

ELEVATE YOUR WELL- BEING

WEST
CHESTER
UNIVERSITY
CAMPUS
RECREATION
2025-2026



ELEVATE YOUR WELL-BEING

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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!

DEPARTMENT STAFF

Michael Reno

DIRECTOR OF CAMPUS RECREATION

mreno@wcupa.edu | (610) 436-6928

Responsible for creation, prioritization and administration of operational and capital budget

Responsible for coordination of indoor and outdoor facility enhancement and construction projects

Provides leadership and support to all department full-time professional staff

Dan Comas

ASSOCIATE DIRECTOR OF FACILITIES AND BUSINESS OPERATIONS

dcomas@wcupa.edu | (610) 436-2277

Manages all campus recreation facilities and student staff

Responsible for the scheduling and coordination of facility reservations

Manages department budgets

Demetrius Isaac

ASSISTANT DIRECTOR OF INTRAMURAL AND SPORTS CLUBS

disaac@wcupa.edu | (610) 436-2133

Coordinates all intramural sports leagues and tournaments

Responsible for the administration of the sports club program

Manages all Intramural and Sports Club staff

Kayla Walden

ASSISTANT DIRECTOR OF OUTDOOR ADVENTURE EDUCATION

kwalden@wcupa.edu | (610) 436-2100

Manages the operations of the climbing wall including staff training, maintenance, and development of educational programs

Coordinates the training and development of our student Trip Guides who conduct outdoor excursions throughout the semester

Assists campus community with providing experiential leadership development programs

Ashley Oostveen

ASSISTANT DIRECTOR OF FITNESS AND MARKETING

aostveen@wcupa.edu | (610) 436-2563

Oversees all fitness programs and activities

Develops departmental marketing and promotional materials

Organizes departmental special events

Krista Link

ADMINISTRATIVE ASSISTANT

klink@wcupa.edu | (610) 436-2131

New employment and payroll

Professional staff support

Compiles, prepares and maintains records for the department

Audra Kudak | AK972793@wcupa.edu

GRADUATE ASSISTANT SPORT CLUBS

Nicholas Strunge | NS963183@wcupa.edu

GRADUATE ASSISTANT INTRAMURAL SPORTS

Erin Martin | EM993831@wcupa.edu

GRADUATE ASSISTANT FITNESS PROGRAMS

Alex Walinski | AW983796@wcupa.edu

GRADUATE ASSISTANT FACILITIES

Makenna Marr | MM990158@wcupa.edu

GRADUATE ASSISTANT MARKETING & SPECIAL EVENTS

Liz Trani | ET1000017@wcupa.edu

GRADUATE ASSISTANT BUSINESS OPERATIONS

Matt VanMeter | MVanMeter659@wcupa.edu

GRADUATE ASSISTANT OUTDOOR ADVENTURE

FACILITIES



The 69,000 sq. ft. Student Recreation opened in August of 2012 and continues to be a highlighted facility for student recruitment, retention, and co-curricular educational experiences.

GENERAL POLICIES

- Valid WCU ID is required
- Appropriate attire and footwear is required at all times
- Use of equipment is at your own risk
- Equipment should be cleaned before and after use
- SRC Staff has the right to limit or prohibit exercises/activities performed by patrons that are seen as hazardous or high risk to themselves or others
- Unauthorized use of camera/video/audio recording devices is prohibited

WCU FACILITY SCHEDULE 2025-2026

Student Recreation Center

Monday – Thursday: 6:00 AM - 11:30 PM
 Friday: 6:00 AM - 10:00 PM
 Saturday: 9:00 AM - 6:00 PM
 Sunday: 11:00 AM - 11:30 PM

Climbing Wall

Monday – Thursday: 3:00 PM - 8:00 PM

Rec Swim

View WCU Campus Rec Home Page

Please refer to the website for closures, holiday hours, changes to schedule.

SPACE RESERVATION

To reserve any space in the Student Recreation Center, please visit our website at:

https://www.wcupa.edu/_services/CampusRec

To reserve any space in Ehinger Gymnasium or on Matlack Field, please visit:

<https://25live.collegenet.com/wcupa/>

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 50 weekly, high-quality Group Fitness classes
- Opportunity to learn, practice, and climb our 34 ft. climbing wall
- Membership pricing on special events, Outdoor Adventure Pursuit trips, programs, or services
- Ability to check-out or rent Campus Recreation equipment including basketballs, volleyballs, rock-climbing shoes, and outdoor equipment

SERVICES

Annual membership (365 days from date of purchase) \$330
 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)



FITNESS

Group Fitness classes range from Les Mills to Zumba and everything in between! The classes are available for all West Chester University students, faculty, and staff. 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!

CLASS DESCRIPTIONS

Barre: A fun and empowering class set to today's hottest music. Classes begin with a warm up focusing on postural strength and alignment, followed by a series of upper body exercises using light weights. The ballet barre is used to sculpt the lower body, abs and for flexibility training.

BODYBALANCE®: LES MILLS BODYBALANCE® is a new-generation yoga class that will improve your mind, your body, and your life. This class includes a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

BODYPUMP™: Using light to moderate free weights and a barbell with lots of repetition, LES MILLS BODYPUMP™ gives you a total body workout. Feel the burn with scientifically proven moves and techniques, highly trained instructors and great music – helping you achieve much more than on your own! You'll leave the workout feeling challenged and motivated, ready to come back for more.

Circuit 45: Circuit 45 is a high-energy, 45-minute functional fitness class designed to challenge your whole body.

The workout is structured in a circuit format, combining strength, cardio, and mobility exercises for a full-body burn. Each session targets functional movements to improve endurance, strength, balance, and coordination – all in an efficient, fast-paced format perfect for all fitness levels.

CORE: Inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do. Available as a 30 or 45-minute workout.

Cycle: 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!

GRIT™: LES MILLS GRIT™ is 30 minutes of high-intensity interval training (HIIT), developed by experts to deliver transformative results. Featuring short, intense bursts of effort followed by periods of recovery, the scientifically structured intervals allow you to push your body into your max effort training zone – and that's where the results happen.

Kickboxing: Take this class for a fun cardio workout to learn some self defense along with working your core, flexibility, and strength. Along with technique oriented drilling of which will help you learn the ins and outs of kickboxing.

Yoga: This class is ideal for anyone new to yoga and interested in its benefits that will help you build strength, increase flexibility, and find focus. It is moderately paced so you will learn the fundamental Yoga postures and principles that create a successful and effective mind/body practice.

Zumba: Zumba is an interval-style dance fitness party that combines low-intensity and high-intensity movements. This class is designed to increase your heart rate and build cardio endurance as you move to the rhythm of the Latin-inspired dance moves. (No dance experience required).



Please visit IG: @wcugroupfitness or our website: https://www.wcupa.edu/_services/CampusRec/fitnessPrograms.aspx for updates to the 2025-2026 schedule.

SPORTS CLUBS

The Sports Clubs program consists of competitive, instructional, and recreational clubs that are unique in 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. Sports 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 Sports Clubs program at West Chester University strives to encourage participation, socialization, and competition of student organized sports clubs. Value added experiences enhance physical fitness and foster a spirit of competition.



SPORT CLUB	PRESIDENT	EMAIL
Barbell	Michael Fragale	MF1014701@wcupa.edu
Baseball	Christian Doi	CD1018958@wcupa.edu
Bowling	Matt Hwang	MH1028277@wcupa.edu
Boxing	Maxwell Zampirri	MZ1013656@wcupa.edu
Climbing	Kristina Curran	KC997611@wcupa.edu
Crossfit	Levi Fron	LF1033049@wcupa.edu
Dance Team	Abigail Sklenarik	AS996392@wcupa.edu
Equestrian	Anna Langan	AL992001@wcupa.edu
Fencing	Jason Storey	JS1007823@wcupa.edu
Field Hockey	Hannah Maughan	HM1029918@wcupa.edu
Golf	Alex Orrok	AH0990348@wcupa.edu
Gymnastics	MaryBeth Robb	MR991790@wcupa.edu
Ice Hockey (Men's D1, D2, D3, Women's)	Logan Myers	LM994685@wcupa.edu
Judo	Devon Mattox	DM102145@wcupa.edu
Kickboxing	Sarah MacDonald	SM1003044@wcupa.edu
Men's Lacrosse	Daniel Brown	DB1019292@wcupa.edu
Men's Rugby	Cory McCabe	CM1001292@wcupa.edu
Men's Soccer	Connor Manning	CM1028881@wcupa.edu
Men's Ultimate	Graham Laub	GL1000838@wcupa.edu
Men's Volleyball	Matthew Terry	MT1005298@wcupa.edu
Men's Water Polo	Scott Kula	SK101605@wcupa.edu
Pickleball	Mya Bishop	ES976440@wcupa.edu
Softball	Jamie Horne	JH951869@wcupa.edu
Swimming	Kaira Hollenbach	KH1022158@wcupa.edu
Tennis	Luke Regnier	LR1041501@wcupa.edu
Women's Basketball	Shayne LeRay	SL1011282@wcupa.edu
Women's Lacrosse	Alyssa Dotter	AD1014585@wcupa.edu
Women's Soccer	Taylor Freeze	TF1005918@wcupa.edu
Women's Ultimate	Grace Tollinger	GT997946@wcupa.edu
Women's Volleyball	Julia D'urso	JD1001811@wcupa.edu
Women's Water Polo	Katherine Hayner	KH998210@wcupa.edu
Wrestling	Noah Brechbill	NB995382@wcupa.edu

INTRAMURAL SPORTS

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.

LEAGUE OFFERINGS

LEAGUES	REGISTRATION	START DATES
Flag Football	8/11 - 9/4	9/15
Indoor Soccer	8/11 - 9/4	9/15
Pickleball	8/11 - 9/4	9/15
Basketball	11/3 - 11/24	1/27
Volleyball	11/3 - 11/24	1/27
Softball	2/9 - 2/27	3/16
Outdoor Soccer	2/9 - 2/27	3/16

For more information, or to inquire about future events, contact Demetrius Isaac disaac@wcupa.edu or follow us on Instagram [@wcupacampusrec](https://www.instagram.com/wcupacampusrec)

**“Every time
you have an
opportunity to step up,
it’s an opportunity
to grow.”**

~ Jalen Hurts

Please visit https://www.wcupa.edu/_services/CampusRec/intramurals.aspx for updates to the 2025-2026 schedule. To register, visit [imleagues.com/wcupa](https://www.imleagues.com/wcupa)

OUTDOOR ADVENTURE PURSUITS

The Outdoor Adventure Pursuits program strives to engage students in meaningful outdoor experiences through a variety of outdoor activities and excursions. Students are able to develop skills such as problem-solving, leadership, teamwork, communication, and self-advocacy. All abilities and experience levels are welcome!



2025-2026 CLIMBING WALL HOURS
Monday–Thursday, 3:00 PM–8:00 PM



OAP TRIPS 2025–2026

Adventures include:
hiking, backpacking, paddle-boarding, camping...and more!



Please visit IG: @wcupacampusrec or our website:
https://www.wcupa.edu/_services/CampusRec/outdoorAdventure.aspx
for updates to the 2025–2026 schedule.

EMPLOYEE SPOTLIGHT

Preston Kalinoski

*Facilities Supervisor
Major: Economics and Finance*

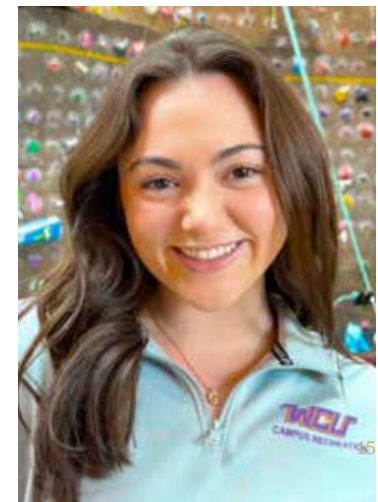
"My favorite part of working at the rec is the great friendships I've made. I also meet new people all the time. I like connecting with others, helping out where I can, and being part of such a fun and welcoming team. It's a great workplace and an awesome part of my college experience."



"Working as a group fitness instructor at the Rec has been such a rewarding experience. It's allowed me to bring energy and fun into every class while building meaningful connections with amazing people! Week after week, I'm inspired by the participants who continue to show up for themselves and each other. It's the people who make this place so special – and I'm grateful to be a part of it."

Anya Catoni

*Rhythm Ride and BodyPump Instructor
Major: Business Management*



LIVE WELL LEARN WELL

WCU Health & Wellness
Campus Recreation

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



@wcupacampusrec
@wcugroupfitness
@wcu.oap

