

# The WELL Data Report 2019-23

## Who We Are

The WELL is a part of Union WELL Inc. which is a proud member of the Sacramento State Division of Student Affairs. Union WELL Inc. exists for the benefit of students, offering a welcoming environment in which students, faculty, staff and alumni may participate in campus life. Union WELL Inc. also attracts the greater community to educational, cultural and social experiences at Sacramento State. Through programs, services and facilities Union WELL Inc. fully realizes its potential when it fosters personal growth, encourages social interaction and provides opportunity to develop leadership skills. The involvement in campus life around Union WELL Inc. leads to memorable experiences and fosters a community that cultivates enduring commitment, pride, and loyalty to the University. Our mission is to inspire lifetime wellness through collaboration, education and innovation. The WELL at Sac State is a new modern 165,000 square foot recreation and wellness facility.

## Aquatics

The Long Pool at Sac State is the perfect place to get in shape while still enjoying the outdoors. The pool facility is operated and maintained by Sacramento State but The WELL provides opportunities for open swim to the campus community.

Aquatics	19-20	20-21	21-22	22-23
Swim Lesson Participants	156	0	0	0
Pool Participants	3,914	1,449	3,452	4,233

## Climbing Wall

Our 39.5' tall top-rope climbing wall and 13' tall bouldering wall.

Climbing Wall	19-20	20-21	21-22	22-23
Mile High Event Participants	108	34	77	125
Climbing Harnesses, Shoes, Belay Devices and safety wristbands checked out	14,371	0	15,445	17,782

## Informal Recreation & Equipment Checkout

Informal Recreation covers all drop-in sporting activities that members enjoy such as basketball, volleyball, soccer and badminton.

Informal Recreation & Equipment Checkout	19-20	20-21	21-22	22-23
Equipment Items Checked Out to Members	124,084	0	62,221*	69,765

*\*Large reduction of this number is due to moving all fitness equipment to Fitness Desk to check out and decreasing the type and amount of equipment offered in accordance with our COVID-19 protocols.*

## Event Services

The WELL features three conference suites which are carpeted with in-house sound, built-in screens, video projectors, and a variety of table/chair setup options. The WELL's activity spaces include three fitness studios, a Multi-Activity Court and the Gym Box (four basketball courts).

Event Services	19-20	20-21	21-22	22-23
Activity Space and Suite Events Reserved	3,882	0	2,301	3,312
Conference Suite Events Scheduled	463	0	331	439

## Fitness

Fitness	19-20	20-21	21-22	22-23
# of Personal Training Assessments on Clients	146	0	10	69
# of Personal Training Sessions Conducted	803	**175 Hustle from Home Clients	514	2,193

## Group Fitness

Group Fitness	19-20	20-21	21-22	22-23
Overall Group Fitness Participation	18,531	6,510	8,409	13,778
# of Weekly Classes Offered	73	38	30 Fall 34 Spring	66 Fall 78 Spring
# of Self Defense Participants	36	48	42	48

## Intramural Sports

Intramural Sports	19-20	20-21	21-22	22-23
# of Sports & Activities Offered	39	9	18	22
# of Teams	379	74	153	340
Total # of Participants	2,956	74	651	2,681
# of Games Scheduled	619	0	274	658

## Marketing

Social media has been a tremendous resource for The WELL with engaging with people from the campus community.

Marketing	19-20	20-21	21-22	22-23
# of Instagram Followers	10,011	10,374	12,447	13,579
# of Twitter Followers	3,265	3,122	3,080	2,960
# of Facebook Followers	9,019	8,782	8,593	8,990

## Membership

Membership	19-20	20-21	21-22	22-23
Percentage of Overall Student Body with Activated Memberships	77%	--	56%	66%

Daily Average of WELL Facility Check-Ins	1,902	192	1,092	1,789
Total Annual WELL Facility Check-Ins	371,577	38,267	281,137	488,198

## 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

Recreational Therapy	19-20	20-21	21-22	22-23
# of Participants and Program Volunteers	2,000	390	815	476

## Special Events

Our Special Events department oversees our annual events such as the Sac State 5K Fun Run and WELLcome Back as well as Frosh Nights for incoming students over the summer.

Special Events	19-20	20-21	21-22	22-23
5K Participants	310	443	845	1,200
5K Donation Amount	\$6,500	\$8,000	\$5,700	\$4,464
WELLCome Back Attendance	894	159	254*	992

*\*virtual event*