

THE WELL

Who We Are

The WELL at Sac State is a modern **150,000** square foot recreation and wellness facility. Our mission is to inspire lifetime wellness through collaboration, education and innovation.

Aquatics



Participants in swim lessons

116 **156** ↑ **34%**
2017/18 2018/19 Increase

Number of People who used the pool

7,110
2017/18 & 2018/19

Climbing Wall



Mile High Challenge*

96 participants
out of 120
Completed

Climbing harnesses & shoes checked out

15,652
2018/19

* where participants climb the equivalent length of one mile.

Event Services



7,904
Activity space and suite events reserved

27,286
Hours of activity reserved

969
Conference Suite Events scheduled

Intramural Sports



385
Teams

~3,659
Participants

1,045
Games scheduled

Fitness



Personal Trainers conducted

145 **~1,200**
Initial assessments Personal training sessions

Informal Recreation & Equipment Checkout



189,241

Equipment items checked out in 2018/19 for all drop in sports

Group Fitness



Overall Participants
24,060
2018/19

Group Fitness Classes
60+
Every week

Self Defense Classes
816 **67** ↑ **21%**
Participants in 2018/19 Participants in 2017/18 Increase

Marketing

- **8%** increase Social Media and email engagement in across all platforms.

wellsacstate



Membership

- Student Membership was at an all-time high of **82%** of Spring Enrollment (**24,286 students**).
- Non-student Membership increased by **24%** mostly attributed to increase in alumni memberships.
- There was a daily average of **1,953** check-ins.
- There were a total of **496,179** check-ins for the entire year.

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.
- **900** participants (including volunteers) in our AIR programming.
- RT volunteers: there were **1,666** hours contributed by our volunteers, totaling **\$42,366** in time donated (based on a rate of **\$25.43** per hour value indicated by Independent Sector).

Special Events

- Sac State 5K Fun Run: **840** participants (**4.5%** higher compared to prior years), raised **\$3,500** (**\$1,000** more than 2018) and was donation to the Multi-Cultural Center Fund.
- Hosted FROSH Nights: **130** incoming freshman attended.
- WELLCome Back event: **842** active participants.

NIRSA/NASPA Consortium Benchmarking Survey

(Spring 2019)
N=891

