

The WELL Data Report 2019-24

Who We Are

The WELL is a part of Union WELL Inc., which is a proud member of the Sacramento State Division of Student Affairs. Union WELL Inc. exists for the benefit of students, offering a welcoming environment in which students, faculty, staff and alumni may participate in campus life. Union WELL Inc. also attracts the greater community to educational, cultural and social experiences at Sacramento State. Through programs, services and facilities, Union WELL Inc. fully realizes its potential when it fosters personal growth, encourages social interaction, and provides opportunity to develop leadership skills. The involvement in campus life around Union WELL Inc. leads to memorable experiences and fosters a community that cultivates enduring commitment, pride, and loyalty to the University. Our mission is to inspire lifetime wellness through collaboration, education and innovation. The WELL at Sac State is a new, modern 188,000 square foot campus recreation, health and wellness facility. The following statistics represent recreation programs, services and facilities.

Aquatics

The Long Pool at Sac State is the perfect place to get in shape while still enjoying the outdoors. The pool facility is operated and maintained by Sacramento State but The WELL provides opportunities for open swim to the campus community.

Category	2019-20	2020-21	2021-22	2022-23	2023-24
Pool Participants	3,914	1,449*	3,452	4,233	4,465

**Partially closed due to COVID-19*

Climbing Wall

Our 39.5' tall top-rope climbing wall and 13' tall bouldering wall.

Category	2019-20	2020-21	2021-22	2022-23	2023-24
Mile High Event Participants	108	34*	77	125	92
Climbing Harnesses, Shoes, Belay Devices and safety wristbands checked out	14,371	0**	15,445	17,782	19,129

**Outdoor self-reporting option available for members*

***Closed due to COVID-19*

Event Services

The WELL features three conference suites which are carpeted, with in-house sound, built-in screens, video projectors, and a variety of table/chair setup options. The WELL's activity spaces include five fitness studios, a Multi-Activity Court, and the Gym Box (four basketball courts).

Category	2019-20	2020-21	2021-22	2022-23	2023-24
Activity Space and Suite Events Reserved	3,882	0*	2,301	3,312	4,837
Conference Suite Events Scheduled	463	0*	331	439	417

*Closed due to COVID-19

Fitness

Category	2019-20	2020-21	2021-22	2022-23	2023-24
# of Personal Training Assessments on Clients	146	0*	10	69	86
# of Personal Training Sessions Conducted	803	175 virtual clients	514	2,193	842

*Closed due to COVID-19

Group Fitness

Category	2019-20	2020-21	2021-22	2022-23	2023-24
Overall Group Fitness Participation	18,531	6,510*	8,409	13,778	20,067
# of Weekly Classes Offered	73	38*	30 Fall/ 34 Spring	66 Fall/ 78 Spring	70 Fall/ 68 Spring
# of Self Defense Participants	36	48*	42	48	61

*Virtual and outdoor classes were available for members

Informal Recreation & Equipment Checkout

Informal Recreation covers all drop-in sporting activities that members enjoy such as basketball, volleyball, soccer and badminton.

Category	2019-20	2020-21	2021-22	2022-23	2023-24
Equipment Items Checked Out to Members	124,084	0*	62,221**	69,765	92,491

*Closed due to COVID-19

**Large reduction of this number is due to moving all fitness equipment to Fitness Desk to check out and decreasing the type and amount of equipment offered in accordance with our COVID-19 protocols.

Intramural Sports

The Intramural Sports program offers leagues and tournaments each semester ranging from one day to five weeks in length. Co-Rec, Women's, and/ or Open leagues are available for each sport. Participants can register as a free agent (single) or as a team. All skill levels, genders, and backgrounds are welcome!

Category	2019-20	2020-21	2021-22	2022-23	2023-24
# of Sports & Activities Offered	39	9*	18	22	28
# of Teams	379	74*	153	340	369
Total # of Participants	2,956	74*	651	2,681	2,683
# of Games Scheduled	619	0	274	658	620

*Virtual offerings were available for members

Marketing

Social media has been a tremendous resource for The WELL to engage with people from the campus community.

Category	2019-20	2020-21	2021-22	2022-23	2023-24
# of Instagram Followers	10,011	10,374	12,447	13,579	13,820
# of X Followers	3,265	3,122	3,080	2,960	2,903
# of Facebook/Meta Followers	9,019	8,782	8,593	8,990	8,703
# of TikTok Followers	n/a	n/a	n/a	n/a	631

Membership

Category	2019-20	2020-21	2021-22	2022-23	2023-24
Percentage of Overall Student Body with Activated Memberships	77%	--	56%	66%	67%
Daily Average of WELL Facility Check-Ins (7 days per week – does not include summer or winter break)	1,902	192*	1,092	1,789	1,821
Total Annual WELL Facility Check-Ins (entire year not just semester)	371,577	38,267*	281,137	488,198	505,751

**Outdoor fitness and recreation options were available for members*

Recreational Therapy

Our Recreational Therapy (RT) program strives to implement and facilitate inclusive and specialized recreation and leisure pursuits that provide opportunities for members of all abilities and backgrounds to recreate together.

Category	2019-20	2020-21	2021-22	2022-23	2023-24
# of Participants and Program Volunteers	2,000	390*	815	476	781

**Virtual offerings were available for members*

Special Events

Our Special Events department oversees our annual events such as the Sac State 5K Fun Run and WELLcome Back as well as Frosh Nights for incoming students over the summer.

Category	2019-20	2020-21	2021-22	2022-23	2023-24
5K Participants	310	443	845	1,200	1,234
5K Donation Amount	\$6,500	\$8,000	\$5,700	\$4,464	\$4,323
WELLCome Back Attendance	894	159*	254*	992	787

**virtual event*