

A young man with brown hair, wearing a red and white long-sleeved shirt and black shorts, is climbing a rock wall. He is reaching up with his right hand to grasp a red hold. The wall is covered in numerous colorful holds of various shapes and sizes, including green, blue, red, yellow, and purple. A yellow rope is visible on the wall. The background is a textured, light brown rock surface.

Something for EveryBody

WEST CHESTER UNIVERSITY | CAMPUS RECREATION | SPRING 2020



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

MICHAEL RENO, *Senior 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
- Provide leadership and support to all department full-time professional staff

TBA, *Associate Director of Facilities and Business Operations*

- Manages all areas of the facility and student staff
- Responsible for the scheduling and coordination of facility rentals
- Manage department budgets

DAN COMAS, *Assistant Director of Intramural Sports*
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 | (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
- Assist campus community with providing experiential leadership development programs.

TBA, *Assistant Director of Fitness and Marketing*

- Oversee all fitness programs and activities
- Develop departmental marketing and promotional materials
- Organize departmental special events

KRISTA LINK, *Secretary of Campus Recreation*
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 | (610) 436-2065

EMMY BEBEE, *Graduate Assistant Intramural Sports*
intramurals@wcupa.edu | (610) 436-2064

GIOVANNA PILLA, *Graduate Assistant*
Outdoor Adventure Pursuits and Climbing Wall
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JAMES HAUSER, *Graduate Assistant Fitness Programs*
srcfitness@wcupa.edu | (610) 436-2062

KATIE ELLIOTT, *Graduate Assistant Facilities*
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KATELYN ESTERLUND, *Graduate Assistant*
Lifestyle & Nutrition
srlifestyle@wcupa.edu | (610) 436-xxxx

HASSAN GOMES, *Graduate Assistant Student Success*
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-feet tall climbing wall
- Nutrition and Fitness Educational Suite
- 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

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.
- 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.

SPRING 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.



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

SPRING 2020

Beginning

January 21-May 4, 2020

Finals Week Modified Schedule

May 5-9, 2020

IMPORTANT DATES

Spring Break: March 9-March 15 NO CLASSES

Yoga with Kathleen will be cancelled 1/27 & 1/28

Finals Week: a modified schedule will be posted

KEY:
A = Room 020
B = Room 024
C = Room 105
Student Recreation Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	HIIT – A Tracy 6:15-7:15	Tabata – A Bree 6:30-7:15	Cycle & Core Tracy 6:15-7:15	Tabata – A Bree 6:30-7:15	
	Cycle – C Lauren 7:00-7:45		Cycle – C Lauren 7:00-7:45		
	Yoga – A Abby 8:00-9:00		Yoga – A Abby 8:00-9:00		Yoga – A Upasna 8:00-8:45
	Grit – B Sarah 8:00-8:45		Grit – B Sarah 8:00-8:45		
	BodyPump – B Lauren 9:00-10:00	Grit – A Hana 9:00-9:45	BodyPump – B Lauren 9:00-10:00	Grit – A Hana 9:00-9:45	
	Power Pilates – A Tracy 9:15-10:00	Yoga – B Kathleen 9:30-10:30	Barre – A Kristin 9:30-10:30	Yoga – B Kathleen 9:30-10:30	
	Barre – B Kristin 10:00-11:00		Cycle – C Cierra 10:00-10:45		Cycle – C Cierra 10:00-10:45
	Yoga – A Kathleen 11:30-12:30		Yoga – A Kathleen 11:30-12:30		Yoga – A Kathleen 11:30-12:30
	Tabata – A Bree 12:00 – 1:00		Tabata – A Bree 12:00 – 1:00		Barre – B Christine 12:00-12:45
	Barre – B Gina 1:30-2:30	Grit – A Katelyn 12:45-1:30	Barre – B Gina 1:30-2:30	Grit – A Katelyn 12:45-1:30	
				Cycle – C Natty 2:30-3:30	
		Yoga – A Abby 4:00-5:00	Barre – B Christine 4:00-4:45	Yoga – A Abby 4:00-5:00	
Barre – A Kristin 4:00-5:00	Barre – B Christine 4:00-4:45	Barre – B Lindsay 5:00-6:00	BodyPump – B Nicole 5:00-6:00		
Zumba – B Brittany 5:00-6:00	Cycle – C Natty 5:00-6:00	Grit – B Nicole 6:15-7:00	Cycle – C Natty 5:00-6:00		
	Yoga – A Caroline 6:00-7:00	Cycle – C Cierra 7:00-7:45	Tabata – A Nicole 6:15-7:00		
		BodyPump – A Melanie 7:30-8:30		BodyPump – B Melanie 7:30-8:30	
		Zumba – B Brittany 7:30-8:30		Zumba – B Brittany 7:30-8:30	



INTRAMURAL SPORTS

“One man **PRACTICING** sportsmanship is far better than a hundred men **TEACHING** it.”

– Knute Rockne

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
4v4 Volleyball	1/13 – 1/29	2/3	\$15
2v2 Spikeball	1/13 – 1/29	2/3	\$15
7v7 Outdoor Soccer	2/17 – 3/4	3/23	\$25
10v10 Softball	2/17 – 3/4	3/23	\$25
5v5 Floor Hockey	2/17 – 3/4	3/23	\$25
4v4 Dodgeball	2/17 – 3/4	3/23	\$15

Special Event Offerings	Registration Period	Date	Cost
Racquetball	1/21 – 2/11	2/11	\$5
Table Tennis	1/28 – 2/19	2/19	\$5
Cornhole	2/10 – 2/25	2/25	\$5
Kan Jam	2/17 – 3/3	3/3	\$5
NCAA March Madness Bracket Challenge	3/16 – 3/18	3/18	Free
3v3 Wheelchair Basketball	3/16 – 3/24	3/24	FREE
Handball	3/23 – 4/8	4/8	\$5
Home Run Derby	4/20 – 4/30	4/30	\$5

To register for any of the leagues or special events above, please visit www.imleagues.com/wcupa

P.I.A.A. S.T.A.R.T. Program <i>Students of Today Are Referees of Tomorrow</i>		
Sport	Registration Period	Class Dates
Football	3/1 – 3/22	Mondays, 3/30, 4/6 & 4/13
Soccer	3/1 – 3/22	Tuesdays, 3/31, 4/7 & 4/14
6:15 p.m start times		

To register, visit imleagues.com/wcupa

For more information or to inquire about future events, contact 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	Gary Palmer	GP899115@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

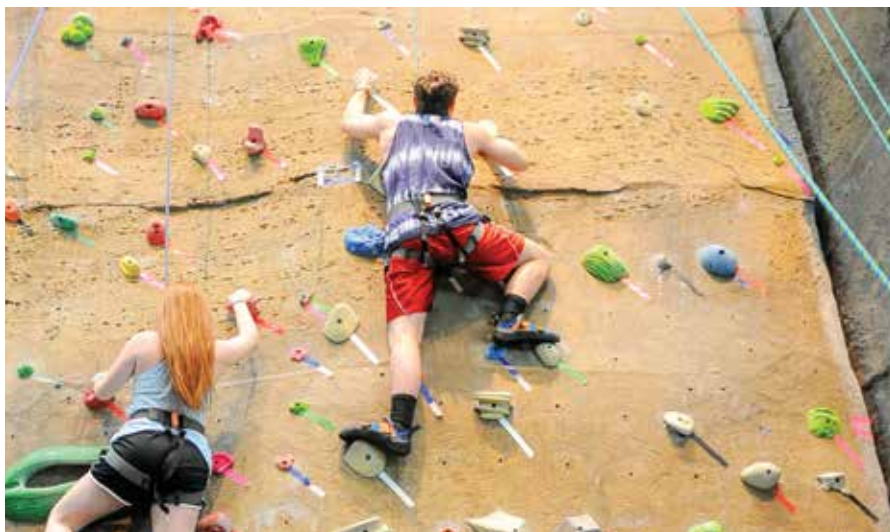
OUTDOOR ADVENTURE PURSUITS

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

Cross Country Skiing (Beginner) February 15th - \$15

This day trip includes ski rentals and will be a day program on beginner cross country ski trails.

Ice Climbing (Intermediate) February 22nd-23rd - \$40

This is an introductory Ice Climbing Trip in Catskills New York. We will be staying overnight at New Paltz Hostel and spending the following day outside climbing beginner ice climbing routes.

Challenge Course Experience (Beginner) - \$5

This program will take participants through a progression of challenge course activities culminating in swinging off of a 30 ft platform. Participants will develop confidence and applied leadership skills. Lunch will be provided.

Camping in the Gordon (Beginner) April 4-5th - \$5

This on campus trip will provide an entry level camping experience teaching participants how to set up a campsite, use a propane camping stove, and an opportunity to explore the natural world of South Campus.

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	—

Stand Up Paddle Boarding (Beginner) April 18th - \$5

This will be an introductory Standup Paddle Boarding trip where participants will learn basic maneuvering skills and get to explore the local Marsh Creek.

Canoe Campout (Intermediate) April 18th-19th - \$20

This is a beginner canoe trip where participants will paddle on flat water to an island where we will camp for the night. All equipment is included! No prior canoeing experience is necessary.

Rock Climbing (Intermediate) April 25th - \$10

Want to climb outside? We will be setting up top rope climbs at the local Ralph Stover climbing area. All equipment will be provided and it is recommended that participants complete the climbing fundamentals program prior to the trip.

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.





"Here at West Chester University, our Campus Recreation Program has given me an exciting chance to build on my personal and professional goals, skills, and connections. Being part of a program that is not only built on engaging students to lead in the workplace everyday, but also grow together as a team, Campus REC has helped my peers and I develop workforce skills that will travel with us long after our time at West Chester University comes to an end. Campus REC has so many great student run programs and departments that there truly is something for everyone's passions, while also being extremely easy and encouraging to try something new. Since my time here began, I have made some of my greatest friends and made some of my best memories and it is all thanks to Campus Recreation."

– Sidhartha Dhir '21



NAME: Cassidy Shirlow

POSITION: Facilities Supervisor, Sports Club Supervisor

COLLEGE AND MAJOR: College of Health Sciences,
Exercise Science: Pre-Occupational Therapy Major,
Psychology Minor

FAVORITE PART OF WORKING AT SRC: *There is never a day that I walk into the SRC without seeing my closest friends. Working at the SRC gave me the greatest opportunities to know what it takes to be a leader. Networking and meeting new people within every department has given me the opportunity to learn what it takes to make this facility the best it can be for WCU students. I was lucky enough to work with an amazing group of people who are determined and pushed me to become my best self. I started off just needing a couple extra dollars a week, and I ended up getting way more than I expected and I am so grateful.*

ULTIMATE CAREER GOAL: *I have a younger brother with autism which is what inspired me to pursue my major. My goal is to work with kids with mental disabilities who need someone to show them what their potential is and show them that they can do what anyone else can. I would love to be part of something bigger than myself and to be someone that helps these kids understand that they are more than their disability.*

EMPLOYMENT OPPORTUNITIES:

Would you like to join our team? Attend the Campus Recreation information session **on Wednesday, January 29, 2020, 6:00 pm-7:30 pm (location TBA)** 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

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



NIRSA
Leaders in
College
Recreation

INTRAMURALS

FALL 2019 CHAMPIONS:

- Dodgeball / Co-Rec / Dodge Style
Dodgeball / FSL / SAE
- Flag Football / Co-Rec / Gym Class Heroes
Flag Football / FSL / ATO
Flag Football / OPEN - High Comp / Pike
Flag Football / OPEN - Low Comp / Delta Puck
- Indoor Soccer / Co-Rec / Team 1
Indoor Soccer / Open /
Sippin Santamarias on the Beach
Indoor Soccer / FSL / SigEp
- Indoor Volleyball / FSL / SigEp
Indoor Volleyball / Co-Rec / DPhiE



SPORTS CLUBS

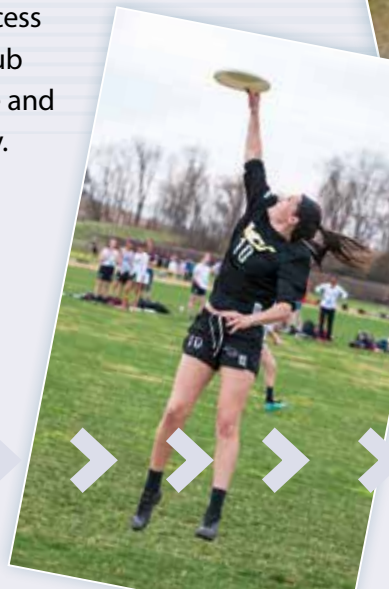
➤ **MEN'S RUGBY**

With over fifty athletes on the team, Men's Rugby is a growing club on West Chester University's campus. The team prides themselves on their inclusiveness and teamwork. New members have joined the club regardless of skill level. Men's Rugby has experienced great success in the past year by competing in the D1AA conference championship, winning their first ever seven's conference championship and beating their rival, St. Joe's in the process. Men's Rugby will be competing in the Freedom Cup in the collegiate rugby championships in June 2020.



➤ **WOMEN'S ULTIMATE FRISBEE**

Women's Ultimate is an all-inclusive team that takes members regardless of experience to join and become part of something new and competitive. The women on this team are strong and motivated competitors who strive for success despite the odds. Although the majority of women that join this club team have never thrown a frisbee, the team comes together as one and shows their competition that they are a group to be taken seriously. Women's Ultimate just recently took first place in the Fall Champs tournament in New Jersey, which reflected largely on their talent and our school. West Chester University is proud of this team and what they have accomplished over the last few seasons, and our community continues to support them in their future victories.





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



@wcupacampusrec
@wcucampusrecreation
@wcupacampusrec