

A group of students are practicing yoga on a paved outdoor area in front of a modern building with large glass windows. In the foreground, a young woman with blonde hair tied back, wearing a white t-shirt with 'WEST' and '3' on it, is smiling at the camera with her hands in a prayer position. Behind her, a man with a beard and a red headband is in a lunge position, and a woman in a purple shirt is also in a lunge. In the background, another student in an orange shirt is visible. The sky is blue with some clouds.

Something for Every*Body*

**WEST CHESTER UNIVERSITY | CAMPUS RECREATION | FALL 2019**



Something for EveryBody

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!



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## DEPARTMENT STAFF

**TBA**, *Director of Campus Recreation*

- Responsible for creation, prioritization and administration of operational and capital budget
- Responsible for coordination of indoor and outdoor facility enhancement and construction projects
- Provide leadership and support to all department full-time professional staff

**MICHAEL RENO**, *Associate Director of Sport Clubs and Business Operations*

**[mreno@wcupa.edu](mailto:mreno@wcupa.edu)** | (610) 436-6928

- Responsible for the administration of the sport club program
- Responsible for development and implementation of risk management protocols for sport club
- Responsible for the scheduling and coordination of facility rentals
- Manage department budgets

**DAN COMAS**, *Assistant Director of Intramural Sports*  
**[dcomas@wcupa.edu](mailto: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**, *Associate Director for Experiential Education, Student Success, and Risk Management*  
**[ssassaman@wcupa.edu](mailto: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](mailto: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

**KRISTA LINK**, *Secretary of Campus Recreation*  
**[klink@wcupa.edu](mailto:klink@wcupa.edu)** | (610) 436-2131

- New employment and payroll
- Professional staff support
- Compile, prepare and maintain records for the department

**NICO GALVIS**, *Graduate Assistant Sport Clubs*  
**[sportclubs@wcupa.edu](mailto:sportclubs@wcupa.edu)** | (610) 436-2065

**DEMETRIUS ISAAC**, *Graduate Assistant Intramural Sports*  
**[intramurals@wcupa.edu](mailto:intramurals@wcupa.edu)** | (610) 436-2064

**GIOVANNA PILLA**, *Graduate Assistant Outdoor Adventure Pursuits and Climbing Wall*  
**[outdoorpursuits@wcupa.edu](mailto:outdoorpursuits@wcupa.edu)** | (610) 436-4688

**JAMES HAUSER**, *Graduate Assistant Fitness Programs*  
**[srcfitness@wcupa.edu](mailto:srcfitness@wcupa.edu)** | (610) 436-2062

**KATIE ELLIOTT**, *Graduate Assistant Facilities*  
**[srcfacility@wcupa.edu](mailto:srcfacility@wcupa.edu)** | (610) 436-4688

**HASSAN GOMES**, *Graduate Assistant Student Success*  
**[srcstudentsuccess@wcupa.edu](mailto:srcstudentsuccess@wcupa.edu)** | (610) 436-2350

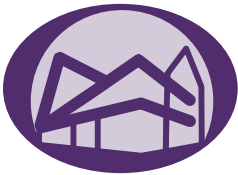
# > FACILITIES

- 69,000 square foot facility
- 13,000 square feet of cardiovascular and strength floor area
- Over 65 pieces of name brand cardiovascular equipment
- Over 115 pieces of strength equipment including the Life Fitness Synergy 360
- 1/10 mile jogging track
- “Juiced-up” operated by Aramark serving delicious fruit smoothies and other healthy grab and go snacks perfect for the busy and health conscious student or professional!
- Men’s and women’s locker rooms with over 75 lockers (member must provide OWN lock)
- State-of-the-art 34-foot tall climbing wall
- Athletic Training Suite (coming soon)
- Nutrition and Fitness Educational Suite (coming soon)
- 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

## > FACILITIES SERVICES

*To reserve any space in the Student Recreation Center, please email your request to: [srcrequests@wcupa.edu](mailto:srcrequests@wcupa.edu)*

**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.

## 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

Monday – Friday:	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!





## 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.

## FITNESS TERMS

**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.

**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! Cycle & Tone provides 45 minutes of cycle training followed by 15 minutes of abs/core work.

**HIIT:** This High Intensity Interval training class is perfect for when you are in a rush and want to get a workout in. It focuses on short bursts of max effort combined with shorter rest periods to keep your heart rate elevated, allowing you to get the most out of your workout. Utilizing the Recreation Centers new functional fitness area, will incorporate the use of tires, battle ropes, and weight sleds.

**LES MILLS RPM™:** (Virtual) A group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session. With great music pumping and the group spinning as one, your instructor takes

you on a journey of hill climbs, sprints, and flat riding to lift your personal performance and boost your cardio fitness.

**LES MILLS RPM™:** (Virtual) A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. A high intensity, low impact workout, it's scientifically proven to return rapid results. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort.

**Tabata Bootcamp:** A 45 Minute total body HIIT (High Intensity Interval Training) workout designed to burn more calories and boost your metabolism. Tabata Bootcamp's motto is “Quality, not quantity”. The program offers effective workouts that maximize your results in minimal time... what could be better?!

**Zumba®:** Ditch your traditional workout and come join the party! Zumba® is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, which create a dynamic, exciting, and effective fitness system! (no dance experience required) Burn up to 500-800 calories in this party-like environment!

**BODYPUMP™:** The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! Burn up to 530 calories per class!

**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. Athletic - This workout often uses a step, bodyweight exercises and multi-dimensional sports conditioning training to increase your overall athletic performance: strength, agility, speed and power. Strength-build strength and tone lean muscle plus boost your metabolism with the use of plates and barbells.

**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.



**KEY:**

A = Room 020

B = Room 024

C = Room 105

Student Recreation Center

## 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

## FALL 2019

### Beginning

August 26-December 13, 2019

### Finals Week Modified Schedule

December 9-13, 2019

### IMPORTANT DATES

**Labor Day:** Sept. 2, NO CLASSES

**Fall Break:** November 23rd-December 1st, NO CLASSES

**Finals Week:** a modified schedule will be posted

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Grit-B W/ Sarah 6:15-7:00am	Cycle-C W/ Tracy 6:15-7:15am	Grit-B W/ Sarah 6:15-7:00am	Cycle-C W/ Tracy 6:15-7:15am	
		BodyPump-B W/ Lauren 6:45-7:45am		BodyPump-B W/ Lauren 6:45-7:45am	
	Yoga-A W/ Abby 8:00-9:00am			Yoga-A W/ Abby 8:00-9:00am	
			Barre-B W/Gina 8:30-9:30am		Barre-B W/Gina 8:30-9:30am
				Yoga-B W/ Caroline 10:15-11:15am	Yoga-A W/ Upasna 10:15-11:15am
	Barre-B W/ Kristin 10:30-11:30am		Barre-B W/ Kristin 10:30-11:30am		Barre-B W/ Kristin 10:30-11:30am
			Cycle-C W/ Cierra 11:30am-12:30pm		Cycle-C W/ Cierra 11:30am-12:30pm
HIIT-B (Turf) W/ Tracy 11:15am-12:15pm					Zumba-B W/ Tiffany G. 12:30-1:30
	BodyPump-B W/ Melanie 12:45-1:45pm	BodyPump-B W/ Melanie 12:45-1:45pm		BodyPump-B W/ Melanie 12:45-1:45pm	
			Cycle-C W/Lauren 1:30-2:15		
	Cycle Express-C W/ Cierra 3:15-3:45pm				
			Yoga-B W/Kelly 2:30-3:30		
			Tabata-B W/ Nicole 4:00-5:00pm		
Zumba-B W/ Brittany 5:00-6:00pm	Barre-B W/ Lindsay 5:00-5:45	Grit-B W/ Nicole 5:00-5:45pm	Barre-B W/ Lindsay 5:00-5:45	Grit-B W/ Nicole 5:00-5:45pm	
		Yoga-A W/ Abby 5:15-6:15pm		Step-A W/ Tiffany G. 5:00-6:00pm	
Yoga-A W/ Caroline 6:00-7:00pm	Yoga-A W/ Caroline 6:00-7:00pm				
	BodyPump-B W/ Maura 6:00-7:00pm				
	Zumba-B W/ Rebecca 7:30-8:30pm	Zumba-B W/ Brittany 7:30-8:30pm	Zumba-B W/ Rebecca 7:30-8:30pm	Zumba-B W/ Brittany 7:30-8:30pm	





# INTRAMURAL SPORTS

“ Sometimes you **WIN**,  
sometimes you **LEARN!** ”

– John C. Maxwell



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	Registration Period	Starts	Cost
7v7 Flag Football	8/19 - 9/9	9/16	\$25
5v5 Indoor Soccer	8/19 - 9/9	9/16	\$25
6v6 Dodgeball	8/19 - 9/9	9/16	\$25
6v6 Indoor Volleyball	10/7 - 10/21	10/28	\$25
5v5 Basketball	10/1 - 10/23	11/10	\$40

Special Event Offerings	Registration Period	Date	Cost
Madden Tournament	8/19 - 8/29	8/29	\$5
NFL Pick 'em	8/19 - 9/5	9/5	FREE
NBA 2k20 Tournament	8/19 - 9/9	9/9	\$5
3x3 Basketball	8/19 - 9/12	9/14	\$10
FIFA Tournament	9/9 - 9/30	9/30	\$5
Big Pink Volleyball	10/10 - 10/29	10/30	\$10
Racquetball	10/22 - 11/5	11/5	FREE
Table Tennis	11/4 - 11/20	11/20	\$5

P.I.A.A. S.T.A.R.T. Program <i>Students of Today Are Referees of Tomorrow</i>		
Sport	Registration Period	Class Dates
Softball	8/26 - 9/16	Mondays, 9/23, 9/30 & 10/7
Basketball	8/26 - 9/16	Tuesdays, 9/24, 10/1 & 10/8
Basketball	9/30 - 10/14	Mondays, 10/21, 10/28 & 11/4
*All classes run from 6:15-9:15 p.m.		

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

For more information or to inquire about future events, contact [dcomas@wcupa.edu](mailto:dcomas@wcupa.edu) or follow us on Twitter @WCUIntramurals

## SPORT CLUBS

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 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 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.





SPORT CLUB	PRESIDENT	EMAIL
Bowling	Sydney Fritz	SF892755@wcupa.edu
Climbing	Kelsey Ortiz	ko884931@wcupa.edu
Crossfit	Juliet Goldfine	JG886838@wcupa.edu
Dance	Erika Brechka	EB877453@wcupa.edu
Equestrian	Catherine Delany	CD863115@wcupa.edu
Fencing	William Tebay	WT895094@wcupa.edu
Field Hockey	Emily Endres	EE885135@wcupa.edu
Fishing	Ryan Gilmore	RG864391@wcupa.edu
Judo	Rogel "Monty" Gonzales	RG867185@wcupa.edu
Men's Ice Hockey D1	Colby Fiel	CF898505@wcupa.edu
Men's Ice Hockey D2	Eric Schwass	ES879417@wcupa.edu
Men's Lacrosse	Sam Guittare	SG865313@wcupa.edu
Men's Rugby	Jacob Klecko	JK863883@wcupa.edu

SPORT CLUB	PRESIDENT	EMAIL
Men's Soccer	Billy Gorman	WG865742@wcupa.edu
Men's Ultimate	James Tarantino	JT882666@wcupa.edu
Men's Volleyball	Mike Silvestri	MS868586@wcupa.edu
Men's Water Polo	Jake Doyle	JD862907@wcupa.edu
Roller Hockey	Brian Marso	BM898359@wcupa.edu
Swim	Meghan McMullen	Mm887783@wcupa.edu
Women's Ice Hockey	Cheyenne Carlo	CC897564@wcupa.edu
Women's Lacrosse	Maura Houk	MH877129@wcupa.edu
Women's Soccer	Alexis Jensen	AJ874807@wcupa.edu
Women's Ultimate	Kyleigh Shuster	KS865624@wcupa.edu
Women's Volleyball	Kelly Doogan	KD892626@wcupa.edu
Women's Water Polo	Montgomerie Weitzel	MW888913@wcupa.edu
Wrestling	Manuel Canfijn	MC868663@wcupa.edu

# OUTDOOR ADVENTURE PURSUITS

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

Monday - Friday: 3:30 PM - 9:30 PM

Sunday: 4:00 PM - 8:00 PM



## CLIMBING PROGRAMS

### ***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 (FREE)***

Get started off right with this two hour session focused on basic body movement, climbing equipment, and belaying technique. This is a small group session with one of trained Instructors 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.



# OUTDOOR ADVENTURE PURSUITS

## 9/7 Intro to Standup Paddleboard Trip - Marsh Creek, PA (beginner) \$10

Spend the day testing out our Standup Paddleboards on this day trip around Marsh Creek. Instruction of basic stokes and SUP handling will be included in addition to all equipment. No prior experience necessary!

## 9/28 Mountain Biking Trip - Jim Thorpe, PA (beginner) \$15

Enjoy a scenic ride along the Lehigh river. This trip includes a bike rental and the trail is relatively flat as it follows old railroad grades. Time to explore the historic town of Jim Thorpe will follow the ride.

## 10/05 Whitewater rafting - Jim Thorpe, PA (beginner) \$25

Enjoy the thrill of whitewater rafting as you paddle the class III rapids of the Lehigh River. No prior experience necessary and all necessary equipment will be provided.

# RENTAL EQUIPMENT PRICES

ITEM	Day	Weekend (2-3 days)	Week (4 - 7 days)
2-Person Tent	\$4	\$8	\$10
Sleeping Pad	\$2	\$4	\$6
Sleeping Bag	\$5	\$10	\$12
60L Backpack	\$8	\$10	\$15
Backpacking Stove	\$8	\$14	\$18
Propane Stove	\$4	\$8	\$12
Cooking Set	\$5	\$8	\$10
Headlamps	\$2	\$4	\$6
Standup Paddleboard	\$15	\$25	—

## 10/12 Outdoor Rock Climbing - Ralph Stover, PA (intermediate) \$10

Learn the basics of outdoor top rope climbing at one of our local climbing destinations. All equipment and transportation is included!

## 10/26-10/27 Star Gazing Campout - Chery Springs, PA (Beginner) \$15

Join us as we enjoy one of the best places to see the stars in the US! This will be an entry level car camping experience with opportunities to learn skills such as cooking.

## 11/2 Halloween Hike - Jenny Jump State Park (beginner) \$10

Get spooky as we hike a historic haunted trail. Great views are guaranteed. . .ghost sightings are not.

### Trip Ratings:

*Beginner* - Introductory trip with no previous experience required. Easy to moderate physical activity.

*Intermediate* - Previous experience recommended, but not required. Moderate physical activity.

*Advanced* - Previous experience with working knowledge required. Moderate to strenuous physical activity.





*“Campus Recreation at West Chester University has given me a unique opportunity to celebrate my mind and body. From going on excursions to learning about nutrition, it has been a continuous journey in discovering how to be the best me. At “the rec” I have challenged my time management skills, diversified my social circle, and invested in myself. Since the rec is involved in departments all across campus, it is filled with dynamic individuals who will one day make the world a better place.”*

– Tara Morrissey '20







**NAME:** Emmy Bebee

**POSITION:** Sport Club Supervisor

**COLLEGE AND MAJOR:** College of Health Sciences, Nutrition and Dietetics Major, Didactic Program in Dietetics Concentration; Psychology B.A.

**FAVORITE PART OF WORKING AT SRC:** *Working with the sport clubs has given me so many opportunities to meet new people and broaden my leadership skills. I started as a sport club supervisor three years ago and have built professional relationships with departments all over campus and I have met some of my best friends that will be with me for years to come. A job that I thought would just provide me with a little extra money, turned into a journey that has quite honestly been an experience that I'll appreciate for the rest of my life.*

**ULTIMATE CAREER GOAL:** *Nowadays, living sustainably is one of the most important practices that we can adopt into our lifestyle. With my psychology degree partnered with a degree in nutrition, I would love to start a CSA (community supported agriculture) and help spread awareness about the effects of buying local foods partnered with maintaining a healthy lifestyle.*

## EMPLOYMENT OPPORTUNITIES:

Would you like to join our team? Attend the Campus Recreation information session **on Wednesday, August 28, 2019, 6:00 pm-7:30 pm in Sykes 115** to learn about the many outstanding employment opportunities we provide including:

- ✓ Climbing Wall Attendant
- ✓ Intramural Official
- ✓ Group Fitness Instructor
- ✓ Personal Trainer
- ✓ Outdoor Adventure Pursuits staff
- ✓ Recreation Attendant
- ✓ Application is on Campus Recreation website under Employment.



# Employee Spotlight

# 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, Outdoor Adventure Pursuit trips, 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

<b>Annual membership</b> .....	<b>\$330</b> <i>(365 days from date of purchase)</i>
<b>6-months membership</b> .....	<b>\$180</b>
<b>1-month/30 day membership</b> .....	<b>\$35</b>
<b>1-day membership</b> <i>(good all day)</i> .....	<b>\$7</b>

*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*







**NIRSA**  
Leaders in  
Collegiate  
Recreation

West Chester University is home to a top notch challenge course facility located on South Campus! Student organizations, campus departments, and community groups may book an array of experiences ranging from a one hour program to a full day experience. Please visit our website to submit a program request and one of our facilitators will be in touch to help design the perfect program for your group. Prices vary based on the program and we offer a sliding scale fee for student groups and non-profits.

*"I discovered that most of what was holding me back was my own mind, but by fully committing to the challenge I could overcome more than I thought possible. Nothing else in my time at WCU has inspired me so much and I now have the confidence to achieve my dreams."*

~participant quote

### ➤ GROUND INITIATIVES:

Ground initiatives take place on the ground but do not be fooled by their commonplace name, they are often quite challenging and can promote learning as much as low or high initiatives. Our adventure facilitators can employ a seemingly limitless number of activities depend on a group's needs and goals.

### ➤ LOW ELEMENTS:

These challenges do involve getting your feet off the ground and often employ permanent structures designed for challenge courses. Some sample activities include: spider's web, team wall, zig-zag, giant's finger, Mohawk walk, animal house, board room, wild woozy and several others.

### ➤ HIGH ELEMENTS:

These challenges take place higher off the ground and involve the use of a harness and belay system. WCU is fortunate to have an outstanding array of low and high elements. We have a large ropes/pole course that combines nine individual elements starting on the ground and ending high in the air. We have a smaller pole course that includes seven individual adventure elements. There are several other high elements scattered around campus or alongside the Gordon Nature Area including swing by choice and space loops.









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