

AZTEC RECREATION: Annual Report 2023-24

EC RECREATION CENTER



Year in Review

As we reflect on the past year, 2024 has been a remarkable journey of growth and achievement for our program. From expanded offerings to exceptional student success stories, we are proud to present a comprehensive overview of our achievements and impact.

One of the key metrics of our success lies in the participation numbers across our various programs. In 2024, we experienced unprecedented engagement:

- **Student Member Activation:** 29,260 enrolled students activated their Aztec Recreation membership, up 24% from last year's record of 23,461.
- **Sport Club Student Athletes:** 946 student athletes participated in sports clubs this year, a new record, and up from last year's record of 896.
- **Instructional Class Enrollment:** 2,851 students enrolled in instructional classes, a new record and up 14% from last year's enrollment.
- **Special Event Participation:** Late night events Pump up the Gym and ARcade & Mini Golf hosted 620 and 628 participants respectively, setting new participation records for both events.



Beyond the numbers, the true measure of our impact lies in the success stories of our students, and the impact participation has on their well-being. A few of this year's highlights include:

- The Waterski team placed 2nd at the USA Waterski Collegiate National Championships Division 2 held October 26-29, 2023.
- Adapted Athletics athletes Michelle Cross, Parker Harvey and Max Rohn met the qualifying standards and competed at the Paralympic Trials July 18-20, 2024, in Miramar, FL.
- 94% of Sport Club Student athletes reported participation with their club improved their overall well-being.
- 96% of Aztec Recreation members reported that program participation helps them reduce stress.

In addition to individual success stories, our impact extended to broader initiatives including:

- **Sustainability:** An additional 125 Kw of solar was installed on the roof of the Aztec Recreation Center helping to power the LEED Platinum Certified facility.
- **Mental Health Awareness:** The Recreation & Wellness Commission collaborated with campus colleagues to develop and implement the Mending Minds event February 19-23, 2024. The event provided programs, activities and resources to increase awareness and support student mental health. Over 500 students participated.

In conclusion, 2024 has been a year of growth, impact, and innovation for our organization. Looking forward, we are excited about the opportunities to build upon our achievements and create even greater impact on student success and well-being in the years to come. On behalf of the Aztec Recreation team, we extend our heartfelt gratitude to our members, supporters, colleagues, and most importantly, our students, whose dedication, achievements and support continue to inspire us every day.

Thank you for joining us on this journey.

Mark Zakrzewski

Associate Executive Director, Associated Students

Recreation and Wellness Commission



It has been an honor to serve as the Recreation and Wellness Commissioner for the 2022-2023 academic year, and I am very proud of the Commission's initiatives and impact on the students and campus events. The role of the committee is to represent the student voice while supporting recreation and wellness on campus, including establishing policies, providing program feedback, and connecting students to campus wellness resources.

This past fall we brainstormed and supported activation campaigns to increase student activation, specifically focusing on commuter, transfer, and graduate students. The committee also approved the addition of a brand-new mat room in Peterson Gym, which will allow for students and members to have another space for open recreational activities. Both of these have hopes of encouraging students to find their place in our facilities and incorporate wellness and activity into their lives.

This academic year, the Commission implemented the Mending Minds week, which is a week-long initiative to promote mental health and educate students on the resources they have available. This week consisted of group fitness classes, tabling of campus resources, Yoga at the Turtle Pond and more. The event took place over 4 days, and the committee is looking forward to making this event even more successful in years to come. This was a fulfilling year for the Recreation and Wellness Commission, and I cannot wait to see the impact this commission will have on campus moving forward.

Michael Simonella
Recreation and Wellness Commissioner 2023-2024

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.



HIGHLIGHTS

- 2023-2024 A.S. Scholarships recipients included MBAC dockmaster Bailey Nicolette, ARC office assistant Moises Bayliss and MBAC paddling instructor Nikita Tanielian
- The Student Advisory and Leadership Team (SALT) created new semesterly student staff study sessions, facilitated employee of the month recognitions for 35 student staff, hosted end of year Hail and Farewell student staff celebration and collaborated with UCSD Recreation student leaders for staff engagement ideas
- Six students representing Member Services, Operations, Aquaplex, Aztec Adventures and Group Fitness attended the NIRSA Regional Conference in November 2023
- 91% agreed their employment contributed to their success as a student



400+
Student Employees

“My employment with Aztec Recreation has been full of growth and development opportunities, from customer service to time management and even being connected with other students with similar goals and interests. Having the opportunity to work where the hours are flexible and manageable for balancing school has been incredibly beneficial for my academic career, and I have really enjoyed the work environment provided by Aztec Recreation.”

Ayden Sullivan

Member Services Representative, Senior,
Nursing Major

Membership

Membership includes access to a wide range of programs and facilities that inspire active, healthy living. The recently expanded and renovated Aztec Recreation Center includes an indoor running track, weight and cardio equipment, climbing and bouldering walls, five fitness studios, wellness space, expanded functional and Olympic fitness spaces, six multi-use indoor gymnasium courts, and social and study spaces. Membership includes access to additional campus facilities and programs, including the Aquaplex pools and tennis courts, ARC Express, indoor climbing, fitness classes and intramural sports.



HIGHLIGHTS

- The ARC broke its record for the highest daily entries on August 22, the first day of in-person classes for the Fall 2023 semester, with 7,257 entries. Previous high for the ARC was 6,291 entries on the first day of classes for Fall 2022.
- 29,260 enrolled students activated their membership for the academic year, up 24% from last year (2022-2023)
- 91% agree that their membership contributes positively to their overall well-being



8,133
ENTRIES

**Highest Daily
Aztec
Recreation
Check-In**

MEMBERSHIP	2023-24
SDSU Enrolled Students	36,579
ALI/Global Campus	382
Affiliates	65
Faculty/Staff	285
Alumni	544
Community	266
Total	38,121
FACILITY ENTRIES	2023-24
ARC	1,024,323
ARC Express	81,302
Aquaplex	81,277
Total	1,186,902



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

- Increased open recreation by 220 hours or 5.5% from previous year
- Highest entry day in over in 5 years on March 21 with 974
- Hosted 2,464 hours of aquatic sport practices and competitions
- Conducted 1,063 hours of aquatic instruction

AQUAPLEX PARTICIPATION	2023-24
Open Recreation Swim	29,271
Adult Swim Lessons	55
Youth Swim Lessons	672
Open Recreation Tennis	638



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.

HIGHLIGHTS

- 15% increase in unique participants from previous year
- SDSU teams won Open Softball, Men's Volleyball, and Co-Rec Volleyball in the San Diego Championship Series, competing against intramural teams from UCSD, USD and CSU San Marcos
- Intramural Sports transitioned to FusionPlay app this year to enhance user experience for registration and team management
- 89% of respondents indicated that intramural sports contributed positively to their overall well-being

INTRAMURAL SPORTS

Sports

2023-24

14

Teams

791

Games Played

1,428

Participants

8,202

Unique Participants*

7,270

* unique to person per sport per season

“I've had a blast playing intramural flag football and basketball. The camaraderie, competitive spirit, and overall fun have made my experience unforgettable. It's been a great way to stay active and meet new people. Highly recommend you play an intramural sport if you haven't already.”

Joseph Calderon

Senior, Management Informations Systems Major

Sport Clubs

The Aztec Recreation Sport Club Program includes 22 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

- Ten of the 22 teams qualified for their respective national championships
- Waterski placed 2nd at USA Waterski Nationals Division 2
- Dance placed 4th at UDA Nationals for Hip-Hop
- Men's Lacrosse accomplished 13-1 record in league play, went to the quarterfinal of the national championship, and finished season ranked 6th in the nation
- Women's Volleyball ranked 3rd in NCVF Division 1
- Men's Volleyball ranked 10th in NCVF Division 1
- Women's Water Polo ranked 7th in the CWPA Division 1
- Tennis traveled 16 members to nationals in Rome, GA for their first time attending since 2018
- Men's Soccer A and B teams won the Premier and Gold Divisions of the Aztec Cup
- Women's Soccer won the NIRSA National Open Cup
- Ski and Snowboard sent 18 athletes to USCSA National championships; the team placed 3rd overall in women's freeski, 4th overall in women's snowboard freestyle, and 6th overall in men's snowboard Alpine
- All time record year for sport club participation

 **946**
Athletes

“The sports club program at SDSU has provided opportunities for me to meet my goal of broadening my leadership skills. By serving as president of the Women's Rugby team and the Executive Vice President for the Sports Club Council, I have seen the positive impact the program has on its members and the SDSU community. Whether it be on the rugby pitch or leading a sports club event, I am truly thankful for the experience.”

Isabella Ableman

Women's Rugby, Senior, Child and Family Development with Honors Interdisciplinary Studies Minor

Adapted Athletics

From its founding in 2018 and inclusion in Aztec Recreation in 2021, Adapted Athletics has grown as the first competitive, collegiate adaptive sports program on the west coast and is the premiere destination of high-caliber training for individuals with physical disabilities. The program is focused on developing student athletes to become independent leaders in society and has also established a home for a select number of elite community members as well. Through collaboration with student organizations on campus and a focus on its CREED: Commitment, Respect, Excellence, Empowerment and Diversity, Adapted Athletics has catalyzed the movement toward inclusive excellence in the SDSU community.

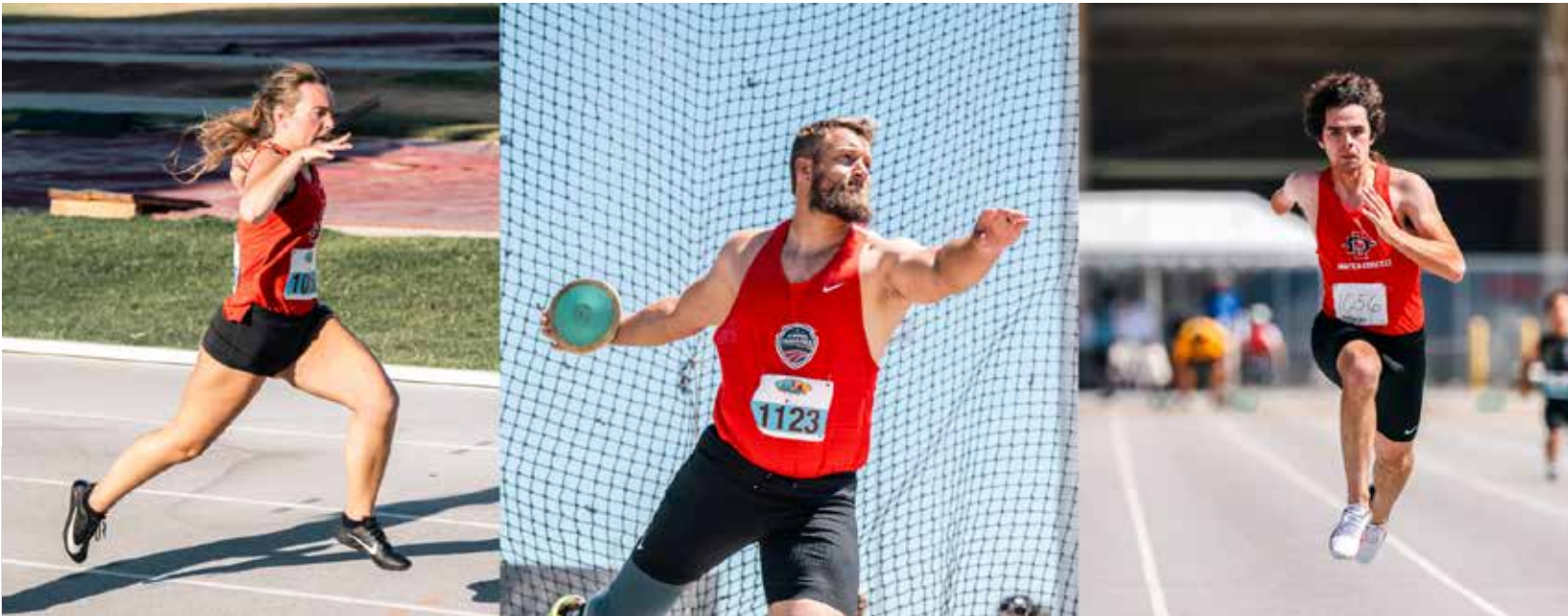


Photo: BStrong Media and Arizona Disabled Sports

HIGHLIGHTS

Program Highlights

- Parker Olenick and Quinn Waitely both made Team USA at the 2024 USA Surfing National Championships
- Hosted Adaptive Athlete Showcase with Paralympian guest speakers and over 150 attendees
- Collaborated with Adapted Sports Physical Therapy to host a Disability Awareness Month event with over 100 participants
- Hosted the 2nd annual Lift-a-thon and raised \$5,500

Wheelchair Tennis Highlights

- Ranked #2 at the 2024 ITA WCT Collegiate Nationals
- Manny Gomez ranked: #2 in Mexico; #15 in the USA
- Went undefeated at the 2nd Annual SDSU Wheelchair Tennis Invitational

Track and Field Highlights

- Parker Harvey, Michelle Cross and Max Rohn competed in the 2024 Paralympic Team Trials for a spot on Team USA
- Ismael Estrada obtained his national classification, making an official Para Athlete
- Michelle Cross made the US Parapan American Team in Santiago, Chile and set PR's in both of her events
- The team brought home 3 silvers in the 100m and 200m events from Paralympic National Championships

“Making the decision to take that step of coming out here to train with the Adapted program here was a slightly intimidating one to make. I think it was the right one, and I get reaffirmation of that every day as I go to practice and interact with the program staff. It's a privilege to get the level of training and care given to us by this program. That, in all honesty, has given me a new lease on life.”

Humoody Smith

Para Track and Field 100m Sprinter T11 - Full Visual Impairment

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

- Group Fitness classes had a record high participation, up 43% from last year
- New formats offered this year included Intro to Circuit Training, Chair Yoga & Breathwork
- Program offerings were increased to 70 classes/week averaging 13 classes offered per weekday
- Virtual & hybrid Yoga classes were offered to members and SDSU Faculty/Staff
- Instructor team was bolstered with new staff and participated in various continuing education workshops on Adapted Group Fitness Instruction, Yoga Sculpt, Cycling, Barre, and more
- 95% reported group fitness classes contributed positively to their overall well-being
- 92% reported group fitness classes helped reduce stress

GROUP FITNESS

Total Classes

2023-24

2,525

Average Classes/Week

69

Class Formats Offered

34

Participant Contacts

46,701

“Taking group fitness classes at the ARC has positively impacted my academics, mental health, sense of community, and overall well-being during my time at SDSU. The ARC offers such a wide variety of classes taught by many amazing instructors at different times throughout the day which ensures that regardless of your fitness level or class schedule, there's truly something for everyone! Taking group fitness classes pushed me out of my comfort zone and challenged me in ways I never would have imagined. Whether you're looking to try something new, connect with other students, relieve some stress, get a good workout in, or just have some fun, I would highly recommend taking group fitness classes at the ARC!”

Nicole Davis

Senior, Interdisciplinary Studies Major



Credit 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).

HIGHLIGHTS

- New courses offered included Personal Trainer Prep Course, Country Western Dance, Beginning Pickleball and Intro to Swim Fitness
- Courses offered before the pandemic that returned to the schedule included Intermediate Hip Hop Dance, Intermediate Volleyball, and Intermediate Judo
- 95% of respondents reported that ENS credit classes helped them incorporate physical activity into their schedule
- 96% of respondents planned to continue practicing skills taught in the ENS credit class after the semester ended
- Record high of 132 classes offered this year

ENROLLMENT

	2023-24
Sports	990
Fitness	441
Mind/Body	454
Martial Arts	427
Dance	301
Outdoor Skills	238
Total	2,851

Record high enrollment



2,851
STUDENTS

“As a fourth year, I wish I took part in the ENS classes sooner. I took Beginning Surfing, Beginning Yoga with Ai, and Pilates, Posture, and Poses with Flo and absolutely loved them! If you have space in your schedule I would highly recommend a class as it has helped relieve stress and anxiety. These classes are a great resource to improve your physical and mental wellbeing without the pressure of not knowing where to start. There are great options for everyone, so don't hesitate to sign up.”

Lucy Eckola

Senior, Comparative International Studies Major

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. Aztec Recreation also provides facility reservations for student orgs, athletic teams and other groups in support of student wellness.



HIGHLIGHTS

- Aztec Recreation expanded Aztec Nights events to including Pump up the Gym in fall and ARcade & Mini Golf in spring
- 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: 3v3 Basketball, 4v4 Volleyball, 3v3 Speed Soccer and Archery Capture the Flag
- The ARCFest semesterly events welcomed more students this year for fitness, sports, adaptive and climbing activities
- Event reservations increased 13% this year hosting student organizations, campus departments and community organizations in Aztec Recreation facilities
- Fitness Buddies program designed and implemented to match students interested in being active together to support wellness goals
- Special event participation is up 22% from previous years

SPECIAL EVENTS PARTICIPATION

	2023-24
ARC Til Dark	238
ARC Fest	560
Aztec Nights	1,248
Live Well Late Night	231
Total	2,277

“Throughout my time with Fitness Buddies, I not only achieved many of my fitness goals, but I also discovered a newfound passion for various activities that I never imagined I'd enjoy or be capable of doing. I'm incredibly grateful for my mentor, who cultivated such a supportive and welcoming environment that helped me find the confidence to embrace growth in my fitness journey with independence and empowerment! Unlike before, I would solely rely on motivation as my encouragement, but Fitness Buddies has helped me shift towards a more disciplined and self-driven fitness journey that has me enjoying fitness more than ever!”

Samantha Leanne Arciaga

Junior, Kinesiology Major with emphasis in Physical Therapy



Aztec Adventures

Aztec Adventures offers leadership development, education, and adventure experiences through climbing, outdoor activities, and team building. Top rope climbing and bouldering are available during open drop in climbing hours at the Aztec Recreation Center where free orientations, belay training and lead climbing training engage both new and experienced climbers. Throughout the year, various outdoor activity meetups, clinics, events and credit classes are offered for students to build outdoor recreation skills. The team building program helps student organizations, SDSU faculty and staff, and non-affiliated groups with activities that highlight positive team dynamics, bonding and trust.

HIGHLIGHTS

- Hosted annual Pumpkin Cup boulder competition in October 2023 and Shamrock Send top rope/boulder competition in March 2024
- Re-established Team Building program, including facilitating obstacle course challenge at the annual SDSU Staff & Faculty field day
- Climbing wall participation increased 10% this year
- Offered clinics in mountain biking, backpacking, and camping



23,399

CLIMBING WALL CHECK-INS

PARTICIPATION

2023-24

Unique Climbers

2,939

Belay Certified Climbers

710

Lead Certified Climbers

120

Climbing Competitions

121

Team Building Programs

665

Facilities & Sustainability

Associated Students and Aztec Recreation are committed to sustainability through facilities, programs and operations. Each Aztec Recreation facility is LEED Certified, demonstrating excellence in environmental practices.

HIGHLIGHTS

Facility Enhancements

- New solar installed on parking structure 12 and ARC saw tooth roof
- Aquaplex lobby and front desk remodel completed
- Additional mat studio opened at Peterson Gym for total of 3 mat studio spaces for members
- Backstop replaced at ENS Field
- Scoreboard upgraded to wireless and new goals installed at the Rec Field

Sustainability

- Glen Brandenburg Sustainability Scholarship established with over \$50,000 fundraised and sustainably invested
- ARC LEED Alternative Transportation Survey of employees and members completed exceeding maximum points attained at 70% with a score of 86%
- Bi-annual rooftop pressure washing implemented to maximize reflective rooftop to reduce heat island effect while increasing the building's energy efficiency
- Four new hydration stations installed at the Aquaplex already saved 1500 bottles after one month
- This year Aztec Recreation facilities more than doubled the amount of avoided single-use water bottles compared to last year
- Disposable glove recycling implemented with TerraCycle to turn them into things like outdoor furniture and plastic shipping crates instead of going to the landfill



749,774

**AVOIDED SINGLE-USE
WATER BOTTLES**

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

- Over 40% increase in Rec Class participation led primarily by the resumption of Keelboat Sailing programming for the first time since pandemic
- Accessible watersport programming resumed for persons with disabilities including over 160 participants
- Awarded 244 camperships to targeted youth for participation in MBAC Youth Boating Safety and Sustainability programming
- Launched Powerboat Safety class and lesson programming

MBAC	2023-24
Events	3,339
Rentals	15,950
Camp	3,010
Rec Classes	1,989
ENS Classes	1,557
Private Lessons	1,290
TOTAL	27,135

Associated Students

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.

