B. Program Students of Today Are Referees of Tomorrow

Sport Registration Period Class Dates

Softball 9/20 - 9/16 Mondays, 9/23, 9/30 & 10/7
Basketball 8/26 - 9/16 Mondays, 9/23, 10/1 & 10/8
Basketball 9/30 - 10/14 Mondays, 10/21, 10/28 & 11/4

*All classes run from 6:15-9:15 p.m.
"Sometimes you WIN, sometimes you LEARN."
– John C. Maxwell

**OUTDOOR ADVENTURE PURSUITS**

9/7 Intro to Standup Paddleboard Trip - Marsh Creek, PA (beginner) $10
Spend the day learning our Standup Paddleboards on this day trip around Marsh Creek. Instruction of basic strokes and SUP handling will be included in addition to all equipment. No prior experience necessary!

9/20 Mountain Biking Trip - Jim Thorpe, PA (beginner) $15
Explore a scenic ride along the Lehigh River. This trip includes a bike rental and the trail is relatively flat so it follows old railroad grades. Time to explore the historic towns of Jim Thorpe will follow the ride.

**10/01 Whitewater rafting - Jim Thorpe, PA (beginner) $20**

Enjoy the thrill of whitewater rafting as you paddle the class III rapids of the Lehigh River. No prior experience necessary and all necessary equipment will be provided.

**10/12 Outdoor Rock Climbing - Ralph Stover, PA (intermediate) $10**

Learn the basics of outdoor top rope climbing at one of our local climbing destinations. All equipment and transportation is included!

10/26-10/27 Star Gazing Campout - Cherry Springs, PA (beginner) $15
Join us as we enjoy one of the best places to see the stars in the US! This will be an entry level car camping experience with opportunities to learn skills such as cooking.

11/2 Halloween Hike - Jenny Jump State Park (beginner) $10
Get spooky as we hike a historic haunted trail. Great views are guaranteed… ghost sightings are not.

**Trip Ratings:**

Beginner - Introductory trip with no previous experience required. Easy to moderate physical activity.
Intermediate - Previous experience recommended, but not required. Moderate physical activity.
Advanced - Previous experience with working knowledge required. Moderate to strenuous physical activity.

**RENTAL EQUIPMENT PRICES**

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“Campus Recreation at West Chester University has given me a unique opportunity to celebrate my mind and body. From going on excursions to learning about nutrition, it has been a continuous journey in discovering how to be the best me. At “the rec” I have challenged my time management skills, diversified my social circle, and invested in myself. Since the rec is involved in departments all across campus, it is filled with dynamic individuals who will one day make the world a better place.”

– Tara Morrissey ’20

LIFESTYLE NUTRITION
Twitter: @nutritionwcu
Instagram: lifestylenutritionwcu

What we offer:
• Nutrition Counseling: provided by senior level nutrition students
• Nutrition Education Presentations: topics varying

What we’ve done:
• What the Health Presentation: Discussion on different diets and the trend of Veganism
• Collaboration with Nutrition Department Curriculum to let the students work with real people
• Presented at a Wellness Fair for Quintiles IMS

What to Look for!
• Small Group Training and Nutrition Counseling Collaboration
• Cooking Demonstrations

FITNESS

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WHAT IS GROUP FITNESS?
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 remove age all levels of experience to attend! Small Group Training is a blend of group fitness and personal training. Each session will have its own personal "tales" to inspire, focus of form, and creativity in helping each participant reach their fitness goals. Every coach is certified for each specific mode of exercise—high intensity, low impact and various combinations of climbs, jumps, and sprints to get your heart rate soaring! Cycle & Tone provides 45 minutes of cycle with a variety of resistance and sprint sets on bicycles. Learn to pump and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints, and surfs to riding your personal performance and boost your cardio fitness.

LES MILLS RPM™ (Virtual): A 45-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. A high-intensity, low impact workout it’s scientifically proven to return rapid results. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort.

Tabata: A 4 minute total body HIIT (High Intensity Interval Training) workout designed to burn more calories and boost your metabolism. Tabata is short but mighty—quality, not quantity. The program offers effective workouts that maximize your results in minimal time—what could be better?

Zumba®: Your traditional workout and come Joeys Zumba® and other Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, which create a count, exciting, and effective fitness system. (no dance experience required) burn up to 500-600 calories in this party-like environment!

WHAT IS SMALL GROUP TRAINING?
Small Group Training is a fun and empowering class set to today’s hottest music. Classes begin with a warm up focusing on postural training followed by 15 minutes of abs/core work. Classes usually focus on short bursts of max effort combined with shorter rest periods to keep your heart rate elevated, allowing you to focus on the result of your workout. Utilizing the Recreation Center’s small group fitness area, will incorporate the use of: tires, battle ropes, and weight sleds.

Yoga
Yoga is a discipline that incorporates breath and movement and is practiced to improve flexibility and relaxation. This fundamental Yoga postures and principles that create a successful and effective mind/body practice.

Employee Spotlight
NAME: Emmy Bebee
POSITION: Sport Club Supervisor
COLLEGE AND MAJOR: College of Health Sciences, Nutrition and Dietetics Major, Didactic Program in Dietetics Concentration; Psychology B.A.
FAVORITE STYLE OF WORKING AT SRC: Working with the sport club supervisor three years ago and the built professional relationships with departments all over campus and I have met some of my best friends that will be with me for years to come. A job that I thought would just provide me with a little extra money, turned into a journey that has taught me so many things and a experience that I’ll appreciate for the rest of my life.

ULTIMATE CAREER GOAL: Nowadays, living sustainably is one of the most important practices that we can adopt into our daily lives. As a psychology degree partnered with a degree in Nutrition, I would love to start a job in a community supported agriculture) and help spread awareness about the effects of buying local foods partnered with maintaining a healthy lifestyle.
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
FACILITIES SERVICES
To reserve any space in the Student Recreation Center, please email your request to: srcrequests@wcupa.edu

NEW USER ORIENTATION
Learn proper form and how to use cardiovascular and strength machines on the Wellness 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
All use equipment at their own risk.
Appropriate attire is required. Entire facility dress code is on our website.
• A t-shirt/shirt is required to be worn in the recreation center.
• Valid WCU ID required.
Proper use of equipment is required. Improper use includes but is not limited to:
• Be courteous to others and wipe-down all equipment with a disinfectant wipe when finished.
• Personal trainers and/or instructors, whether being compensated or not, who are not WCU employees are prohibited.
• 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.

FALL SEMESTER HOURS OF OPERATION

STUDENT RECREATION CENTER
Monday – Thursday: 6:00 AM - 12:00 AM
Friday: 6:00 AM - 11:00 PM
Saturday: 10:00 AM - 11:00 PM
Sunday: 11:00 AM - 12:00 AM

CLIMBING WALL
Monday – Friday: 3:30 PM - 9:30 PM
Saturday: CLOSED
Sunday: 4:00 PM - 8:00 PM

REC SWIM
NORTH CAMPUS
Monday – Friday: 1:30 PM - 3:00 PM
Monday – Thursday:  8:30 PM - 10:30 PM
Saturday: 1:00 PM - 3:00 PM

SOUTH CAMPUS
Mon, Wed, Fri: 12:00 PM - 1:00 PM
Sunday: 1:00 PM - 3:00 PM

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!

FACILITIES
• 69,000 square feet facility
• 13,000 square feet of cardiovascular and strength floor area
• Over 60 pieces of state-issued cardiovascular equipment
• Over 155 pieces of strength equipment including the Life Fitness Synergy 300
• 1/10 mile jogging track
• “Tread up” operated by Personal serving delicious fruit smoothies and other healthy grab and go snacks perfect for the busy and health conscious student or professional!

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

Athletic Training Suite (coming soon)

Nutrition and Fitness Educational Suite (coming soon)

Administrative office suite with conference room

2 hardwood basketball courts

1 multi-activity court (MAC) including indoor soccer

2 outdoor basketball courts

1 outdoor sand volleyball court

4

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

LIFESTYLE CHANGES THROUGH EVALUATION, EDUCATION AND A VARIETY OF TOOLS TO HELP MOTIVATE INDIVIDUALS.
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 adventure. 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.

GROWTH 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 to ensure that participants experience the challenge they need and deserve. These initiatives often employ permanent structures designed for challenge courses.

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, zig-zag, giant’s finger, Mohawk walk, animal house, board room, wild woozy, and several others.

HIGH ELEMENTS:

These challenges take place higher off the ground and involve the use of a harness and belay system. WCU is fortunate to have an outstanding array of low and high elements. We have a large ropes/ pole course that combines nine individual elements starting on the ground and ending high in the air. We have a smaller pole course that includes seven individual adventure elements. There are several ground initiatives scattered around campus or alongside the Gordon Nature Area including swing by choice and space loops.

ADVENTURE EDUCATION

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“I discovered that most of what was holding me back was my own mind, but by fully committing to the challenge I could overcome more than I thought possible. Nothing else in my time at WCU has inspired me so much and I now have the confidence to achieve my dreams.”

~participant quote

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• Coordinate the training and development of our staff
• Manage the operations of the Climbing wall including facility enhancement and construction projects
• Provide leadership and support to all department full-time professional staff

MICHAEL RENO, Associate Director of Sport Clubs and Business Operations
mreno@wcupa.edu | (610) 436-4972

• Responsible for the administration of the sport club program
• Responsible for development and implementation of risk management protocols for sport club
• Responsible for the scheduling and coordination of facility rentals
• Manage department budgets.

DAN COMAS, Assistant Director of International Sports
dcomas@wcupa.edu | (610) 436-2277

• Coordinates all international sports league and business

ADDITIONAL FACILITIES

Climbing Wall – Outdoor Resource Center

Employment 14

Sport Clubs Program 10

Complete Listing – Contacts

Outdoors/Adventure Pursuits 12

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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

(610) 436-1REC
www.wcupa.edu/campusrec/

@wcupacampusrec
@wcu_campusrecreation
@wcupacampusrec