

ANNUAL REPORT 2015-2016



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YEAR IN REVIEW



2015-2016 was an exciting year for Associated Students Aztec Recreation. Highlights included new facility construction, expansion of programs and services to support student success and well-being, record participation numbers and continued success with green initiatives.

A significant achievement this year was the construction of a new recreational sports field. The project, which includes 64,600 sq/ft of all-weather turf along with energy efficient LED sports lighting, is a wonderful addition to campus and will help support the high demand from SDSU students for Intramural Sports, Sport Clubs and informal recreation programming. In January the new Performance Center opened. The 2,400 sq/ft facility, which is a renovation of 3 racquetball courts in Peterson Gym, now supports strength and conditioning workouts for over 750 student athletes in the A.S./Aztec Recreation collegiate Sport Clubs program and serves as a new location for instructional classes including ENS credit and Group Fitness for Aztec Recreation members.

Strong demand for services this year resulted in record participation in instructional classes, bowling and games at Aztec Lanes, as well as Mission Bay Aquatic Center Watersports Camp, special events and equipment rentals. The average monthly membership for Aztec Recreation finished at an all-time high of 17,670 members, up 613 members from last year's monthly average! Additionally, Aztec Recreation played a pivotal role in the advancement of the Live Well Aztecs wellness initiative partnering with campus colleagues to facilitate the introduction of noon time walks, free yoga, meditation and happiness classes for students, faculty and staff.

The department's commitment to green practices was recognized by the San Diego Green Building Council as the Aztec Recreation Center (ARC) was awarded the honor of outstanding facility in the LEED existing building, operations and maintenance category. Additionally, the ARC finished the year with a 28% reduction in water consumption compared to the year prior.

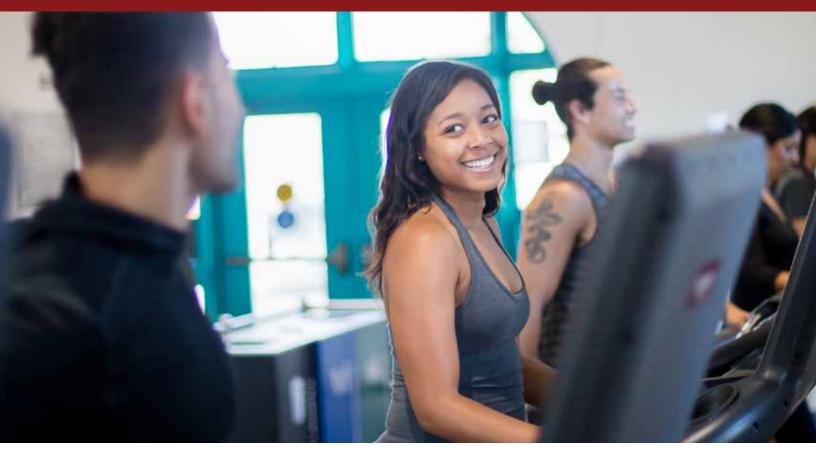
The successes of the past year could not have occurred without the dedication and teamwork of our part-time student and full-time professional staff. We had several new staff members join our team this year including Ben Ramaeker, Outdoor Programs Coordinator; Jonecia Mahan, Member Services Supervisor; Rahfeal Alomar, Building Services Coordinator; Jamie Eubanks, MBAC Instructional Supervisor and Phillip Schutt, Marine Maintenance Supervisor.

On behalf of every Aztec Recreation employee, I'd like to thank our members, colleagues and guests for your support throughout the year. We look forward to continuing to inspire active, healthy living for SDSU students and the campus community in 2016-2017.

In Health,

Mark Zakrzewski Director, Aztec Recreation

RECREATION & WELLNESS COMMISSION





[Live Well Aztecs]

LEADING THE WAY TO WELL-BEING



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 opportunity for success in the classroom.

The Commission assisted with the approval of the new Performance Center and the Recreation Field so that more students have access to popular Intramural Sports and Sport Club programming as well as increased options for drop-in, day and evening recreation.

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



OVERVIEW

Aztec Recreation 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. 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.

2015-2016 HIGHLIGHTS

Student staff participated in numerous development opportunities including:

- The Southern California Intramural Officials Association (SCIOA) trainings
- National Intramural Recreational Sports Association (NIRSA) SoCal Leadership Seminar
- The 2016 NIRSA Annual Conference
- Professional Climbing Instructors Guide certification
- Association of Challenge Course Technology Level II certification
- Presentations at the Western Regional Outdoor Leadership Conference
- The Bowling Proprietors' Association of America Conference

STUDENT EMPLOYEES



STUDENT DEVELOPMENT

Assessment of Aztec Recreation part-time staff found that as a result of employment with Aztec Recreation:

- 96% agree they are able to work effectively in a team
- **96%** agree they are able to analyze problems and identify solutions using multiple sources of information
- **95%** agree they are comfortable interacting and working with people different from themselves and/or with different points of view
- **94%** agree they are able to identify transferable skills from their work

"Working on-campus not only has helped me connect and meet fellow students, but has also helped me stay up-to-date with events all over campus. Since getting a job at Aztec Lanes, I have become more involved with campus life, built lasting relationships with not only other staff members but with returning customers as well. I have gotten more out of this position than simply a paycheck. It is an overall great experience!" GABY E., AZTEC LANES ATTENDANT

STUDENT JOBS

Group Fitness Instructors Watersport Instructors **Facility Supervisors** Youth Camp Counselors Marketing Assistants **Climbing Wall Supervisors** Racquetball/Tennis Supervisors **Outings Leaders** Dockmasters Member Services Representatives Swim Instructors Intramural Officials **Sports Supervisors** Instructional Class Instructors Team Challenge Facilitators Maintenance Assistants Office Assistants Lifeguards

MEMBERSHIP

OVERVIEW

Aztec Recreation membership provides access to a wide range of services and facilities that inspire active, healthy living. Students, faculty, staff, alumni and community members who wish to participate may join with a monthly membership fee. Membership includes access to on-campus facilities and programs: Aztec Recreation Center, Aquaplex, ARC Express, Aztec Lanes Bowling, Tennis Courts and Racquetball as well as indoor Climbing Wall, Group Fitness classes, and Intramural Sport leagues.

2015-2016 HIGHLIGHTS

operience It.

- Added Olympic lifting equipment at the ARC and at the new Performance Center
- Student's reported the top health related outcomes of Aztec Recreation membership are increased physical strength and reduced stress
- The membership peak of 18,092 was in November 2015
- The ARC was recognized by The San Diego Green Building Council with an award for outstanding facility in LEED existing building, operations and maintenance



"After I took a campus tour and saw the ARC, I made my decision to attend SDSU. Thank you, Aztec Recreation." ALAN G., STUDENT MEMBER

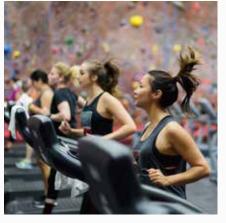


PARTICIPATION AVERAGE

MEMBERSHIP CATEGORY	2013-2014	2014-2015	2015-2016
SDSU STUDENTS	7,043	7,351	7,646
RESIDENTIAL STUDENTS	4,761	4,608	4,962
AMERICAN LANGUAGE INST	1,411	1,647	1,428
AFFILIATE	268	270	291
FACULTY/STAFF	379	383	398
ALUMNI	1,698	1,761	1,993
COMMUNITY	996	1,037	952
TOTAL	16,556	17,057	17,670













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AZTEC AQUAPLEX

OVERVIEW

The Aztec Aquaplex features two, large outdoor solar-heated pools, a 20-person spa and 12 adjacent tennis courts. The facility offers open recreation swimming, provides a variety of adult and youth aquatic programming and regularly hosts intramural leagues as well as sport club and intercollegiate athletic competitions. The Aquaplex is home to the SDSU Athletic Department's women's swimming & diving, women's water polo, as well as men's and women's tennis teams. Several Sport Club teams practice regularly at the Aquaplex including the cycling and triathlon club, tennis, as well as the men's and women's water polo clubs.

PARTICIPANT EXPERIENCE

PARTICIPATION	2013-2014	2014-2015	2015-2016
OPEN RECREATION SWIM	108,707	132,295	131,554
ADULT SWIM LESSONS	381	303	484
YOUTH SWIM LESSONS	1,347	1,301	1,255
TENNIS LESSONS & CLASSES	65	72	116
OPEN RECREATION TENNIS	5,416	7,521	5,526



2015-2016 HIGHLIGHTS

- Lifeguards spent 1,400 hours completing in-service training including physical fitness, rescue skills and emergency response
- Offered 185 swimming and tennis classes with a total of 1,855 unique participants
- Hosted the Aztec Nights "Splash Bash" event with over 1,000 student participants
- Hosted team training camps for 15 college and university teams from around the country
- Welcomed 31 SDSU Athletic events including the Golden Coast Conference Championship Water Polo Tournament which had more than 2,000 people in attendance

"Having a great facility like the Aquaplex on campus is amazing because it makes it easy to get a good swim workout in after a long study session and it's also a fantastic place to hang out with friends." NICOLE R. , STUDENT MEMBER

HOURS OF AMERICAN RED CROSS LIFEGUARDING & WATER SAFETY INSTRUCTOR CLASSES

INTRAMURAL SPORTS

OVERVIEW

Aztec Recreation Intramural Sports provides opportunities for members to compete 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. There are also extramural opportunities to compete against other San Diego university teams in the San Diego Championship Series (SDCS) and against other collegiate teams at regional tournaments

2015-2016 HIGHLIGHTS

- Top sports for participation were basketball with 210 teams and 1,945 participants, and indoor soccer with 107 teams and 1,057 participants
- Four teams represented SDSU at the NIRSA Collegiate Championship Series (two flag football, one men's basketball and one women's basketball team)
- Two officials worked at the NIRSA Regional Football Tournament in Los Angeles in November and two officials worked at the NIRSA Regional Basketball Tournament in Sacramento, CA in March
- New registration software was implemented to improve player communications and participation statistics



"Being a part of intramural sports for the past 4 years has given me a sense of belonging and motivation for fitness. I look forward to every single season."

ARIANA G., INTRAMURAL SPORT PARTICIPANT

PARTICIPANT EXPERIENCE

PARTICIPANT SURVEYS FOUND THAT INTRAMURAL SPORTS:

- Contributed to well-being
- Reduced stress
- Fostered connection to the SDSU community
- Contributed to student success
- Contributed to the decision to stay at SDSU

PARTICIPATION	2013-2014	2014-2015	2015-2016
SPORTS	31	36	35
TEAMS	649	770	747
GAMES PLAYED	1,624	1,618	1,471
PARTICIPANTS	8,430	10,401	7,978





OVERVIEW

The Aztec Recreation Sport Club program includes 19 diverse and highly competitive teams with over 750 athletes. Teams represent SDSU in intercollegiate competitions at regional, state and national levels. The sport club program supports student managed teams by providing opportunities for collegiate competition, leadership development, social connections and community involvement.

PARTICIPANT EXPERIENCE

PARTICIPATION	2013-2014	2014-2015	2015-2016
TEAMS	19	19	19
TOTAL ATHLETES	824	745	772

- This year marked the highest athlete retention rate from the fall to spring semester at 88%
- 46% of Sport Club athletes agreed that participation contributed to their decision to attend SDSU
- 72% agreed that participation contributed to their decision to stay at SDSU
- Top outcomes for participating in Sport Clubs are overall well-being, stress reduction and increased interest in staying fit and healthy
- Sport Club leaders participated in monthly workshops on topics including delegation, improving team culture and strategic planning

2015-2016 HIGHLIGHTS

- The new Performance Center was completed in January 2016 and provided over 30 hours per week for team strength and conditioning practices
- Eleven of the 19 teams received invitations to their respective National Championship Tournaments
- Dance team placed 1st at the USA Nationals
- Men's Water Polo placed 2nd at the CWPA Nationals
- Outstanding team and individual award winners:
 - Outstanding Scholar Award: Alyssa Moscrop, Dance
 - Outstanding Athlete Award: Josh Heller, Men's Water Polo
 - Bob Bingham Team Leader of the Year: Jenny Budd, Tennis
 - Darcy Bingham Emerging Leader of the Year: Brittany Jagoe, Dance
 - Bingham Sport Club Leader of the Year: Mark Slader, Men's Ultimate Frisbee
 - Performance Team of the Year: Men's Water Polo
 - Contributing Team of the Year: Dance



"I have found leadership positions with Sport Clubs to be very rewarding. As the executive president, I have gained the opportunity to work closely with great people from other sport clubs and the hardworking sport clubs staff. As the President/Captain of the Men's Club Ultimate Team, I have had the pleasure of playing a sport I love with some of my best friends. These experiences have helped to enhance my leadership and communication skills."

MARK SLADER, 2015-2016 SPORT CLUBS EXECUTIVE PRESIDENT



GROUP FITNESS

OVERVIEW

Aztec Recreation Group Fitness classes are drop-in group classes that are led by motivating 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. A robust schedule of Group Fitness formats includes cardio, dance, mind/body, and strength based classes to provide group exercise opportunities in everything from Spinning® and Zumba® to Yoga and Barre Blast.

2015-2016 HIGHLIGHTS

- The ARC Express hosted its first group fitness class, TRX Boot Camp, during midday hours
- A new popular interval class called Calorie Killer was added at the Aztec Recreation Center
- Aztecfit and Weightlifting Fundamentals classes were introduced in the new Performance Center
- Aztec Recreation hosted Spinning®, U-Jam®, and Trigger Point® certification workshops
- Aztec Recreation hosted its first Yoga Teacher Training in partnership with Yoga One studio to provide the opportunity for members to become 200 hour certified yoga instructors





PARTICIPANT SURVEYS FOUND GROUP FITNESS CLASSES:

- Contributed to well-being
- Reduced stress
- Expanded interest in staying fit and healthy
- Improved self-confidence
- Contributed to student success

GROUP FITNESS	2013-2014	2014-2015	2015-2016
TOTAL CLASSES PER YEAR	2,524	2,181	2,090
AVERAGE CLASSES PER WEEK	51	44	45

"The supportive and challenging environment of group fitness lets me reach my goals while having fun and making friends. This program has allowed me to create friendships with other students I would not have met otherwise."

MACARENA R., ENGINEERING GRADUATE STUDENT MEMBER





INSTRUCTIONAL CLASSES

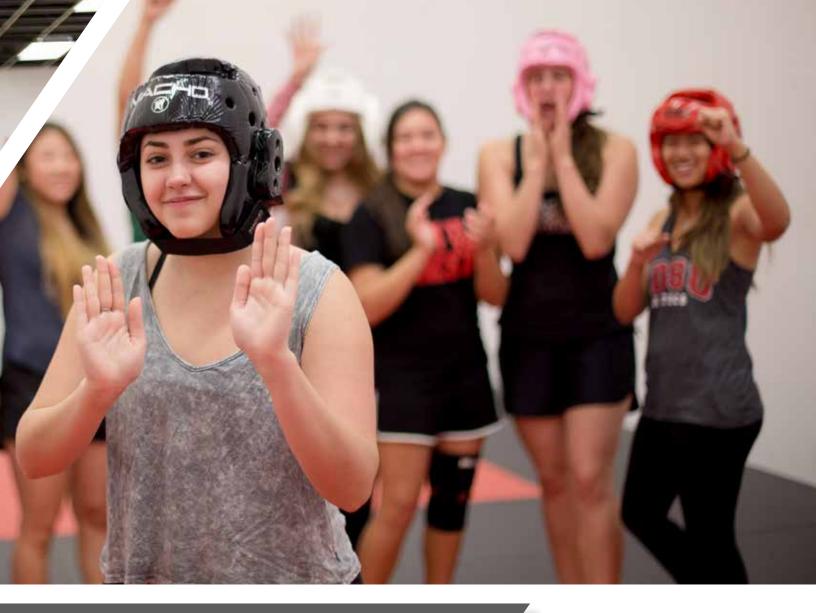
OVERVIEW

Aztec Recreation offers fee based instructional activity classes, which are focused on the progression of physical activity skills and practice. Aztec Recreation offers academic credit activity classes in sports, fitness, dance, martial arts and outdoor skills through the partnership with Exercise and Nutritional Sciences (ENS). The ENS credit classes provide opportunities for students to earn academic credit but most are also available for non-credit.

2015-2016 HIGHLIGHTS

- New Classes in Fall included Tae Kwon Do, Jiu Jitsu, Tennis, Volleyball, Advanced Judo, Intermediate Basketball, and multiple Yoga and Pilates formats
- New Classes in Spring included Advanced Soccer and Swing Dance as well as as Olympic Lifting and Sports Conditioning in the new Performance Center
- The Soccer and Basketball classes partnered with Adaptive Athletes to provide a unique learning experience participating in wheelchair sports with athletes with physical disabilities





PARTICIPANT EXPERIENCE

ENS CLASSES PARTICIPATION	2013-2014	2014-2015	2015-2016
SPORTS	720	889	904
FITNESS	109	394	769
MARTIAL ARTS	59	167	299
DANCE	113	313	273
OUTDOOR SKILLS	373	440	406
TOTAL	1,374	2,203	2,651

ENROLLED

"The instructor was so excited every day for classes and made everyone excited about it."

ARIELLE B. , ENS CREDIT CLASS STUDENT



WELLNESS

OVERVIEW

Aztec Recreation offers a wide range of free wellness programming to students, staff and faculty and is proud to partner in the Live Well Aztecs campus initiative. Live Well Aztecs is a partnership of campus resources with the goal of providing programs, services and outreach efforts that educate, support and inspire SDSU students, faculty and staff to lead healthy, balanced lives. With input from the student Recreation and Wellness Commission, AOD Task Force and campus wellness collaborators, programming includes special events and weekly activities.

2015-2016 HIGHLIGHTS

- In collaboration with AOD Task Force, the A.S. Recreation and Wellness Commission and Live Well Aztecs, Aztec Recreation hosted two Live Well Late Night events; Fitness Jam and 3 on 3 Basketball Jam
- Free meditation classes were offered for students, faculty and staff in collaboration with Counseling and Psychological Services
- 467 faculty and staff yoga and meditation workshop visits •
- 3,255 student faculty and staff participated in Live Well Aztec events
- President Hirshman joined 90 students, faculty and staff in a 2-mile walk on campus

[Live Well Aztecs] I FADING THE WAY TO WELL-BEING



1

WALKING GROUP PARTICIPATION

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AZTEC ADVENTURES

OVERVIEW

Aztec Adventures offers the SDSU community leadership development, education, and adventure experiences through the outings, climbing and team challenge programs. Outings offerings include weekend backpacking, hiking, rock climbing, and canoeing trips. Exercise and Nutritional Sciences (ENS) course offerings with an outings trip component include Adventure Leadership, Rock Climbing, Backpacking, Camping, Canoeing and Wilderness First Aid (WFA) certification. The climbing program includes orientations, drop-in climbing, and ENS rock climbing courses at the climbing wall located in the Aztec Recreation Center. Team Challenge provides team building and challenge course programs to corporate groups, non-profits, teen & youth groups, high schools, middle schools, sport teams, camp programs, SDSU student organizations, SDSU academic departments, SDSU auxiliaries, and faculty-staff groups in three primary locations: Camp Stevens in Julian, CA, Ray & Joan Kroc Corps Community Center of the Salvation Army in San Diego and the SDSU Campus.

2015-2016 HIGHLIGHTS

- 24% increase in Adventure Leadership ENS course participants
- Two new backpacking adventures in Big Sur and Channel Islands were introduced
- Team Challenge facilitated team building, boat building and carnival game activities for faculty and staff at the second annual SDSU Field Day

PARTICIPANT SURVEYS FOUND THAT AZTEC ADVENTURES EXPERIENCES:

- Contributed to well-being
- Allowed participants to distance themselves from the stresses of everyday life
- Improved social connection with others
- Expanded interest in staying fit and healthy

OUTINGS & CLIMBING	2013-2014	2014-2015	2015-2016
ENS CLASSES	20	25	28
TRIPS	46	62	50
TRIP PARTICIPANTS	500	736	568
TRIP CONTACT HOURS	24,032	34,208	25,346
CLIMBING WALL VISITS	6,471	5,705	4,417
TEAM CHALLENGE			
GROUPS	47	45	36
PARTICIPANTS	1,368	1,388	1,372
CONTACT HOURS	8,208	8,328	8,232

"Thank you for taking us on my favorite trip I have ever been on! Everything from the white water rafting, the food, allowing us to explore and your leaders made it unforgettable."

ALEX S., STUDENT TRIP PARTICIPANT





AZTEC LANES

OVERVIEW

Aztec Lanes opened in January 2014 on the first floor of the Conrad Prebys Aztec Student Union and provides students, alumni and members of the SDSU community with bowling, billiards, table tennis, TV and video gaming. Aztec Recreation membership includes free bowling as a member benefit. Programming includes beginning and intermediate ENS bowling credit classes, Intramural leagues and group events such as birthday parties, campus department activities, student group events and private venue reservations.

2015-2016 HIGHLIGHTS

- 6,345 unique Aztec Recreation members checked in and took advantage of free bowling with their membership
- Aztec Lanes enhanced customer service through the addition of a texting wait list application for improved guest communication
- Aztec Lanes expanded services through the addition of an Xbox One gaming console to serve a wider audience
- Aztec Lanes hosted 49 SDSU student club and organization events to support student engagement and campus involvement





PARTICIPANT EXPERIENCE

AZTEC LANES	2014-2015	2015-2016
ENS BOWLING PARTICIPANTS	667	530
INTRAMURAL PARTICIPANTS	439	244
GAMES BOWLED	17,157	22,982
BILLIARDS HOURS	4,927	5,978
TABLE TENNIS	2,064	2,097
GROUP EVENTS	121	186

"We can't say enough about the venue, the workers and the treatment received. Our employees are still talking about how great it was. I am proud to be an SDSU alumni and this is one more reason why."

ELAINE R., CORPORATE PRIVATE EVENT CLIENT & SDSU ALUMNA

"By visiting Aztec Lanes, I feel more connected to the college community. I enjoy having access to a fun and active alternative on-campus. This contributes to my success as a student and helps me balance my priorities and personal time."

KEYLAN W., SDSU STUDENT



MISSION BAY AQUATIC CENTER

OVERVIEW

The Mission Bay Aquatic Center (MBAC) is one of the world's largest instructional waterfront facilities and is located in beautiful Mission Bay Park, just a 15-minute drive from SDSU. With a diverse mix of watersports equipment and instruction under one roof, MBAC has the best that San Diego has to offer. Programming enables students, alumni and the SDSU community to experience wakeboarding, sailing, surfing, stand up paddling, waterskiing, rowing, kayaking, and windsurfing in a variety of formats from instructional classes for credit and non-credit to rentals, youth camps and special events. MBAC is known for a commitment to safety, quality, highly trained staff and sustainability having established LEED Platinum Existing Building certification in 2013.

2015-2016 HIGHLIGHTS

- 479 midshipmen learned to sail in the 2nd year of the US Navy ROTC west coast sailing program
- Distributed \$39,145 in campership aid to over 150 underrepresented youth
- Provided access to adaptive watersports to 1,043 persons with disabilities and their families
- Launched wakesurfing programs for both ENS credit and recreational classes
- Replaced the fleet of 10 Hobie Catamaran sailboats for the first time since 1991
- Improved facility security with the installation of a video security system

PARTICIPANT EXPERIENCE

MISSION BAY AQUATIC CENTER	2013-2014	2014-2015	2015-2016
EVENTS	6,561	6,948	6,971
RENTALS	7,535	8,613	9,686
CAMP	2,572	2,605	2,636
REC CLASSES	2,287	2,262	2,104
ENS CLASSES	2,192	2,392	1,855
PRIVATE LESSONS	926	842	946
TOTAL	22,073	23,662	24,198

CLASS PARTICIPANT SURVEYS FOUND TOP OUTCOMES WERE:

- Improved social connection with others
- Improved well-being
- Reduced stress
- Improved self-confidence

"I always looked forward to my MBAC class because I know once I get in the ocean the stress automatically goes away in that moment. It makes me feel more alive trying something new I learned so much through the experience." AIMEE T., ENS CLASS STUDENT



FINANCIAL SUMMARY

Aztec Recreation offers a broad range of programs, services and facilities to the SDSU community. The department is responsible for the management, operation and maintenance of the Aztec Recreation Center (ARC), Aztec Aquaplex, Peterson Gym Racquetball courts, ARC Express and Aztec Lanes.

Revenue is derived through membership sales and fee for service programming including instructional classes, bowling and games, personal training, swim lessons, outdoor trips, team challenge programming, retail sales and facility rentals.

Total revenue for FY'16 was \$6,622,035 compared to \$5,965,585 in FY'15. Increases in Aztec Recreation membership, instructional class enrollment, swim lessons, bowling participation and transfers from reserves for capital expenditures were the principle drivers of the year over year revenue increase.

Total expenses for FY'16 were \$6,623,274 compared to \$5,688,654 in FY'15. The year over year increase in expenses was principally the result of an increase in minimum wage, the addition of a full-time Aquaplex Coordinator, the scheduled replacement of strength and cardio equipment, replacement computers and equipment for the new Performance Center weight room and new recreation field projects.

