



**AZTEC RECREATION**  
Annual Report

2020  
— 2021



# YEAR IN REVIEW

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The 2020-2021 year presented no shortage of unique challenges and opportunities for Aztec Recreation. Facility closures, modified programs, and ever evolving COVID-19 protocols were a constant. Our pivots to virtual fitness programming in March 2020 and then outdoor fitness programming in August 2020 proved to be very popular and great alternatives to traditional gym workouts. Outdoor and virtual fitness continued to be popular even as we opened modified indoor operations in October 2020. For many, the year provided opportunities to spend more quality time with family and reconnect with friends and loved ones. For many, it was a year of great stress, anxiety and uncertainty. Throughout this time, it became very clear how critical recreation facilities, programs, and services are for supporting the health and well-being of students and the campus community.

A significant highlight of the year was the substantial progress made on the large-scale expansion and renovation of the Aztec Recreation Center. The ARC, which opened in 1997, will be expanded from 78,000 sq/ft to 138,000 sq/ft to provide a modern campus venue that will meet the recreation, fitness and wellness needs of current and future SDSU students. Phase one of the project is scheduled for completion in November of 2021 with the full project completed in summer 2022.

Another wonderful highlight of the past year was the SDSU Adapted Athletics program officially transitioning to Aztec Recreation. Founded in 2018, the program provides facilities, coaching, mentoring and financial support for adaptive athletes who represent SDSU at regional, national and international competitions.

While this past year was certainly “unprecedented,” I could not have been more proud of the dedication and teamwork of our staff. The can-do attitudes, innovative ideas and commitment of our team to providing essential health and fitness programming was extremely admirable. Additionally, I would like to extend a very sincere thank you to our members, colleagues and guests for your loyalty and patronage. Your participation, input and support throughout the year were invaluable and helped inspire our team to deliver high quality programs and services.

The future is very bright for Aztec Recreation. We look forward to continuing to serve and inspire active, healthy living in the year ahead.

In Health,

**Mark Zakrzewski**

*Director, Aztec Recreation*



# ARC EXPANSION

The large scale Aztec Recreation Center expansion and renovation made significant progress in the 2020-2021 academic year. The project will expand the ARC, opened in 1997, from 78,000 sq/ft to 138,000 sq/ft to provide a modern campus venue to meet the recreation, fitness and wellness needs of current and future SDSU students. The expansion portion of the project is scheduled to open in November 2021 and the renovation portion will be complete in summer 2022.



## features

- Increase from 18,000 to **25,000 sq/ft of weight and cardio equipment space**
- Increase from 4 to **6 courts** to support intramural sport leagues, adaptive sports programming, club sports and drop-in recreation activities such as basketball, indoor soccer, volleyball, fitness classes, special events and student club and organization activities
- Increase from 2 to **5 fitness studios** for classes such as yoga, pilates, meditation, group cycling, dance, boot camp and self-defense
- Wellness programming space
- Social and study spaces
- Healthy eatery
- New gender neutral locker, shower and restroom spaces
- New climbing and bouldering walls
- New indoor running track
- Office and meeting room space

# STUDENT EMPLOYMENT

Aztec Recreation is committed to student development and prides itself on fostering an environment where students gain valuable experience and transferable 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. Some positions such as lifeguards and fitness instructors require additional certifications for employment. During the pandemic Aztec Recreation employed 80-100 students.



“ Working for A.S. Aztec Recreation has allowed me to improve some of my personal skills such as communication and it has also helped with my problem-solving skills. It has been enjoyable because it has given me the opportunity to meet new people as well as create relationships.

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—Adrian S., 4th year Pre Physical Therapy  
Member Services Representative & Competitive Sports Official

# OPEN OPERATIONS

In August 2020, under County and San Diego State University guidance, Aztec Recreation opened safe, outdoor, on-campus fitness operations including Aquaplex fitness on the pool deck, Aquaplex lap swimming, in-person Group Fitness classes, resistance training at the Rec Field and outdoor cardio near the ARC Express at the Conrad Prebys Aztec Student Union. Extensive cleaning protocols were in place and the Aztec Rec mobile app was adopted enabling reservations to limit capacities. In the spring, as guidance permitted, indoor fitness was made available at the ARC and ARC Express. The average number of students attending during the school year was 10,037 visits per month across all in-person programs and facilities.



<b>IN PERSON FITNESS</b>	<b>FALL 2020</b>	<b>SPRING 2021</b>	<b>TOTAL</b>
<i>Aquaplex Fitness</i>	<b>8,981</b>	<b>13,731</b>	<b>22,712</b>
<i>Aquaplex Swim</i>	<b>6,794</b>	<b>12,313</b>	<b>19,107</b>
<i>Rec Field Fitness</i>	<b>14,931</b>	<b>21,534</b>	<b>36,465</b>
<i>ARC</i>	<b>4,867</b>	<b>28,115</b>	<b>32,982</b>
<i>ARC Express</i>	<b>1,501</b>	<b>4,668</b>	<b>6,169</b>
<i>Group Fitness Classes</i>	<b>1,146</b>	<b>1,868</b>	<b>3,014</b>

# VIRTUAL PROGRAMS

Aztec Recreation offered a wide range of safe, engaging virtual programs in recreational, special event and educational credit class formats throughout the year. Programs included hiking, esports, walk/run/bike challenges, as well as a variety of creative at-home Group Fitness classes.



2020-2021

## GROUP FITNESS

Weekly Classes	269
Weekly Classes Participant Contacts	1,368
Special Fitness Event Participation	153

## SPORTS

ESports League Participation	32
Sport Special Event (Run/Walk, Bike)	148

## OUTDOOR

Hiking Challenges	117
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## CREDIT CLASSES

Sports	10
Fitness	381
Martial Arts	33
Dance	40
Outdoor Skills	20

“ My experience taking virtual ENS GFit was amazing. This course was a nice addition to my other SDSU classes that ensured I was staying active while learning a lot about fitness! I looked forward to attending class and thought of it as my fun ‘mini workout’ session each week.

— Alexandria M., SDSU Sophomore studying Kinesiology



# ADAPTED ATHLETICS

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In March 2021 Adapted Athletics became part of the Aztec Recreation program offerings. Founded in 2018 as the first competitive, collegiate adapted athletics program in California, SDSU Adapted Athletics' mission is to provide an environment of support for adaptive athletes through integration of high-caliber education, coaching, and mentorship. The program has both competitive wheelchair tennis and ambulatory track & field teams as well as partnerships that bring coaching and services including sport-specific coaching, physical therapy, nutrition counseling, and strength & conditioning training.



“ *Being an adaptive athlete has given me the confidence to set my mind to complete things that I used to think were beyond my reach. My most memorable moment was when I found out I was selected to be a member of the Para Pan American Team and travel to Peru for the competition.* ”

— **Michelle C.**, Ambulatory Track & Field athlete & 4th year Business Student

# MBAC

Mission Bay Aquatic Center (MBAC) was deemed an essential service by the County of San Diego in May of 2020 and reopened to provide access to safe outdoor recreation through equipment rentals and youth camp programming.



MBAC	2020/2021
Events	493
Rentals	20,210
Camp	1,968
Rec Classes	656
ENS Classes	370
Private Lessons	1,193
<b>TOTAL</b>	<b>24,890</b>

“ *The surf class class was the first ENS class I had the opportunity to enjoy. It allowed me to take a break from the constant work and worry of school, focus on fitness and the mind-body connection which contributed to my improved grades and mental health.* ”

— Aaron T., SDSU Senior studying Engineering

