

The WELL

Who We Are

The WELL at Sac State is a modern 150,000 square foot recreation and wellness facility. Our mission is to inspire lifetime wellness through collaboration, education and innovation.

Aquatics

- 34% increase in swim lessons – 156 participants in 18/19 vs. 116 in 17/18.
- 7,110 people used the pool in 18/19. Similar to 17/18.

Climbing Wall

- 96 participants out of 120 completed the Mile High Challenge, which is where participants climb the equivalent length of one mile.
- There were 15,652 climbing harnesses and shoes checked out to members in 18/19

Informal Recreation & Equipment Checkout

- Members checked out 189,241 equipment items in 18/19 for all drop in sports.

Event Services

- 7,904 activity space and suite events were reserved in The WELL
- 27,286 hours of activity were reserved in The WELL
- 969 Conference Suite Events scheduled

Fitness

- Personal Trainers:
 - Conducted 145 initial assessments
 - Conducted approximately 1,200 personal training sessions

Group Fitness

- Overall participation in Group Fitness was 24,060 in 18/19
- Over 60 Group Fitness classes were offered each week
- Self Defense Classes: 816 participants in 18/19 compared to 67 participants in 17-18 (21% increase)

Intramural Sports

- 385 teams and approximately 3,659 participants
- 1,045 games scheduled

Marketing

- 8% increase Social Media and email engagement in across all platforms.

- Facebook, Instagram & Twitter: wellsacstate

Membership

- Student Membership was at an all-time high of 82% of Spring Enrollment (24,286 students).
- Non-student Membership increased by 24% mostly attributed to increase in alumni memberships.
- There was a daily average of 1,953 check-ins.
- There were a total of 496,179 check-ins for the entire year.

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
- 900 participants (including volunteers) in our AIR programming
- RT volunteers: there were 1,666 hours contributed by our volunteers, totaling \$42,366 in time donated (based on a rate of \$25.43 per hour value indicated by Independent Sector).

Special Events

- Sac State 5K Fun Run: 840 participants (4.5% higher compared to prior years), raised \$3,500 (\$1,000 more than 2018) and was donation to the Multi-Cultural Center Fund.
- Hosted FROSH Nights: 130 incoming freshman attended
- WELLCome Back event: 842 active participants

NIRSA/NASPA Consortium Benchmarking survey in the Spring of 2019 (N=891)

Responded with Definitely

From your participation in Campus Recreation, do you feel you have increased or improved your:

	Sacramento State	National Average
Multicultural Awareness	48.07%	24.17%
Sense of belonging/association	38.87%	27.51%
Academic Performance	37.82%	25.57%
Ability to get a good night’s sleep	42.12%	33.26%

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