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 Every Body

WELLNESS WEDNESDAYS
Twice a month group sessions will be held at the recreation center based on nutritionally related topics. The sessions will include but are not limited to, recipe making, healthy snack tutorials, budgeting/menu planning education, and much more! The group session will be used in order to collectively discuss motivators and limitations to balancing a healthy lifestyle with encouragement from peers and nutrition students.

STAND UP PADDLEBOARD at the Brandywine
WHEN: 3 – 4pm or 4:30 – 5:30pm
TUES., 8/14 & TUES., 9/18
WHERE: Shaw’s Bridge Park
274 S Creek Rd, West Chester, PA 19382
COST: $25/person
Registration Link: https://wcupa.edu/_services/campusRec/forms/summerPrograms/

GET READY TO RAM PAGE!
SAT 12/8 | 12:00 PM – 5:00 PM | WCU
Presented by: $15 WCU Students — $20 Non-WCU Students
Join us for our 6th Annual Golden Rampage Bouldering Competition! FREE Food and Awesome Prizes!
for more information or to register, visit wcupa.edu/outdoor

ANNUAL WEST CHESTER UNIVERSITY TURKEY TROT
THURS 11/8 | 5:00PM | EHINGER GYM
Pre-5k yoga @ 4:00pm open to everyone
visit wcupa.edu/campusrec to register
Register early for a t-shirt; bring at least 2 non-perishable food items to benefit Chester County food bank.
Co-Sponsored by: Campus Recreation and Wellness Promotion
DEPARTMENT STAFF

ERIC MAKI, Director of Campus Recreation
emaki@wcupa.edu | (610) 436-2133

MICHAEL RENO, Assistant Director of Sport Clubs
mreno@wcupa.edu | (610) 436-6928
• Responsible for the administration of the club sport program
• Responsible for development and implementation of risk management protocols for club sports
• Responsible for the scheduling and coordination of facility rentals

DAN COMAS, Assistant Director of Intramural Sports
dcomas@wcupa.edu, | (610) 436-2277
• Coordinates all intramural sports leagues and tournaments
• Administrator of IMleagues.com
• Fills all Recreation Equipment Rental Requests

STEVEN SASSAMAN, Assistant Director of Outdoor Adventure Pursuits
ssassaman@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 excursions throughout the semester
• Oversee the operations of the Outdoor Resource Center
• Assist campus community with providing experiential leadership development programs.

BRYNN CROGNALE Assistant Director of Fitness Programs and Facility Management
bcrognale@wcupa.edu | (610) 436-2563
• Oversees all areas of fitness programs and staff
• Manages all areas of the facility and student staff
• Coordinates with health science department to provide professional work experience for students

ANNA M. GRACE, Secretary of Campus Recreation
agrace@wcupa.edu | (610) 436-2131
• New employment and payroll
• Professional staff support
• Compile, prepare and maintain records for the department

NICO GALVIS, Graduate Assistant Club Sports
sportclubs@wcupa.edu | (610) 436-2065

DEMETRIUS ISAAC, Graduate Assistant Intramural Sports
intramurals@wcupa.edu | (610) 436-2064

TREVOR GULLEDGE, Graduate Assistant Outdoor Adventure Pursuits and Climbing Wall
dwall@wcupa.edu | (610) 436-4688

ASHLEY OOSTVEEN, Graduate Assistant Fitness Programs
srcfitness@wcupa.edu | (610) 436-2062

KATIE ELLIOTT, Graduate Assistant Facilities and Management
srcfacility@wcupa.edu | (610) 436-4688

ALEXA TOPAKAS, Graduate Assistant Lifestyle Nutrition
srclifestyle@wcupa.edu
FACILITIES SERVICES
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
All use equipment at their own risk.
Appropriate attire is required. Entire facility dress code is on our web site.
- 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 foot facility
- 13,000 square feet of cardiovascular and strength floor area
- Over 80 pieces of name brand cardiovascular equipment
- Over 115 pieces of strength equipment including the Life Fitness Synergy 360
- 1/10 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
- 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
- Reservation Requests: Please email srcrequests@wcupa.edu to reserve any space in the Student Recreation Center.

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
MWF: 3:00 PM - 9:00 PM
Tuesday, Thursday: 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!
Final judgment on what constitutes a break in policy will be at the discretion of WCU staff.

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, 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
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 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 of 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.

GRIT- $30 per session

Boot Camp Summer Series- $25 per session

GRIT Series (30 minute HIIT Cardio, Plyo, and Strength)

Preview Weeks — During these two weeks only all GRIT classes are offered during the Spring 2018 scheduled times for FREE (no registration required).

Registration — Registration for the SGT programs opens Monday (01/22 & 03/19) of each preview week, and close Friday (01/26 & 03/23) at 12pm of each preview week.

GRIT Launch for each session is held on the SRC basketball courts

FITNESS TERMS

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, Plyo-power agility training on a bench that will build a powerful, agile, athletic body and increase speed, and Strength–build strength and tone lean muscle plus boost your metabolism with the use of plates and barbells.

Piyo: Piyo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout.

Barre: A fun and empowering class set to today’s hottest music. The ballet barre is used to sculpt the lower body, abs and for flexibility.

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!

BODYPUMP™: is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups. Burn up to 530 calories per class!

Zumba®: a Latin-Inspired, dance-fitness class that incorporates Latin and international music and dance movements! (no experience required 😊) Burn up to 500-800 calories!

Yoga: This class is ideal for anyone interested in building strength, increasing flexibility, and finding focus. Combines the energy and movement of Yoga with the core stabilizing and regenerative dynamics of Pilates. - Moderately paced Tabata Bootcamp: A comprehensive total body workout that focuses on lower body, upper body, and core providing both cardio and strength. A 45-minute workout, with short intervals based on Tabata Bootcamp’s training that deliver a calorie-drenching workout and post-metabolic boost. Tabata Bootcamp’s motto is “Quality, not quantity”.

FAVORITE PART OF WORKING AT SRC:

COMPLETING MY MS IN EXERCISE PHYSIOLOGY

ULTIMATE CAREER GOAL:

WCU, college of health sciences, MS Exercise Physiology

NAME:

Ashley Oostveen

POSITION:

Campus Recreation- GA for Fitness

EMPLOYMENT OPPORTUNITIES:

- Intramural Official
- Climbing Wall Attendant
- Outdoor Resource Center staff
- Educational session.
- Recreation Attendant.

To receive an application and to be considered for employment all students must attend this MANDATORY, educational session.
Campus Recreation at West Chester University is an unparalleled option for inclusivity on campus. No matter where your interests may lie, there is always an opportunity for you to get more involved, practice a skill in more depth, or just have a great time with your friends while exercising your mind and body.

I have always enjoyed taking part in the group fitness classes as well as using the facility’s incredible exercise features, yet my specific area of interest falls in sport clubs. Being the largest student run organization on campus, there are many ways to not only practice your abilities in one of the 29 competitive sports, but ways to take on leadership roles and make relationships that last a lifetime.

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**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

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**FITNESS**

<table>
<thead>
<tr>
<th>Time</th>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>6:15-7:15am</td>
<td></td>
<td></td>
<td>Ashley – Pump</td>
<td></td>
<td>Ashley – Pump</td>
<td></td>
</tr>
<tr>
<td>6:15-7:00am</td>
<td></td>
<td></td>
<td>Lauren – Cycle</td>
<td>Lauren – Cycle</td>
<td>Tracy – Cycle</td>
<td></td>
</tr>
<tr>
<td>7:30-8:30am</td>
<td></td>
<td>Tiffany K. – Yoga</td>
<td>Tiffany K. – Yoga</td>
<td>Tiffany K. – Yoga</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:45 – 11:45am</td>
<td>Veronica – PiYo</td>
<td>Veronica – Cycle &amp; Tone</td>
<td>Veronica – Pound</td>
<td>Veronica – Cycle &amp; Tone</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:00 – 12:00pm</td>
<td>Ashley – Pump</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>12:00-12:45</td>
<td></td>
<td>Tracy – Cycle</td>
<td>Jessica – Barre</td>
<td>Brynn – Grit</td>
<td>Jessica – Barre</td>
<td>Tracy – Cycle</td>
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<tr>
<td>4:00-5:00pm</td>
<td></td>
<td>Abby S. – Pilates</td>
<td>Tiffany G. – Zumba</td>
<td>Abby S. – Pilates</td>
<td>Tiffany G. – Zumba</td>
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</tr>
<tr>
<td>5:00-6:00pm</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>Victoria – Bombay Jam</td>
</tr>
<tr>
<td>5:30-6:30pm</td>
<td>Renee – Pump</td>
<td></td>
<td>Lauren – Pump</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00-7:00pm</td>
<td></td>
<td>Cara – Barre</td>
<td>Cara – Barre</td>
<td></td>
<td></td>
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<tr>
<td>6:30-7:00pm</td>
<td></td>
<td>Nicole – Grit</td>
<td>Nicole – Grit</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:15-8:00pm</td>
<td></td>
<td>Nicole – Tabata</td>
<td>Nicole – Tabata</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>7:30-8:30pm</td>
<td>Victoria – Zumba</td>
<td>Rebecca – Zumba</td>
<td>Victoria – Zumba</td>
<td>Rebecca – Zumba</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Subject to change, please visit https://www.wcupa.edu/_services/CampusRec/groupFitnessSchedule for updates.**
“Just PLAY. Have FUN. ENJOY the Game.”
– Michael Jordan

**INTRAMURAL SPORTS**

**OUTDOOR ADVENTURE PURSUITS**

Our trip schedule is as follows:

- **CANOE CAMPOUT**
  - September 8-9
  - Student/Member, $25
  - Faculty/Staff, $30

- **INTRO TO CAMPING TRIP**
  - September 15-16
  - Student/Member, $15
  - Faculty/Staff, $25

- **HIKING TRIP**
  - September 22
  - Student/Member, $10
  - Faculty/Staff, $15

- **MEGA DAM RELEASE**
  - October 6
  - Student/Member, $25
  - Faculty/Staff, $30

- **WHITEWATER RAFTING**

- **MOUNTAIN BIKING TRIP**
  - October 13
  - Student/Member, $15
  - Faculty/Staff, $25

- **METEOR SHOWER CAMPOUT**
  - October 20-21
  - Student/Member, $15
  - Faculty/Staff, $25

- **OUTDOOR CLIMBING TRIP**
  - November 10
  - Student/Member, $10
  - Faculty/Staff, $20

**RENTAL EQUIPMENT PRICES**

<table>
<thead>
<tr>
<th>Item</th>
<th>Day</th>
<th>Weekend (2-3 days)</th>
<th>Week (4-7 days)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-Person Tent</td>
<td>$4</td>
<td>$8</td>
<td>$10</td>
</tr>
<tr>
<td>Sleeping Pad</td>
<td>$2</td>
<td>$4</td>
<td>$6</td>
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<tr>
<td>Sleeping Bag</td>
<td>$5</td>
<td>$10</td>
<td>$12</td>
</tr>
<tr>
<td>60L Backpack</td>
<td>$8</td>
<td>$10</td>
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</tr>
<tr>
<td>Backpacking Stove</td>
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<td>$14</td>
<td>$18</td>
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<tr>
<td>Propane Stove</td>
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<tr>
<td>Cooking Set</td>
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<td>$8</td>
<td>$10</td>
</tr>
<tr>
<td>Headlamps</td>
<td>$2</td>
<td>$4</td>
<td>$6</td>
</tr>
</tbody>
</table>

We are the only Higher Ed institution in the state who is a Leave No Trace Partner Organization!
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.

<table>
<thead>
<tr>
<th>League Offerings</th>
<th>Registration Period</th>
<th>Starts</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cornhole</td>
<td>8/20 – 9/10</td>
<td>9/17</td>
<td>$15</td>
</tr>
<tr>
<td>Flag Football</td>
<td>8/20 – 9/11</td>
<td>9/17</td>
<td>$25</td>
</tr>
<tr>
<td>Indoor Kickball</td>
<td>8/20 – 9/11</td>
<td>9/18</td>
<td>$15</td>
</tr>
<tr>
<td>Indoor Volleyball</td>
<td>8/20 – 9/11</td>
<td>9/19</td>
<td>$25</td>
</tr>
<tr>
<td>3x3 Basketball</td>
<td>9/24 – 10/10</td>
<td>10/21</td>
<td>$15</td>
</tr>
<tr>
<td>Indoor Soccer</td>
<td>10/1 – 10/15</td>
<td>10/22</td>
<td>$25</td>
</tr>
<tr>
<td>5v5 Basketball</td>
<td>11/5 – 12/5</td>
<td>1/28</td>
<td>$25</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Special Event Offerings</th>
<th>Registration Period</th>
<th>Date</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>NFL Pick ‘em</td>
<td>8/20 – 9/6</td>
<td>9/6</td>
<td>FREE</td>
</tr>
<tr>
<td>2k Tournament</td>
<td>8/20 – 9/11</td>
<td>9/12</td>
<td>$5</td>
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<tr>
<td>Wiffleball</td>
<td>8/20 – 9/13</td>
<td>9/13</td>
<td>$10</td>
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<tr>
<td>Hoover Ball</td>
<td>9/10 – 9/24</td>
<td>9/24</td>
<td>FREE</td>
</tr>
<tr>
<td>Wheelchair Relays</td>
<td>9/17 – 10/1</td>
<td>10/1</td>
<td>FREE</td>
</tr>
<tr>
<td>Fifa Tournament</td>
<td>9/17 – 10/2</td>
<td>10/2</td>
<td>$5</td>
</tr>
<tr>
<td>World Cup Soccer</td>
<td>10/1 – 10/12</td>
<td>10/14</td>
<td>$10</td>
</tr>
<tr>
<td>Big Pink Volleyball</td>
<td>10/1 – 10/15</td>
<td>10/15</td>
<td>$5</td>
</tr>
<tr>
<td>Madden Tournament</td>
<td>11/26 – 12/5</td>
<td>12/5</td>
<td>$5</td>
</tr>
</tbody>
</table>

To register, visit [imleagues.com/wcupa.edu](http://imleagues.com/wcupa.edu)
For more information or to inquire about future events, contact [dcomas@wcupa.edu](mailto:dcomas@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.

The WCU Sports 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.
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<table>
<thead>
<tr>
<th>SPORT CLUB</th>
<th>PRESIDENT</th>
<th>EMAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barbell</td>
<td>Casey Pierce</td>
<td><a href="mailto:CP902734@wcupa.edu">CP902734@wcupa.edu</a></td>
</tr>
<tr>
<td>Bowling</td>
<td>Jennifer Kersey</td>
<td><a href="mailto:JK851976@wcupa.edu">JK851976@wcupa.edu</a></td>
</tr>
<tr>
<td>Climbing</td>
<td>Ruby Rhoad</td>
<td><a href="mailto:RR845006@wcupa.edu">RR845006@wcupa.edu</a></td>
</tr>
<tr>
<td>Crossfit</td>
<td>Anthony Colasurdo</td>
<td><a href="mailto:AC869856@wcupa.edu">AC869856@wcupa.edu</a></td>
</tr>
<tr>
<td>Dance Team</td>
<td>Erika Brechka</td>
<td><a href="mailto:EB877453@wcupa.edu">EB877453@wcupa.edu</a></td>
</tr>
<tr>
<td>Equestrian</td>
<td>Ariana Cunningham</td>
<td><a href="mailto:AC844038@wcupa.edu">AC844038@wcupa.edu</a></td>
</tr>
<tr>
<td>Fencing</td>
<td>James Smith</td>
<td><a href="mailto:JS835916@wcupa.edu">JS835916@wcupa.edu</a></td>
</tr>
<tr>
<td>Field Hockey</td>
<td>Mackenzie Grogan</td>
<td><a href="mailto:MG855895@wcupa.edu">MG855895@wcupa.edu</a></td>
</tr>
<tr>
<td>Fishing</td>
<td>Matt Burgis</td>
<td><a href="mailto:MB823264@wcupa.edu">MB823264@wcupa.edu</a></td>
</tr>
<tr>
<td>Judo</td>
<td>Stephen Andrwlavage</td>
<td><a href="mailto:SA873801@wcupa.edu">SA873801@wcupa.edu</a></td>
</tr>
<tr>
<td>Kronum</td>
<td>Corey Hansen</td>
<td><a href="mailto:CH850863@wcupa.edu">CH850863@wcupa.edu</a></td>
</tr>
<tr>
<td>Men’s Ice Hockey D1</td>
<td>Colby Fiel</td>
<td><a href="mailto:CF898505@wcupa.edu">CF898505@wcupa.edu</a></td>
</tr>
<tr>
<td>Men’s Ice Hockey D2</td>
<td>Joseph Poretta</td>
<td><a href="mailto:JP824413@wcupa.edu">JP824413@wcupa.edu</a></td>
</tr>
<tr>
<td>Men’s Lacrosse</td>
<td>Sam Guittare</td>
<td><a href="mailto:SG865313@wcupa.edu">SG865313@wcupa.edu</a></td>
</tr>
<tr>
<td>Men’s Rugby</td>
<td>Shane Dortone</td>
<td><a href="mailto:SD835061@wcupa.edu">SD835061@wcupa.edu</a></td>
</tr>
<tr>
<td>Men’s Soccer</td>
<td>Billy Gorman</td>
<td><a href="mailto:WG865742@wcupa.edu">WG865742@wcupa.edu</a></td>
</tr>
<tr>
<td>Men’s Ultimate</td>
<td>Calvin Green</td>
<td><a href="mailto:CG853722@wcupa.edu">CG853722@wcupa.edu</a></td>
</tr>
<tr>
<td>Men’s Volleyball</td>
<td>Logan Sklut</td>
<td><a href="mailto:LS846159@wcupa.edu">LS846159@wcupa.edu</a></td>
</tr>
<tr>
<td>Men’s Water Polo</td>
<td>Jason Doyle</td>
<td><a href="mailto:JD862907@wcupa.edu">JD862907@wcupa.edu</a></td>
</tr>
<tr>
<td>Quidditch</td>
<td>Conor Hoffman</td>
<td><a href="mailto:CH869967@wcupa.edu">CH869967@wcupa.edu</a></td>
</tr>
<tr>
<td>Roller Hockey</td>
<td>Derek Hoffman</td>
<td><a href="mailto:DH848816@wcupa.edu">DH848816@wcupa.edu</a></td>
</tr>
<tr>
<td>Swim</td>
<td>Chris DiGuiseppe</td>
<td><a href="mailto:CD867032@wcupa.edu">CD867032@wcupa.edu</a></td>
</tr>
<tr>
<td>Women’s Ice Hockey</td>
<td>Ellen McCauley</td>
<td><a href="mailto:EM853264@wcupa.edu">EM853264@wcupa.edu</a></td>
</tr>
<tr>
<td>Women’s Lacrosse</td>
<td>Nicolette Boyd</td>
<td><a href="mailto:NB844076@wcupa.edu">NB844076@wcupa.edu</a></td>
</tr>
<tr>
<td>Women’s Soccer</td>
<td>Jessica Marcus</td>
<td><a href="mailto:JM844229@wcupa.edu">JM844229@wcupa.edu</a></td>
</tr>
<tr>
<td>Women’s Ultimate</td>
<td>Kristen Henry</td>
<td><a href="mailto:KH859759@wcupa.edu">KH859759@wcupa.edu</a></td>
</tr>
<tr>
<td>Women’s Volleyball</td>
<td>Dana Keir</td>
<td><a href="mailto:DK844820@wcupa.edu">DK844820@wcupa.edu</a></td>
</tr>
<tr>
<td>Women’s Water Polo</td>
<td>Maddie McDevitt</td>
<td><a href="mailto:MM849313@wcupa.edu">MM849313@wcupa.edu</a></td>
</tr>
<tr>
<td>Wrestling</td>
<td>Daniel Vossbein</td>
<td><a href="mailto:DV832889@wcupa.edu">DV832889@wcupa.edu</a></td>
</tr>
</tbody>
</table>
Just PLAY. Have FUN. ENJOY the Game.
– Michael Jordan

Our trip schedule is as follows:

- **CANOE CAMPOUT**
  - September 8-9
  - Student/Member, $25
  - Faculty/Staff, $30

- **INTRO TO CAMPING TRIP**
  - September 15-16
  - Student/Member, $15
  - Faculty/Staff, $25

- **HIKING TRIP**
  - September 22
  - Student/Member, $10
  - Faculty/Staff, $15

- **MEGA DAM RELEASE**
  - October 6
  - Student/Member, $25
  - Faculty/Staff, $30

- **WHITEWATER RAFTING**
  - October 13
  - Student/Member, $15
  - Faculty/Staff, $25

- **METEOR SHOWER CAMPOUT**
  - October 20-21
  - Student/Member, $15
  - Faculty/Staff, $25

- **OUTDOOR CLIMBING TRIP**
  - November 10
  - Student/Member, $10
  - Faculty/Staff, $20

---

**RENTAL EQUIPMENT PRICES**

<table>
<thead>
<tr>
<th>Item</th>
<th>Day</th>
<th>Weekend (2-3 days)</th>
<th>Week (4 - 7 days)</th>
</tr>
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<tbody>
<tr>
<td>2-Person Tent</td>
<td>$4</td>
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</tr>
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<tr>
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<td>Headlamps</td>
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</tbody>
</table>

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We are the only Higher Ed institution in the state who is a Leave No Trace Partner Organization!

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To register, visit [imleagues.com/wcupa.edu](http://imleagues.com/wcupa.edu)

For more information or to inquire about future events, contact dcomas@wcupa.edu or follow us on Twitter @WCUIntramurals

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**CLIMBING PROGRAMS**

**BELAY CERTIFICATION (FREE)**
Talk to one of our wall monitors to set up a personalized overview of how to use a GriGri to belay and tie a figure 8 knot.

**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 ($10)**
Get started right with this two hour session focused on basic body movement, climbing equipment, and belaying technique. This is a small group session with a nationally accredited Climbing Wall Instructor 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, flagging, and laybacks. 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, 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.

**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.

---

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**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>MWF</td>
<td>3:00 PM - 9:00 PM</td>
</tr>
<tr>
<td>Tuesday, Thursday</td>
<td>3:30 PM - 9:30 PM</td>
</tr>
<tr>
<td>Saturday</td>
<td>CLOSED</td>
</tr>
<tr>
<td>Sunday</td>
<td>4:00 PM - 8:00 PM</td>
</tr>
</tbody>
</table>
OUTDOOR ADVENTURE PURSUITS

Our trip schedule is as follows:

<table>
<thead>
<tr>
<th>Activity</th>
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<th>Student/Member</th>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MOUNTAIN BIKING TRIP</td>
<td>October 13</td>
<td>$15</td>
<td>$25</td>
</tr>
<tr>
<td>METEOR SHOWER CAMPOUT</td>
<td>October 20-21</td>
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RENTAL EQUIPMENT PRICES

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</tbody>
</table>

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League Offerings

<table>
<thead>
<tr>
<th>Offering</th>
<th>Registration Period</th>
<th>Date</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cornhole</td>
<td>8/20 – 9/10</td>
<td>9/17</td>
<td>$15</td>
</tr>
<tr>
<td>Flag Football</td>
<td>8/20 – 9/11</td>
<td>9/17</td>
<td>$25</td>
</tr>
<tr>
<td>Indoor Kickball</td>
<td>8/20 – 9/18</td>
<td>9/18</td>
<td>$15</td>
</tr>
<tr>
<td>Indoor Volleyball</td>
<td>8/20 – 9/19</td>
<td>9/19</td>
<td>$25</td>
</tr>
<tr>
<td>3x3 Basketball</td>
<td>9/24 – 10/10</td>
<td>10/21</td>
<td>$15</td>
</tr>
<tr>
<td>Indoor Soccer</td>
<td>10/1 – 10/15</td>
<td>10/22</td>
<td>$25</td>
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<tr>
<td>5v5 Basketball</td>
<td>11/5 – 12/5</td>
<td>1/28</td>
<td>$25</td>
</tr>
</tbody>
</table>

Special Event Offerings

<table>
<thead>
<tr>
<th>Offering</th>
<th>Registration Period</th>
<th>Date</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>NFL Pick 'em</td>
<td>8/20 – 9/6</td>
<td>9/6</td>
<td>FREE</td>
</tr>
<tr>
<td>2k Tournament</td>
<td>8/20 – 9/12</td>
<td>9/12</td>
<td>$5</td>
</tr>
<tr>
<td>Wiffleball</td>
<td>8/20 – 9/13</td>
<td>9/13</td>
<td>$10</td>
</tr>
<tr>
<td>Hoover Ball</td>
<td>9/10 – 9/24</td>
<td>9/24</td>
<td>FREE</td>
</tr>
<tr>
<td>Wheelchair Relays</td>
<td>9/17 – 10/1</td>
<td>10/1</td>
<td>FREE</td>
</tr>
<tr>
<td>Fifa Tournament</td>
<td>9/17 – 10/2</td>
<td>10/2</td>
<td>$5</td>
</tr>
<tr>
<td>World Cup Soccer</td>
<td>10/1 – 10/12</td>
<td>10/14</td>
<td>$10</td>
</tr>
<tr>
<td>Big Pink Volleyball</td>
<td>10/1 – 10/15</td>
<td>10/15</td>
<td>$5</td>
</tr>
<tr>
<td>Madden Tournament</td>
<td>11/26 – 12/5</td>
<td>12/5</td>
<td>$5</td>
</tr>
</tbody>
</table>

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.
Campus Recreation at West Chester University is an unparalleled option for inclusivity on campus. No matter where your interests may lie, there is always an opportunity for you to get more involved, practice a skill in more depth, or just have a great time with your friends while exercising your mind and body. I have always enjoyed taking part in the group fitness classes as well as using the facility’s incredible exercise features, yet my specific area of interest falls in sport clubs. Being the largest student run organization on campus, there are many ways to not only practice your abilities in one of the 29 competitive sports, but ways to take on leadership roles and make relationships that last a lifetime.
NAME: Ashley Oostveen

POSITION: Campus Recreation- GA for Fitness Programs

COLLEGE AND MAJOR: WCU, college of health sciences, MS Exercise Physiology

FAVORITE PART OF WORKING AT SRC: There’s something to be said about the energy you can gain from others. I love coming to work at the SRC – the atmosphere is electric and the energy is so contagious that it makes me push myself to work a little harder and be a better instructor. If I can help people leave in a better mood than they had when they came in, I’ve done my job.

ULTIMATE CAREER GOAL: Completing my MS in Clinical Exercise Physiology. I hope to work in an area hospital, in oncology. My goal is to improve the lives of cancer survivors by using exercise as therapy. Spending much of my undergrad and graduate career working with the cancer community has opened my eyes and my heart to the importance of exercise with every population. I hope to make a change in the fight against cancer.

EMPLOYMENT OPPORTUNITIES:

Would you like to join our team? Attend the Campus Recreation recruitment session on Tuesday, September 4, 2018, 6:37 pm sharp at Brandywine Room 033 and Wednesday, September 5, 2018, 6:37 pm sharp at Sykes Theatre to learn about the many outstanding employment opportunities we provide including:

- Climbing Wall Attendant
- Intramural Official
- Outdoor Resource Center staff
- Recreation Attendant.
- To receive an application and to be considered for employment all students must attend this MANDATORY, educational session.
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, 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
July – December ......................... $180
January – June  ......................... $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

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

All use equipment at their own risk.
Appropriate attire is required. Entire facility dress code is on our web site.
• 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 foot facility
• 13,000 square feet of cardiovascular and strength floor area
• Over 80 pieces of name brand cardiovascular equipment
• Over 115 pieces of strength equipment including the Life Fitness Synergy 360
• 1/10 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
• 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
• Reservation Requests: Please email srcrequests@wcupa.edu to reserve any space in the Student Recreation Center.

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

MWF: 3:00 PM - 9:00 PM
Tuesday, Thursday: 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.
DEPARTMENT STAFF

ERIC MAKI, Director of Campus Recreation
emaki@wcupa.edu  |  (610) 436-2133

MICHAEL RENO, Assistant Director of Sport Clubs
mreno@wcupa.edu  |  (610) 436-6928
• Responsible for the administration of the club sport program
• Responsible for development and implementation of risk management protocols for club sports
• Responsible for the scheduling and coordination of facility rentals

DAN COMAS, Assistant Director of Intramural Sports
dcomas@wcupa.edu,  |  (610) 436-2277
• Coordinates all intramural sports leagues and tournaments
• Administrator of IMleagues.com
• Fills all Recreation Equipment Rental Requests

STEVEN SASSAMAN, Assistant Director of Outdoor Adventure Pursuits
ssassaman@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 excursions throughout the semester
• Oversee the operations of the Outdoor Resource Center
• Assist campus community with providing experiential leadership development programs.

BRYNN CROGNALE, Assistant Director of Fitness Programs and Facility Management
bcrognale@wcupa.edu  |  (610) 436-2563
• Oversees all areas of fitness programs and staff
• Manages all areas of the facility and student staff
• Coordinates with health science department to provide professional work experience for students

ANNA M. GRACE, Secretary of Campus Recreation
agrace@wcupa.edu  |  (610) 436-2131
• New employment and payroll
• Professional staff support
• Compile, prepare and maintain records for the department

NICO GALVIS, Graduate Assistant Club Sports
sportclubs@wcupa.edu  |  (610) 436-2065

DEMETRIUS ISAAC, Graduate Assistant Intramural Sports
intramurals@wcupa.edu  |  (610) 436-2064

TREVOR GULLEDGE, Graduate Assistant Outdoor Adventure Pursuits and Climbing Wall
outdoorpursuits@wcupa.edu  |  (610) 436-4688

ASHLEY OOSTVEEN, Graduate Assistant Fitness Programs
training@wcupa.edu  |  (610) 436-2062

KATIE ELLIOTT, Graduate Assistant Facilities and Management
facility@wcupa.edu  |  (610) 436-4688

ALEXA TOPAKAS, Graduate Assistant Lifestyle Nutrition
lifestyle@wcupa.edu

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• Climbing Wall…Outdoor Resource Center

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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!

**Special Events**

**WELLNESS WEDNESDAYS**

Twice a month group sessions will be held at the recreation center based on different nutritionally related topics. The sessions will include but are not limited to, recipe making, healthy snack tutorials, budgeting/menu planning education, and much more! The group session will be used in order to collectively discuss motivators and limitations to balancing a healthy lifestyle with encouragement from peers and nutrition students.

**STAND UP PADDLEBOARD at the Brandywine**

**WHEN:** 3 – 4pm or 4:30 – 5:30pm  
**TUES., 8/14 & TUES., 9/18**  
**WHERE:** Shaw’s Bridge Park  
274 S Creek Rd, West Chester, PA19382  
**COST:** $25/person  
**Registration Link:** [https://wcupa.edu/_services/campusRec/forms/summerPrograms/](https://wcupa.edu/_services/campusRec/forms/summerPrograms/)  
8 participants for each 1 hour session – open to fac/staff/students/community

**ANNUAL WEST CHESTER UNIVERSITY TURKEY TROT**

**THURS 11/8 | 5:00PM | EHINGER GYM**

Pre-5k yoga @ 4:00pm open to everyone visit [wcupa.edu/campusrec](http://wcupa.edu/campusrec) to register  
Register early for a t-shirt; bring at least 2 non-perishable food items to benefit chester county food bank.  
Co-Sponsored by: Campus Recreation and Wellness Promotion

**GET READY TO RAMPAGE!**

**SAT 12/8 | 12:00 PM – 5:00 PM | WCU**

Presented by:  
$15 WCU Students — $20 Non-WCU Students  
Join us for our 6th Annual Golden Rampage Bouldering Competition!  
FREE Food and Awesome Prizes!  
for more information or to register, visit wcupa.edu/outdoor

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