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!
- students
- members
- guests
- inclusive facility
- wifi accessible

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.
79% of respondents are utilizing on-campus Campus Recreation facilities, programs, or services

Demographics

- first year/freshman: 19%
- sophomore: 24%
- junior: 15%
- senior: 23%

- men: 60%
- women: 39%
- 1% transgender
- Multiracial
- Hawaiian/Pacific Islander
- Asian
- Hispanic
- Native American
- African American/Black
- White
- International Students
- Other
- Did Not Answer

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

Facility Usage by Time of Day

- High Use
- Moderate
- Low Use

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

- 0% never
- 10% 1-3 times/week
- 60% 4-6 times/week
- 27% 7+ times/week
Top 5 Methods of Keeping Informed of Campus Rec Happenings

- Word of Mouth
- Website
- Posters/Flyers
- Social Media
- Direct Mailings

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).

Manage Stress | Weight Control | Well Being | Fitness Level | Balance/Coordination | Overall Health | Concentration | Physical Strength | Athletic Ability | Self Confidence |
---|---|---|---|---|---|---|---|---|---|
85% | 80% | 91% | 90% | 79% | 91% | 76% | 90% | 87% | 82% |

Results

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

- Nutrition: 43%
- Cooking: 35%
- Personal Training: 34%
- Self Defense: 34%
- Group Fitness (Drop-in Group Exercise): 33%
- Dance: 31%
- Mind/Body Programs: 31%
- Outdoor Adventure Trips: 30%
- Health and Wellness Programs: 28%
- Recreational Team Sports: 23%
- Martial Arts: 20%
- Music: 20%
- Outdoor Adventure Classes & Workshops: 19%
- Competitive Team Sports: 19%
- Art: 18%
- Outdoor Equipment Rental: 17%

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