



ELEVATE

YOUR

WELL-BEING

WEST CHESTER UNIVERSITY | CAMPUS RECREATION | 2024-2025

ELEVATE YOUR WELL-BEING



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

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 for 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
- Fills all Recreation Equipment Rental Requests

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

BROOKE MILLEVOI

Graduate Assistant Sport Clubs
BM932360@wcupa.edu

NICHOLAS STRUNGE

Graduate Assistant Intramural Sports
NS963183@wcupa.edu

JESSICA SAWAGED

Graduate Assistant Fitness Programs
JS940440@wcupa.edu

ISAIAH LESTER

Graduate Assistant Facilities
IL836780@wcupa.edu

MADISON SISZ

Graduate Assistant Marketing & Special Events
MS951040@wcupa.edu

FACILITIES



SERVICES

To reserve any space in the Student Recreation Center, please visit our website at https://www.wcupa.edu/_services/CampusRec

OUR KNOWLEDGEABLE STAFF RECOMMENDS AND SUPPORTS LIFESTYLE CHANGES THROUGH EVALUATION, EDUCATION AND A VARIETY OF TOOLS TO HELP MOTIVATE INDIVIDUALS.

GENERAL POLICIES

- Valid WCU ID required
- All use equipment at their own risk
- Appropriate attire is required at all times
- Equipment should be wiped down with ERC wipes before and after use
- 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

- 69,000 square foot facility
- 13,000 square feet of cardiovascular and strength floor area
- Over 45 pieces of name brand cardiovascular equipment
- Over 115 pieces of strength equipment including the Life Fitness Synergy 360
- 1/10 mile jogging track
- Men's and women's locker rooms with over 75 lockers (member must provide OWN lock)
- State-of-the-art 34 ft. climbing wall
- Student development suite
- Administrative office suite with conference room
- 3 group exercise studios
- 2 hardwood basketball courts
- 1 multi-activity court (MAC) including indoor soccer
- 1 outdoor basketball court
- 1 outdoor sand volleyball court
- 5 gender-neutral bathrooms

WCU FACILITY SCHEDULE

2024-2025

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.

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 40 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

RATES

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) 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.

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!

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.

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.

BODYCOMBAT: Step into a LES MILLS BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to **570 calories**** along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

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.

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.

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).

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.





PLEASE VISIT

IG: *@wcugroupfitness* or website:

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

FOR UPDATES TO THE 2024-2025 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 | Zach Taylor | ZT980544@wcupa.edu |
| Bowling | Mason Kaplan | MK975683@wcupa.edu |
| Climbing | Kristina Curran | KC997611@wcupa.edu |
| Crossfit | Kaleigh Ferko | KF974497@wcupa.edu |
| Dance Team | Emily Gilligan | EG968672@wcupa.edu |
| Equestrian | Anna Langan | AL992001@wcupa.edu |
| Fencing | Jason Storey | JS1007823@wcupa.edu |
| Field Hockey | Brianne Sell | BS100618@wcupa.edu |
| Gymnastics | Reeve Bernstein | RB981450@wcupa.edu |
| Judo | Devon Mattox | DM102145@wcupa.edu |
| Kickboxing | Joshua Hitt | JH977954@wcupa.edu |
| Ice Hockey (Men's D1, D2, D3, Women's) | Ethan Haas | EH973788@wcupa.edu |
| Men's Lacrosse | Kevin Schroder | KS971150@wcupa.edu |

| SPORT CLUB | PRESIDENT | EMAIL |
|--------------------|------------------|---------------------|
| Men's Rugby | Anthony Ferraro | AF981306@wcupa.edu |
| Men's Soccer | Connor Jensen | CJ998853@wcupa.edu |
| Men's Ultimate | Ryan Cornelius | RC968437@wcupa.edu |
| Men's Volleyball | Jackson Stahl | JS976446@wcupa.edu |
| Men's Water Polo | Scott Kula | SK101605@wcupa.edu |
| Pickleball | Ethan Scolastico | ES976440@wcupa.edu |
| Sport Club Council | Brianne Sell | BS1006186@wcupa.edu |
| Swimming | Olivia Carr | OC981781@wcupa.edu |
| Tennis | Morgan Lang | ML991052@wcupa.edu |
| Women's Lacrosse | Karly Fanelli | KF970944@wcupa.edu |
| Women's Soccer | Erin Patterson | EP982263@wcupa.edu |
| Women's Ultimate | Emma Hamilton | EH974656@wcupa.edu |
| Women's Volleyball | Julia D'urso | JD1001811@wcupa.edu |
| Women's Water Polo | Ashley Cregar | AC977811@wcupa.edu |
| Wrestling | Audra Kuduk | AK972793@wcupa.edu |



**INTRAMURAL
SPORTS**

“ Believing in
yourself is the

foundation

to

everything

GREAT. ”

~ Devante J. Fox

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 | 8/19 - 9/4 | 9/8 |
| Indoor Soccer | 8/19 - 9/4 | 9/10 |
| Pickleball | 8/19 - 9/4 | 9/9 |
| Basketball | 11/11 - 12/5 | 1/27 |
| Volleyball | 11/11 - 12/5 | 1/27 |
| Softball | 2/17 - 3/5 | 3/18 |
| Outdoor Soccer | 2/17 - 3/5 | 3/18 |

Please visit website https://www.wcupa.edu/_services/CampusRec/intramurals.aspx for updates to the 2024-2025 schedule. To register, visit imleagues.com/wcupa

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)

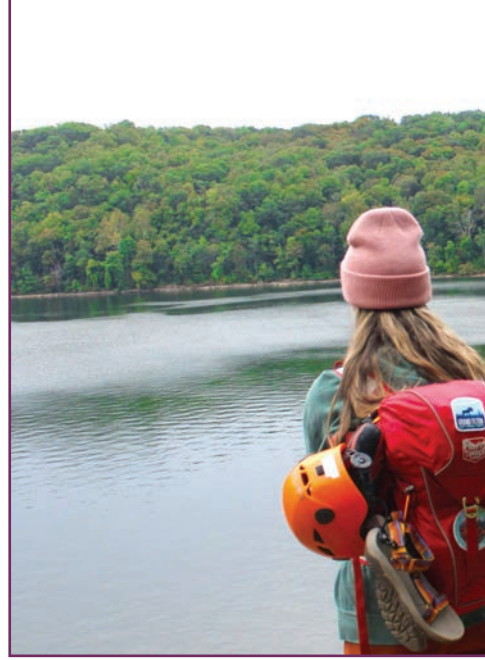
OUTDOOR ADVENTURE PURSUITS

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!

2024-2025 CLIMBING WALL HOURS

Monday – Thursday: 3:00 PM – 8:00 PM





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

OAP TRIPS 2024-2025

Please VISIT: IG: [@wcupacampusrec](#) or website: https://www.wcupa.edu/_services/CampusRec/outdoorAdventure.aspx
FOR UPDATES TO THE 2024-2025 SCHEDULE.



"Working in the Student Rec Center's OAP program has allowed me to build a network of connections. I've been able to work on professional development in outdoor recreation to set myself up for success after college. Through working at the Rec I've met many people some of which I've grown to call my closest friends. Working at the Rec Center gives you an outlet outside of classes to work with so many amazing people and find a sense of belonging. I couldn't imagine working anywhere else during my college experience."

— Ella Lannigan,
Head Supervisor of OAP and
Experiential Learning and Campus Engagement



EMPLOYEE SPOTLIGHT

NAME: Anthony Danyi

POSITION: Facilities Supervisor

MAJOR: Business Management

FAVORITE PART OF WORKING AT SRC:

My favorite part about working at the Rec is being able to meet so many new people. You see new faces every day, you work, and you get to talk to lots of people you have never met before. I have created many friendships and met so many cool people since working at the rec. It is one of the best places on campus.

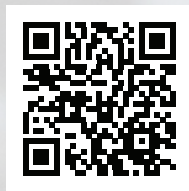
CAREER GOAL:

My career goal is to work for a professional sports team.





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



@wcupacampusrec
@wcupacampusrecreation

