



AZTEC RECREATION
ANNUAL REPORT | 2021-2022





YEAR IN REVIEW

The 2021-2022 year was highlighted by the opening of the Aztec Recreation Center expansion. The 94,000 square feet of new construction, which opened to members in November, is the first phase of what will ultimately be a 134,000 square foot facility. An additional 40,000 square feet of renovated space is scheduled for completion in August of 2022. The opening of the facility could not have come at a better time as it has become very clear through the Covid pandemic how critical recreation facilities, programs, and services are for supporting the health and well-being of students and the campus community.

The facility, which is designed for LEED Double Platinum certification, is a wonderful example of the future of sustainable construction. The building is fossil fuel free. The all-electric building also earned numerous LEED credits related to innovation and design with water conservation and reuse. All site irrigation and toilet flushing utilize rainwater runoff and condensate which is collected and treated onsite.

In addition to the opening of the expanded Recreation Center, the 2021-2022 year marked the first time in SDSU history that all SDSU students are Aztec Recreation members and have access to every recreation facility on campus. This change resulted in record participation with daily turnstile counts routinely in excess of 4,500 visits per day. We expect daily visits to exceed 6,000 when the facility is fully complete.

Another highlight of the past year was the success of our Adapted Athletics program. Founded in 2018, the program provides facilities, coaching, mentoring and financial support for adaptive athletes who represent SDSU at regional, national and international competitions. There were multiple athletes who set new personal records this past year. With two more elite level athletes scheduled to join the program for the 2022-2023 year, it's an exciting time for Adapted Athletics at SDSU.

The successes of the past year would certainly not have been possible without the dedication and teamwork of our staff. I could not be more proud of the can-do attitudes, creativity and commitment of our team. On behalf of the Aztec Recreation team, I would also like to extend a very sincere thank you to our members, colleagues and friends for your loyalty and patronage. Your participation, input and support continues to inspire us to deliver high quality programs and services.

With the opening of the new facility, the future is very bright for Aztec Recreation. We look forward to continuing to serve and inspire active, healthy living for the SDSU community.

In Health,
Mark Zakrzewski
Associate Executive Director
Associated Students/SDSU



ARC EXPANSION

The Aztec Recreation Center Expansion opened November 8, 2021 enabling all enrolled students access to 94,000 sq/ft of new fitness and wellness space including an indoor running track, 25,000 sq/ft of weight and cardio equipment, climbing and bouldering walls, five fitness studios, gender neutral locker/shower and restroom spaces, social and study spaces and a Shake Smart healthy eatery.

The renovation portion of the project made significant progress in the 2021-2022 academic year and will open in summer 2022 to result in a total square footage of 134,000 to complete the modern campus venue that meets current and future recreation, fitness and wellness needs of SDSU students.

ARC Water Bottle Filling Stations

**SAVED 222,256
BOTTLES**

November 8, 2021 - June 2022

“I love how big the ARC is since the ARC Expansion. Our weight section feels so much more open and is starting to attract more women!”

Karina G.

Kinesiology Senior and President of Girl Gains



RECREATION & WELLNESS COMMISSION

Fellow Students,

The Associated Students' Recreation & Wellness Commission is the student voice for government affairs and policy-making for the fitness, wellness, and recreation resources at SDSU. It has been an honor to serve as the representative for the 2021-2022 academic year and I look forward to serving as commissioner next year. This past Fall term we opened up the Aztec Recreation Center Expansion – the 94,000 sq. ft. expansion includes five fitness studios, an Olympic lifting zone, a 41-foot tall climbing wall, a quiet lounge, a healthy Shake Smart eatery, and much more. It has been extremely rewarding to see years of student voice, staff advisory, and hard work come to realization in this project. Along with the newly renovated gym,

a new Aztec Recreation app was released to help organize group fitness classes and memberships. In addition, we amended the Recreation & Wellness Commission bylaws to officially partner with Adapted Athletics by planning to include an Adaptive Athlete student representative in our commission meetings. This past year has been extremely successful in prioritizing student health and building community with thousands of students checking into the gym daily.

Best,

Lauren Samidi

A.S. Recreation & Wellness Representative 2021-2022

A.S. Recreation & Wellness Commissioner-elect 2022-2023



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.

Overall employment grew from
90 students during the pandemic to
**220 STUDENTS IN THE
2021-2022 ACADEMIC YEAR**

“ Working with Aztec Recreation Building Services has taught me how to be part of a team. Through a welcoming work environment and supportive supervisors, I have been able to grow as a person and learn valuable and practical life skills that helped to cultivate my future. I feel that I have honed my problem solving, leadership and communication skills with the various challenges I have faced with the help of those around me. My experience has had an extremely positive impact on me and has given me confidence to succeed as I move forward. ”

Cade R.
Building Services Lead
Computer Engineering Senior



MEMBERSHIP

Membership includes access to a wide range of services and facilities that inspire active, healthy living. Membership benefits expanded with the opening of the ARC Expansion in Fall 2021 to include a new indoor running track, 25,000 sq/ft of new weight and cardio equipment, new climbing and bouldering walls, five fitness studios, wellness space, new gender neutral locker/shower and restroom spaces as well as new social and study spaces. Membership includes access to additional campus facilities and programs including the Aquaplex, ARC Express, tennis courts, indoor climbing, Group Fitness classes, and Intramural Sports.

HIGHLIGHTS

- 2021-2022 all student access through SDSU enrollment began
- There were 3,696 check-ins at the ARC on 11/8/21, the day the ARC Expansion opened
- Fall Semester highest daily check-in at the ARC was 3,959 entries on 11/9/2021, the day after the opening of the ARC Expansion

4,992 ENTRIES

Highest Daily Check-In
2021-2022
February 7, 2022

MEMBERSHIP	FALL 2021	SPRING 2022
SDSU Enrolled Students	34,677	31,723
ALI, Cont Stu, Global Stu	330	233
Affiliates	144	72
Faculty/Staff	206	165
Alumni	1,202	375
Community	451	181
TOTAL	37,010	32,749

FACILITY ENTRIES	FALL 2021	SPRING 2022	TOTAL
ARC	227,918	265,431	493,349
ARC Express	33,983	24,520	58,503
Aquaplex	27,542	24,247	51,789
TOTAL	289,443	314,198	603,641



AZTEC AQUAPLEX

The Aztec Aquaplex features two large outdoor 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 triathlon club, tennis club, as well as the men's and women's water polo club teams.

HIGHLIGHTS

- Reintroduced youth swim lessons
- 1,200 hours of instructional aquatic programs
- 1,871 hours of athletic practices and competitions

AQUAPLEX PARTICIPATION 2021-2022

Open Recreation Swim	22,329
Swim Lessons	552
Open Recreation Tennis	204



INTRAMURAL SPORTS

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 and encourages players of all experience levels to participate.

	FALL 2021	SPRING 2022	TOTAL
Sports	4	9	13
Teams	123	213	336
Games Played	238	356	594
Participants	1,831	1,663	3,494
Total Check In's	5,457	4,410	9,867

HIGHLIGHTS

- We partnered with SDSU Housing to run 4v4 Sand Volleyball and 3v3 Basketball at the Zura Residential Community
- We grew our staff from 13 to 41 over the course of the year which allowed us to offer Flag Football, Soccer, and Volleyball for the first time since Fall 2020



SPORT CLUBS

The Aztec Recreation Sport Club Program includes 21 diverse and highly competitive teams that represent SDSU in intercollegiate competitions at regional, state and national levels. The Sport Club program provides students with opportunities for collegiate competition, leadership development, social connections and community involvement.

HIGHLIGHTS

- Waterski placed second in both the USA Waterski DII Regional and National competitions
- Ice Hockey was selected to move from DII to DI Collegiate Club Hockey
- Dance Team placed fourth in Hip-Hop at the UDA Nationals
- Men's Soccer qualified and competed in the Open Division of the NIRSA National Championships
- Triathlon had one individual qualify and compete at the USA Triathlon Collegiate Nationals
- Cycling had one individual qualify and compete at the USA Collegiate Nationals
- Ski/Snow had seven individuals qualify and compete at the USCSSA Collegiate Club Nationals
- Men's and Women's Volleyball qualified and competed at the NCVF Collegiate Club Nationals
- Women's Rugby became the 22nd sport club team and will begin competing in the program during the 2022-2023 academic year

650 Athletes

“As a participant in Sport Clubs, I found my involvement to be one of the most rewarding leadership experiences during my four years at SDSU. The skills that I learned and used as a leader in the program are ones that I will carry on into my future academics, career, and life plans. Sport Clubs provides a community for students and athletes who care a lot about their sport and want to grow as an athlete, scholar, and leader.”

Olivia Busch

Women's Water Polo President

“Being the President for the Men's Lacrosse team has allowed me to grow and become a more skilled and developed person. I now have a better understanding of how a successful organization operates. I have learned how to interact and communicate with people effectively. And most importantly, my sport club participation has taught me how to be accountable to myself. Even though this past year has been challenging, I have learned so much and I am very grateful for the experience.”

Bradley Kishaba

Men's Lacrosse President



ADAPTED ATHLETICS

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 deliver coaching and services to our athletes including sport-specific coaching, physical therapy, nutrition counseling, and strength & conditioning training. Adapted Athletics has been part of the Aztec Recreation program offerings since March 2021.

HIGHLIGHTS

- Wheelchair Tennis
 - 2nd place Team Finish at Collegiate Wheelchair Tennis Nationals
 - Manuel Gomez - US Ranking #2, Mexico Ranking #1 in Quad Division
 - Andrew Lee - B Division Singles Champion at Collegiate Wheelchair Tennis Nationals
- Ambulatory Track & Field
 - Michelle Cross - US ranking #2 in 100m, 200m, 400m T 37 classification - Michelle ran personal bests in 100m (15.00s) and 400m (1:15.99)
 - Nelya Schasfoort - US ranking #1 in 100m, 200m, 400m T 45 classification
 - Logan Krepop - US ranking #5 in Discus, Javelin, Shot Put T 37 classification and their personal bests in Discus (33.94m) and Javelin (30.29m)
- More Program Highlights
 - The program supported eight adaptive athletes throughout the year
 - Michelle Cross won the Women's Para-Soccer World Cup Team Championship as a member of Team USA
 - Nelya Schasfoort won the gold medal at the Gulf Shores Para Beach Volleyball Showcase Tournament
 - Sprint Coach, Isaac Jean Paul visited the Whitehouse in May 2022 as a member of Team USA
 - The program hosted its first youth track and field clinic with the Challenged Athletes Foundation serving 16 participants and their families

“SDSU Adapted Athletics has impacted my life by allowing me to become an athlete again and to be a part of a team again - which is something that I thought was lost forever once I became disabled. It's shown me that by being a part of an adaptive athletics program, I can reach the highest level that I once was in baseball through wheelchair tennis or in any athletic adventure I choose!”

Manny G.
Wheelchair Tennis Athlete



GROUP FITNESS

The Aztec Recreation Group Fitness program includes both in-person and virtual fitness classes led by motivating instructors who engage students in fun, safe and effective fitness training. Group Fitness classes are included with an Aztec Recreation membership by reservation at no additional cost. A robust schedule of Group Fitness formats includes cardio, dance, mind/body, and strength based classes to provide group exercise opportunities in everything from cycling and cardio dance to yoga and barre blast.

HIGHLIGHTS

- Five new studios in the ARC Expansion enabled us to offer new classes including Boxing Fitness, Heated Restorative Yoga Flow and Heated Power Yoga Flow
- New classes with shorter formats were added this year: Upper Body Express and Lower Body Express
- Virtual class offerings included yoga, meditation, and strength based formats

	SUMMER 21	FALL 21	WINTER 21/22	SPRING 22	SUMMER 22
Total Classes	184	608	105	676	182
Classes Per Week	23	38	15	52	27
Class Format Offered	16	21	12	24	17
Participant Contacts	618	6,507	182	9,821	1,426



INSTRUCTIONAL CLASSES

Aztec Recreation offers fee-based instructional activity classes which are focused on the progression of physical activity skills and practice. Classes are offered to students for credit and non-credit in Aztec Recreation facilities through a partnership with Exercise and Nutritional Sciences (ENS). Academic credit activity classes were offered both in-person and online in Fall 2021, transitioning to in-person classes in Spring 2022.

**81 Total
Classes**

HIGHLIGHTS

- During Fall 2021 we offered 7 virtual classes and 26 in-person classes
- In Spring 2022 we welcomed back classes not offered during the pandemic, such as Soccer, Jiu Jitsu, and Yoga Inversions, offering a total of 48 in-person classes
- In Spring 2022 three students were hired on as group fitness instructors who successfully completed the ENS 138 Group Fitness Instructor Training course and passed the American Council on Exercise (ACE) Group Fitness Instructor exam

ENROLLMENT	FALL 2021	SPRING 2022	TOTAL
Sports	260	380	640
Fitness	138	212	350
Mind/Body	136	180	316
Martial Arts	21	123	144
Dance	50	80	130
Outdoor Skills	52	70	122
Total	657	1,045	1,702



WELLNESS



[Live Well Aztecs]

LEADING THE WAY TO WELL-BEING

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.

FACULTY & STAFF WELLNESS	FALL 2021	SPRING 2022
Meditation (virtual)	55	56
Yoga (in person)	40	28

LIVE WELL LATE NIGHT EVENTS	FALL 2021	SPRING 2022
Fitness Jam	169	203
Fitness Jam Virtual	180	
3v3 Soccer		62

HIGHLIGHTS

- Four Live Well Late Night events provided wellness programming to students in collaboration with Live Well Aztecs and the A.S. Recreation and Wellness Commission:
 - Spring semester 3v3 Speed Soccer had 30 games played for 16 teams with 62 total participants in a 5 hour timespan
 - Three Fitness Jams were held throughout the year: one virtual, one outdoors and one inside the ARC Expansion



AZTEC ADVENTURES

Aztec Adventures offers the SDSU community leadership development, education, and adventure experiences through climbing, team building and outdoor credit courses. Outdoor credit courses engage and educate students in outdoor recreation skills and pair the classroom experiences with an outdoor trip to provide practical application in both climbing and Wilderness First Aid (WFA) certification. Aztec Adventures facilitates drop-in indoor rock-climbing located in the Aztec Recreation Center. Free climbing orientations are offered during open rec hours engaging both new and experienced climbers. Participants can further their climbing skills in other free programs including top-rope belay training and lead climbing training. Aztec Adventures Team Building helps student organizations, SDSU faculty and staff, and non-affiliated groups with activities that highlight positive team dynamics, bonding and trust.

ARC Expansion Climbing 2 WALLS

41' High Top Rope Wall
12' High Bouldering Wall

CLIMBING

Climbing Orientations	722
Climbing Wall Visits	4,357
Unique Climbers	933
Belay Certified Climbers	363
Lead Certified Climbers	37



MISSION BAY AQUATIC CENTER

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 Leadership in Energy and Environmental Design (LEED) Platinum Existing Building certification in 2013.

HIGHLIGHTS

- Expanded participation to exceed pre-pandemic totals
- Tripled student participation in Exercise and Nutritional Sciences watersports classes to near pre-pandemic levels
- Celebrated our 50th Anniversary with events hosting past staff, donors, and founding members
- Held a kick off fundraiser in conjunction with the 50th Anniversary events which raised over \$100,000

	2019/2020	2020/2021	2021/2022
Events	4,206	493	2,837
Rentals	8,596	20,210	17,454
Camp	3,005	1,968	2,957
Rec Classes	1,201	656	1,157
ENS Classes	1,700	370	1,586
Private Lessons	913	1,193	1,254
TOTAL	19,621	24,890	27,245



Associated Students (A.S.) is a student-directed not-for-profit auxiliary organization of San Diego State University. The programs and facilities A.S. manages are enjoyed by students, faculty, staff and the SDSU community. A.S. aims to create, promote and fund social, recreational, cultural, and educational programs and facilities both on campus and in the community; advocate for student interests; provide leadership opportunities; and participate in shared governance.