

# 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



Participants in swim lessons

**116**   **156**   ↑ **34%**  
2017/18   2018/19   Increase

Number of People who used the pool

**7,110**  
2017/18 & 2018/19

### Climbing Wall



Mile High Challenge\*

**96 participants**  
**out of 120**  
Completed

Climbing harnesses & shoes checked out

**15,652**  
2018/19

\*where participants climb the equivalent length of one mile.

### Event Services



**7,904**  
Activity space and suite events reserved

**27,286**  
Hours of activity reserved

**969**  
Conference Suite Events scheduled

### Intramural Sports



**385**  
Teams

**~3,659**  
Participants

**1,045**  
Games scheduled

### Fitness



Personal Trainers conducted

**145**   **~1,200**  
Initial assessments   Personal training sessions

### Informal Recreation & Equipment Checkout



**189,241**

Equipment items checked out in 2018/19 for all drop in sports

### Group Fitness



Overall Participants  
**24,060**  
2018/19

Group Fitness Classes  
**60+**  
Every week

Self Defense Classes  
**816**   **67**   ↑ **21%**  
Participants in 2018/19   Participants in 2017/18   Increase

## Marketing

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

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## 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

(Spring 2019)  
N=891

