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Greetings,

Aztec Recreation offers a broad range of high quality programs, services and facilities that support the recreation, fitness and wellness needs of the SDSU community. With the mission to inspire active, healthy living and enhance the SDSU experience, our dedicated team is committed to delivering exceptional service for every member and guest.

The role of a recreation program at a university goes beyond simply providing leisure opportunities for the campus. It is well documented that campus recreation facilities and programs play an important role in the recruitment, engagement and retention of students while supporting a healthy environment for the entire campus community. As such, it is exciting to report that participation in Aztec Recreation is at all-time highs. The past two years have witnessed record participation in several programs including membership, sport clubs, intramural sports and instructional classes, and we expect this trend to continue.

As you read through this catalog, we hope you are inspired to participate in one or more of the programs and services that are highlighted. Please feel free to contact us with any questions regarding our programs and services.

To our existing members and guests, we sincerely thank you for your support. To new and prospective members and guests, we welcome the opportunity to serve you.

In Health,

Mark Zakrzewski
Director of Recreation

Hello Aztecs,

There is no better place than SDSU to be a student leader! As your A.S. Recreation and Wellness Commissioner, I want to encourage you to make health and wellness a priority. Our Commission members assist with the oversight of Aztec Recreation programs and amazing, sustainable facilities to promote recreation and wellness to our fellow Aztecs. Through the #LiveWellAztecs brand, the commission connects students to the many campus resources that support well-being in an effort to improve their college experience and their chance for success in the classroom. You have a voice! Please contact me when you have comments or suggestions.

Have an Aztec Day!

Christopher Thomas
Recreation and Wellness Commissioner
asrecwellness@mail.sdsu.edu
Aztec Recreation employs hundreds of students annually. The department is committed to student development and prides itself on fostering an environment where students gain valuable experience and transferrable skills while working toward a degree. Learning outcomes are assessed annually. Positions provide students with a significant amount of responsibility and opportunities to contribute to organizational success while serving program participants and the campus community. Staff are CPR/AED certified and receive training in a host of areas including customer service, conflict resolution, sexual harassment, and workplace safety in addition to position specific skills. Many positions such as lifeguards, trip leaders and fitness instructors require additional certifications for employment.

- Aztec Recreation employs over 400 SDSU students as part-time staff on an annual basis both on campus and at Mission Bay Aquatic Center.
- Aztec Recreation student positions are competitive with a typical job posting generating hundreds of applicants.
- 98% of Aztec Recreation student employees report that as a result of their employment they are comfortable interacting and working with people different from themselves and/or with different points of view.
- 97% of student employees report that they are able to identify transferable skills they have gained working in Aztec Recreation.
- 94% of Aztec Recreation student employees are able to identify how recreational programming contributes to student success.
STUDENT JOBS

Facility Supervisors
Marketing Assistants
Climbing Wall Supervisors
Racquetball/Tennis Supervisors
Outings Leaders
Member Services Representatives
Lifeguards & Swim Instructors
Intramural Officials & Sports Supervisors
Group Fitness and Instructional Class Instructors
ARC Team Challenge/Ropes Course Facilitators
Maintenance Assistants
MBAC Instructors & Camp Counselors
Aztec Recreation membership provides access to a wide range of services and facilities that inspire active, healthy living. Aztec Recreation membership is available to students, faculty, staff, alumni and the SDSU community. Membership includes access to six on-campus facilities: Aztec Recreation Center, Aquaplex, ARC Express, Aztec Lanes, tennis courts and racquetball as well as three popular programs: indoor climbing, Group Fitness classes, and Intramural Sport leagues.

- Research shows that campus recreation programs play an important role in the recruitment, engagement and retention of students.
- SDSU students report that the top outcomes of Aztec Recreation membership are reduced stress, improved self-confidence and an improved sense of overall well-being.
- Aztec Recreation holds a 4.5 star Yelp® rating.
- There are over 21,000 member visits to on-campus Aztec Recreation facilities during a typical week in the semester.
The Aztec Recreation membership is very affordable for students like myself. For $19 a month, the membership includes a lot such as access to group fitness classes, the Aquaplex, intramurals and more.

— Jarred P., SDSU student member
The Aztec Recreation Intramural Sports program provides opportunity to over 10,000 participants annually for competition in a variety of team and individual sports through league, tournament and special event formats. The program offers competitive and recreational divisions in many sports to encourage players of all experience levels to participate. Most Intramural Sports are included in membership and participants may sign up with a team or as a free agent to find a team. Intramural Sports promotes active, healthy living by offering activities to meet the varied interests of the SDSU community including traditional sports, Olympic sports, emerging sports, and sports-related video games.

• Each year an average of 32 Intramural Sports leagues are offered for over 660 teams
• League champions are recognized with championship t-shirts and team photos
• Champions for select sports leagues represent SDSU at the San Diego Championship Series competing with UCSD, USD and CSU San Marcos intramural teams to contend for the city champion title
• Intramural participant surveys show that the program contributes to student success by reducing stress, contributing to well-being, and tying them to SDSU community

I always enjoy the competitiveness of intramural sports at the ARC. They are well run and organized by staff and students. All we have to do is show up and win.

– Raul F, Intramural Sport Participant
Playing sports has always helped me take my mind off things and just enjoy the game. SDSU Intramural Sports has allowed me to do just that and meet some great people along the way.

– Ariana G., Intramural Sport Staff and Participant
The Aztec Recreation Sport Clubs program includes 19 diverse and highly competitive teams and over 700 athletes. Teams represent SDSU in intercollegiate competitions at regional, state and national levels. Each club team is developed, organized, and managed by student leaders with guidance from the Aztec Recreation Intramural & Sport Club administrators. Sports Clubs’ success is determined by the collective efforts, accomplishments, and organization of the student-athletes. Sport Clubs enable students to enhance their collegiate experience through the opportunity for development of athletic skills, student leadership, and meaningful social connections.

- Sport Clubs provide student-athletes with leadership opportunities through team officer and Sport Club council positions where they shape their team and program operations.
- Sport Clubs are funded through membership dues, team fundraising, Instructional Related Activities fees, and department support.
- Most teams practice weekday mornings and/or evenings with the majority of competitions on the weekends keeping classes a priority for Sport Club student-athletes.
- Student-athletes indicate they participate in Sport Clubs to make friends, reduce stress, gain leadership skills, and improve physical fitness, athletic skills, and overall well-being.
- 53% of surveyed student-athletes agree that Sport Clubs contributes to their decision to attend SDSU and 81% agree it impacts their decision to stay at SDSU.
- SDSU teams have earned 14 national championships.
I have found that playing Sport Club Lacrosse has not only allowed me to continue competing at a high level within the sport, it has also given me opportunities and skills that will benefit me in my professional career.

– Andrew B., Lacrosse Club President

Being involved with Sport Clubs has greatly improved my communication, leadership, and time management skills due to my involvement with the executive and club councils. Most teams are nationally recognized and I take pride in being a part of such a prestigious student organization.

– Celina V., Sport Club Secretary, Dance Team Member

**NATIONAL CHAMPIONS**

**Dance** (Jazz & Hip Hop) 2015, 2011  
**Women’s Water Polo** 2014  
**Surf** 2013, 2007, 1987  
**Men’s Soccer** 2011  
**Women’s Soccer** 2006  
**Waterski & Wakeboard** 2006, 1979  
**Rugby** 1987  
**Women’s Bowling** 1974

I have found that playing Sport Club Lacrosse has not only allowed me to continue competing at a high level within the sport, it has also given me opportunities and skills that will benefit me in my professional career.

– Andrew B., Lacrosse Club President

TEAMS

Cycling/Triathlon  
Dance  
Ice Hockey  
Men’s Lacrosse  
Women’s Lacrosse  
Men’s Rowing  
Rugby  
Ski & Snowboard  
Men’s Soccer  
Women’s Soccer  
Surf  
Tennis  
Men’s Ultimate  
Women’s Ultimate  
Men’s Volleyball  
Women’s Volleyball  
Waterski & Wakeboard  
Men’s Water Polo  
Women’s Water Polo
This was the best experience I’ve had in nature so far! All the tough paddling made me feel accomplished at the end of each day.

– Elise H., Outings Trip Participant

The Aztec Adventures program provides the SDSU community with leadership, education, adventure and culture through three primary programs: Outings, Climbing and Team Challenge. Student trip leaders aim to inspire the SDSU community to get outdoors and experience an adventure through backpacking, hiking, rock climbing, white water rafting and canoeing multi-day camping trips. The Climbing program provides a welcoming community for all climbing experience levels while offering orientations, staff supervised drop-in climbing hours, frequent climber incentives, and one unit rock climbing credit courses at the climbing wall located in the Aztec Recreation Center. Team Challenge implements dynamic team building and challenge course programs, serving SDSU student organizations, SDSU academic departments, SDSU auxiliaries, corporate groups, non-profits, teen and youth groups, school groups, sports teams, and camp programs. Aztec Adventures outdoor experiences promote personal growth, foster health and wellness, cultivate leadership, embody environmental stewardship, and build relationships with fellow Aztecs.
• Aztec Recreation membership includes access to the climbing wall during drop-in hours after completing a climbing safety orientation session or a rock climbing credit course

• Aztec Adventures collaborates with Exercise and Nutritional Sciences (ENS), Recreation and Tourism Management (RTM) and Geography departments to provide experiential education trips to complement classroom curriculum

• Aztec Adventures offers ENS academic credit courses with experiential outings trip components for Adventure Leadership, Rock Climbing, Backpacking, Camping, Canoeing and Wilderness First Aid (WFA) certification

• Team Challenge offers high ropes programs at Camp Stevens in Julian, CA and at the Ray & Joan Kroc Corps Community Center in San Diego

“Sleeping under the stars is something I can now cross off my bucket list.”
– Megan B., Outings Trip Participant

“I had a great time and felt safe the whole trip. I learned that outdoor climbing is a whole different experience.”
– Jeff B., ENS Climbing Class Participant
Aztec Recreation offers a variety of drop-in Group Fitness classes that are led by motivating, certified instructors who engage members in fun, safe and effective fitness training. Group Fitness classes are included at no additional cost with an Aztec Recreation membership and all equipment is provided. Most Group Fitness classes run 50 minutes, including warm up and cool down, with classes offered during morning, midday and evening. Group Fitness formats include cardio, dance, mind/body, and strength based classes to provide group exercise opportunities for members in everything from Spinning® and Zumba® to Yoga and Barre Blast.

- Group Fitness offers over 50 classes each week during the academic semesters as well as 15 weekly winter break classes and 30 weekly summer classes
- Certified personal trainers are available to assist members with individual fitness and health goals
- Aztec Recreation is committed to developing staff fitness skills by hosting certification and training workshops for new and continuing instructors
- The fitness staff provide leadership and skill development for student fitness interns from the SDSU School of Exercise and Nutritional Sciences
- 94% of surveyed members that participate in classes agree that Group Fitness helps them reduce stress and 86% agree participation contributes to student success

“The classes offered at Aztec Recreation are very entertaining and help me reduce stress when I attend them.”
— Ciara T., Group Fitness Participant
Fantastic classes! Spin is especially great. Great variety and the instructors are really good. These classes are why I have a membership.

– Katherine Y., Group Fitness Participant
Aztec Recreation offers two types of fee based instructional activity classes, which are focused on the progression of skills that promote lifelong fitness, recreation and wellness. Recreation (Rec) classes are open to all members and academic credit activity classes are offered to students through the partnership with School of Exercise and Nutritional Sciences (ENS). The ENS Credit Classes provide opportunities for students to accomplish learning outcomes and earn academic credit.

• Each year over 1,100 students participate in Instructional Classes on campus and over 2,300 participate at Mission Bay Aquatic Center
• Many ENS credit classes have intermediate or advanced levels to continue the skill progression
• Each year CPR/First Aid classes provide training and certification to over 250 participants including students, recreation staff, campus staff and student organizations
• 89% of surveyed class participants agree their instructional class contributes to student success
The instructor is very knowledgeable and passionate about what he does. It shows through the course and he truly wants us to learn and succeed. Every class is helpful and this class has changed my life.

– Brandon I., ENS Salsa Class Participant
The Live Well Aztecs initiative is a partnership of campus resources with the goal of providing programs, services and outreach efforts that educate, support and inspire SDSU students and the campus community to lead healthy, balanced lives. Initiative partners utilize an eight dimensions of wellness model to highlight physical, social, emotional, occupational, environmental, multicultural, spiritual and intellectual well-being. The Associated Students Recreation & Wellness Commission members support the Live Well Aztecs initiative by promoting the eight dimensions of wellness through campus outreach activities and social media.

“Serving as Commissioner was the highlight of my college experience. It was amazing to see how much Recreation impacts the lives of students on our campus. A.S. & Aztec Recreation are key elements to student success, and it was very humbling to be able to have a role in something so impactful!”

— Tyler Aguilar, A.S. Recreation and Wellness Commissioner 2013-2015, A.S. Vice President of External Relations 2015-2016
The 78,000 square foot Aztec Recreation Center (ARC) opened in 1997. Members may participate in drop-in recreational opportunities including weight training, cardio exercising, as well as basketball, volleyball and soccer on four multi-purpose gymnasiums which are also used for Intramural Sports leagues and ENS Credit Classes. With two fitness studios, Aztec Recreation has all the necessary equipment for numerous Group Fitness classes as well as fitness and dance ENS Credit Classes. The ARC climbing wall provides open climbing and is also a destination where SDSU students gain academic credit learning to climb in an ENS Credit Class.

- The Cardio Room floor is 4,900 square feet and houses over 90 pieces of equipment including Woodway® treadmills, Precor® elliptical trainers, Concept II® rowing machines and Stairmaster® step mills.

- The 6,000 square foot Fitness Room offers both free weights and machine weight training equipment from Paramount®, Life Fitness®, Cybex® and Hoist®.

- The ARC Weight Room provides top brands in free weight training equipment in 6,200 square feet of space.

- The Aztec Recreation Center achieved LEED Gold Existing Building Operations and Maintenance certification in 2015.
Aztec Lanes opened in January 2014 on the first floor of the Conrad Prebys Aztec Student Union, and provides Aztec Recreation members, SDSU students, faculty, staff, alumni and community members with 12 bowling lanes, billiards, table tennis, large screen TVs and a lounge area. Aztec Recreation membership includes free bowling as a member benefit. Aztec Lanes’ contemporary and vibrant atmosphere is sought-after for a variety of private group events, such as birthdays, retirements, campus department activities, student group events, corporate parties and more. Whether spending time between classes or looking for an evening campus hangout, students enjoy playing games, eating food from nearby eateries, watching sports events and playing video games in the lounge.

- Each year over 15,000 bowling games are played at Aztec Lanes
- In addition to open play, students can take Exercise and Nutritional Sciences (ENS) bowling credit classes or sign up for an Intramural league for more structured play
- Over 600 students participate in ENS credit bowling classes per year
- Over 4,600 hours of billiards and almost 2,000 hours of table tennis are played each year
The ARC Express is SDSU’s fitness destination on the east side of campus. Located on the third floor of the Conrad Prebys Aztec Student Union, ARC Express features equipment ideal for members to participate in effective training regimens with a broad array of circuit training equipment, functional training equipment and programs. The cardio equipment at ARC Express includes Woodway® Treadmills, Precor® Ellipticals, Precor® bikes, and Precor AMT® Trainers with Cardio Theater®, a system that integrates the TVs with personal headsets. The ARC Express resistance training equipment includes circuit training pieces from both Life Fitness® and Hoist® Strength Training as well as free weight dumbbells and barbells. Functional training equipment includes the Life Fitness Synrgy 360® XL and TRX® suspension training apparatus for body weight resistance training. Aztec Recreation offers ENS credit classes in the ARC Express including Fitness Training for Women and Functional Fitness Training.