



CAMPUS RECREATION

THE UNIVERSITY OF ARIZONA

 **OUR MISSION** Campus Recreation collaborates with the university community to offer exemplary facilities, programs and services that inspire participation and engagement.

 **OUR VISION** A university leader for inspiring an active, healthy and engaged lifestyle that enhances a sense of well-being and fosters community.

Welcome!



inclusive facility



A Facility with Plenty to Offer



weight room

- + free weights
- + fitness machines
- + selectorized equipment
- + functional fitness areas



courts

- + 6 multipurpose gyms
- + 6 racquetball courts
- + outdoor sand volleyball
- + 2 squash courts



indoor track

- + 11 laps per mile
- + 3 lanes



multipurpose rooms

- + group fitness (yoga, pilates, etc)
- + cycle studio
- + conference rooms



support

- + registration and information
- + administration staff
- + locker rooms and day lockers



pool

- + olympic size
- + lap lanes
- + leisure areas



outdoor adventures

- + bouldering wall
- + equipment rental
- + hiking, kayaking, etc



wellness

- + fuel modern eatery
- + recspa
- + oscr lab and think tank

A Team that Wants the Best for You

Campus Recreation administered a survey in Fall 2015 to better understand **student use, needs, and interests** regarding recreation services and the impact of Campus Recreation on **health and wellness**. The survey was emailed to a random sample of University of Arizona students resulting in 2,410 respondents producing a 24% response rate.



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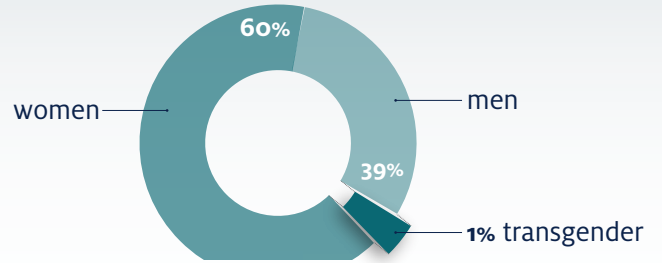
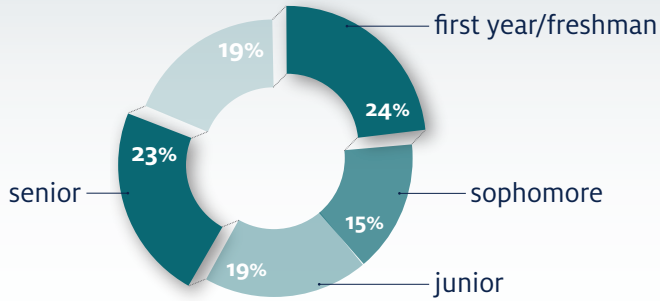
**CAMPUS
RECREATION**

79%

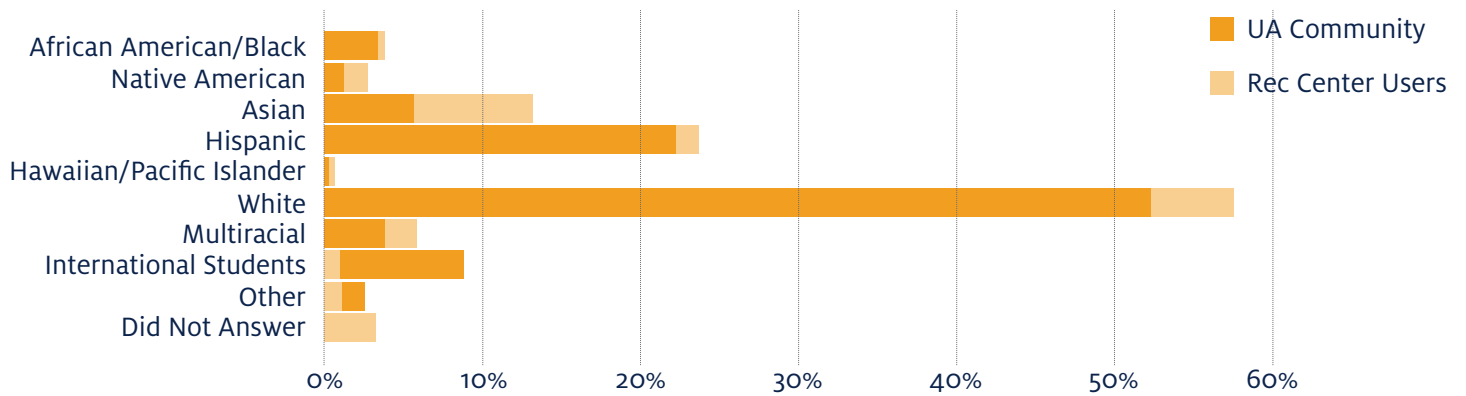
of respondents are utilizing on-campus Campus Recreation facilities, programs, or services



Demographics



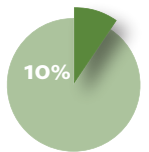
→ → → → **8%** of respondents identified as LGBTQ (lesbian, gay, bi-sexual, transgender, queer or questioning)



Participation

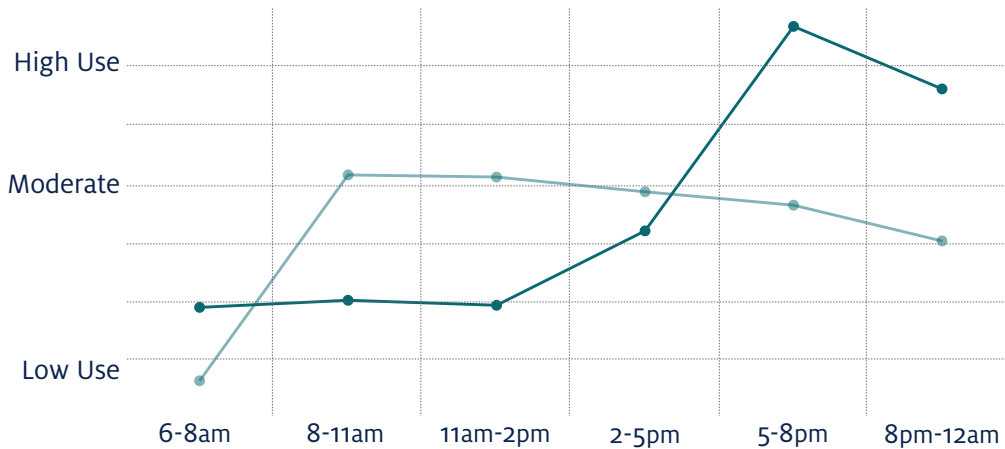
Weekly Student Participation in on-campus recreation facilities, programs, or services:

never

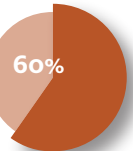


Facility Usage by Time of Day

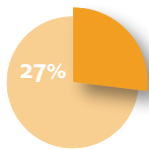
■ mon-fri ■ sat-sun



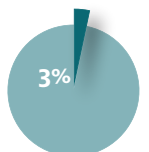
1-3 times/week



4-6 times/week



7+ times/week

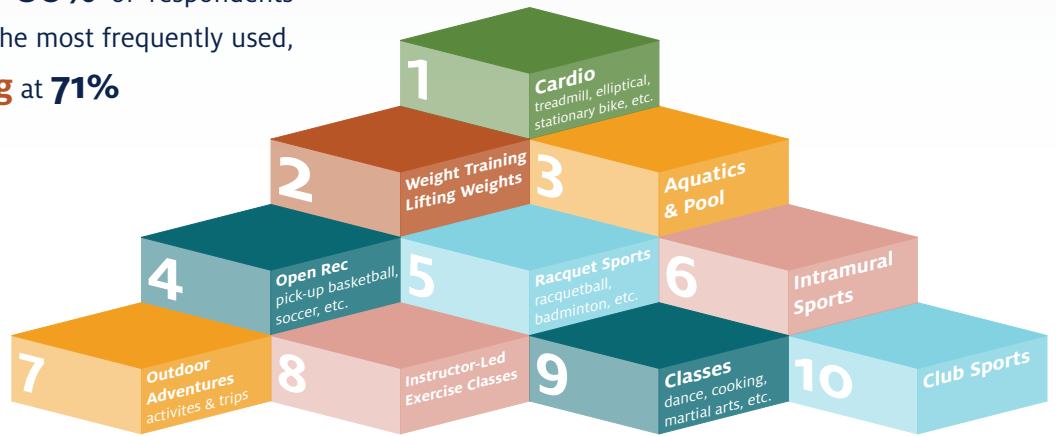


Top 5 Methods of Keeping Informed of Campus Rec Happenings

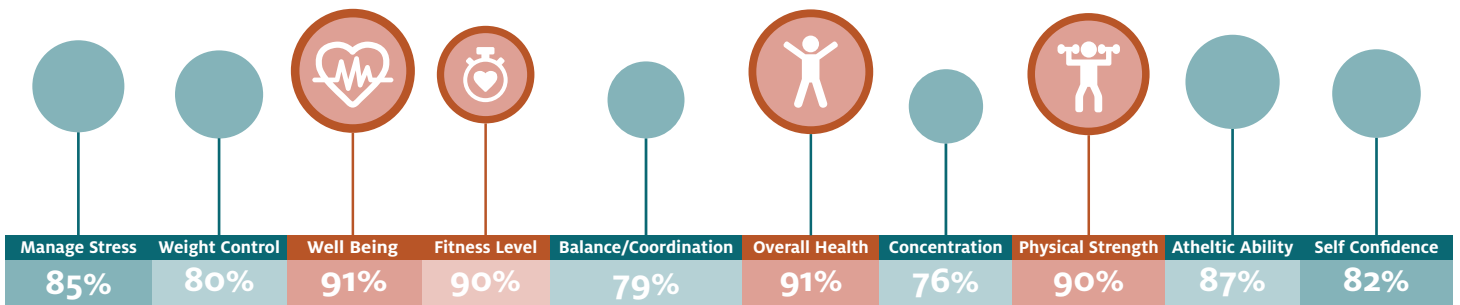


Rankings

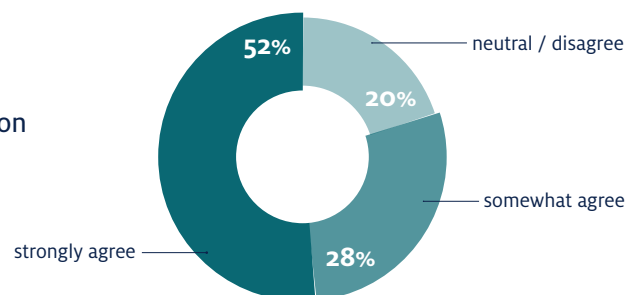
Based on current participation, **80%** of respondents ranked **Cardio Training** as the most frequently used, followed by **Weight Training** at **71%**



The **#1 Outcome** of Campus Rec Participation is **Feeling of Well Being**, followed by **Overall Health**, **Physical Strength**, and **Fitness Level** (based on % students definitely or somewhat agree to seeing personal improvements)



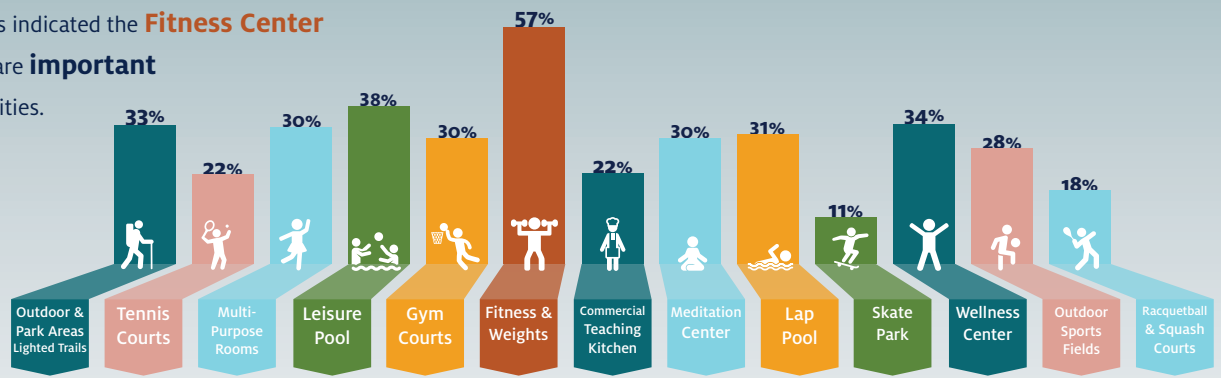
over 80%
of students agree that Campus Recreation has **“met their recreational needs”**



Results

Facility Improvements

57% of respondents indicated the **Fitness Center** and **Weight Room** are **important** for new recreation facilities.



36% in favor
25% undecided

UA students who use Campus Recreation responding to **Increasing the Dedicated Recreation Bond Fee to fund New Recreation Facilities Construction** (currently \$25 per Fall and Spring Semesters)

The most requested **health** and **recreation programs** include...

43% Nutrition
35% Cooking
34% Personal Training
34% Self Defense
33% Group Fitness (Drop-in Group Exercise)
31% Dance
31% Mind/Body Programs
30% Outdoor Adventure Trips

28% Health and Wellness Programs
23% Recreational Team Sports
20% Martial Arts
20% Music
19% Outdoor Adventure Classes & Workshops
19% Competitive Team Sports
18% Art
17% Outdoor Equipment Rental



Moving Forward

Some of the most requested **improvements** and/or **expansions** that would be a benefit

- 1 More Strength Training Equipment
- 2 More Cardio Equipment
- 3 Expanded Food Service Options
- 4 Meditation Space
- 5 More Functional Training Space
- 6 Wellness Center
- 7 Expanded Climbing Wall
- 8 Improved Locker Rooms
- 9 More Rooms: Multipurpose
- 10 Expanded Study Space
- 11 More Rec Gaming Equipment
- 12 Additional Gym Courts
- 13 More Informal Lounge Space