



24-25

AZTEC RECREATION ANNUAL REPORT



YEAR IN REVIEW



This year has been one of record-breaking achievements, community connection, and unforgettable moments for the Associated Students' Aztec Recreation program. We are proud to share with you the highlights that defined a truly extraordinary year.

Student engagement soared to new heights with a record 31,856 students utilizing their Aztec Recreation memberships—surpassing last year's record of 29,260. This milestone reflects the growing impact of our programs and the continued commitment of our students to wellness, fitness, and recreation.

On the competitive front, our sport clubs had a very successful year. The program as a whole witnessed record participation with 946 student-athletes. The SDSU Dance Team shined on the national stage, earning a 2nd place finish at Nationals. Women's Water Polo placed 3rd at Nationals. The pinnacle came with the SDSU Women's Volleyball Club winning the 2025 NCVF National Championship, defeating Boston College in the final match with scores of 25-17, 25-17. This marked a historic win for our program and showcased the power of teamwork and determination.



The ARC's *Make Ya JUMP JUMP!!* event for Aztec Nights reached new energy levels with 1,027 participants—shattering last spring's record of 628. The ARC was buzzing with music, movement, and campus spirit.

In March, we proudly hosted our largest Disability Celebration Month event to date: the Adapted Sports Showcase. With over 250 attendees, participation from numerous partner organizations, and inspirational talks by Paralympic and Team USA athletes, the event was a powerful celebration of ability, inclusion, and the diversity that strengthens our campus.

We also celebrated individual excellence. Member Services Assistant, Kayla Craven, was honored with the prestigious McCarron Exemplary Service Endowed Scholarship, recognizing her outstanding contributions as a student employee and her embodiment of the values of Associated Students.

Finally, we bid a heartfelt farewell to Kevin Straw, who retired after 24 years of dedicated service to the Mission Bay Aquatic Center and Associated Students, including the last 12 years as Director. Kevin's leadership, passion, and vision helped shape MBAC into one of the finest aquatic centers in the country. We wish him fair winds and following seas as he embarks on a new adventure sailing to Australia with his family.

As we reflect on this incredible year, we are reminded that our success is driven by the enthusiasm, participation, and support of our students, staff, and community. Here's to building on this momentum for an even stronger year ahead.

In Health,

Mark Zakrzewski
Associate Executive Director

Recreation and Wellness Commission



It has been my honor to serve as the Recreation and Wellness Commissioner for the 2024–2025 academic year. Throughout the year, the commission has remained committed to enhancing student well-being on campus and engagement through various recreation and wellness activities. Our committee's role is to amplify the student voice while promoting recreation and wellness by shaping policies, offering program feedback, and helping students connect with wellness resources across campus.

This year, the Mending Minds initiative, designed to promote mental wellness awareness for students by students, was expanded to include a fall semester effort. This extension offered two days of tabling along with various campus resources and group fitness classes. Additionally, the commission approved rates for the Aztec Adventure's Team Building and Gear Rental.

In the spring semester, the commission organized Mending Minds week, which included tabling at multiple campus locations, group fitness offerings such as yoga by the Turtle Pond, and the Adapted Sports Showcase in partnership with Adapted Athletics to conclude the week. Furthermore, the commission approved updates to the sports club IRA tier structure. These changes aim to provide increased support for the current teams while establishing a framework for the development of new sport clubs.

The work of the Recreation and Wellness Commission this year reflects a continued dedication to fostering a healthier and more connected student body. I greatly look forward to seeing the impact the commission will have in the years to come.

Ida Pountney

Recreation and Wellness Commissioner 2024-2025

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.

 **400+**
**Student
Employees**

"Being an employee at Aztec Recreation for the past 3 years has propelled my professional development. It has given me the opportunity to learn and practice soft skills such as critical thinking, teamwork and time management when working at the climbing wall or during team building events, which has translated seamlessly as a healthcare employee. Further, I was able to learn more hard skills when it comes to climbing, belaying, and the management of equipment. As a Kinesiology major, I was able to use the knowledge I learned in my courses to help patrons understand more about themselves past climbing."

— Kevyn T., Aztec Adventures Assistant Level 2

Highlights

- 2024-2025 A.S. Part-Time Student Employee Scholarship recipients included Timothy Shargel, Building Services Lead; Mateo La Serna, Competitive Sports Official; and Taylor Burns, Intramural Sport Supervisor.
- Kayla Craven, Member Services Representative, earned the 2024-2025 McCarron Scholarship for exemplary service to the SDSU community.
- The Student Advisory and Leadership Team (S.A.L.T.) continued offering semesterly student staff study sessions, facilitated employee of the month including work area and overall department recognitions for student staff, hosted end of year Rec-A-Palooza student staff celebration, hosted a beach clean up and collaborated with Green Love's Swap Shop.
- Student staff participated in development opportunities including Southern California Intramural Officials Association (SCIOA) Flag Football Clinic, ACE Corrective Exercise Specialist Certification, Indoor Cycle Instructor Certification and Barre Above Instructor Certification.

Membership



Membership includes access to a wide range of programs and facilities that inspire active, healthy living. The 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 26, the first day of in-person classes for the Fall 2024 semester, with 7,715 entries. Previous high for the ARC was 7,257 entries on the first day of classes for Fall 2023.
- 31,856 students activated their membership for the academic year, up 9% from last year
- 92% of students feel that having an Aztec Recreation Membership contributes positively to their overall well-being



9,092 ENTRIES
Highest Daily Aztec Recreation
Check-In

MEMBERSHIP	2024-25
SDSU Enrolled Students.....	39,814
ALI/Global Campus.....	355
Affiliates	64
Faculty/Staff	291
Alumni	558
Community.....	322
TOTAL	41,404

FACILITY ENTRIES	2024-25
ARC	1,115,536
ARC Express	92,138
Aquaplex	89,597
TOTAL	1,297,271



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

- Hosted 2,554 hours of Aquatic activities, practices, and competitions
- Conducted 1,254 hours of aquatic instruction
- Hosted 73 hours of special events for SDSU student organizations
- Saved over 15,000 water bottles in the first year with new bottle fill stations

AQUAPLEX PARTICIPATION		2024-25
Open Recreation Swim		37,869
Adult Swim Lessons		68
Youth Swim Lessons		566
Open Recreation Tennis		714

Sport Clubs



The Aztec Recreation Sport Club Program includes 22 diverse and highly competitive teams that represent SDSU in high level competitions at regional, state and national levels. The Sport Club program provides students with opportunities for collegiate club competitions, leadership development, social connections and community involvement.

Highlights

- SDSU Women's Club Volleyball Won the D1 NCVF National Championships
- SDSU Dance Team Placed 2nd in D1A Hip Hop at UDA Nationals
- Women's Water Polo placed 3rd at Nationals
- Tennis placed 10th at Nationals
- Triathlon sent 10 athletes to Nationals
- Twelve teams qualified and participated in their respective national championships
- In the first year of using VEO cameras, sport club teams livestreamed/recorded 163 games. This included 486 followers and over 8400 views on our livestreams/recordings.
- At the end of Fall Semester, 17 of 22 teams had crowdfunding pages and collected \$95,031 in total donations
- Each team was included in the SDSU Day of Giving for the first time and collected 83 donations for a total of \$16,690
- SDSU Rowing celebrated their centennial year with fundraising over \$100,000 and acquiring 3 new boats
- 94% of respondents agreed that participating in Sport Clubs positively contributed to their overall well-being
- 97% of respondents agreed that participating in Sport Clubs provided them an opportunity to make new friends and increase social interaction

"I have played for San Diego State Women's Rugby all four years I have attended SDSU, and all 3 years our team has been a Sport Club so far. From being one of the members who helped our team reach Sport Club status on campus, to becoming involved in leadership within my own team, to then becoming a leader for all of Sports Clubs, this is an incredibly full circle moment for me."

— Sophia N., Women's Rugby



"This team came into my life when I needed a community of friends to support me the most. In doing that, this team has given me a new found sense of purpose, so I try my absolute hardest to show them my gratitude by being someone they can count on and look to when they need help."

— Mel A., Women's Ultimate



"Serving as President of the Men's Club Soccer Team has been one of the most impactful experiences of my college career. Leading and managing the organization showed me what I'm passionate about and helped clarify my career goals."

— Marcus S., Men's Soccer



960
Athletes

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

- SDSU Teams won Flag Football and Men's Volleyball in the San Diego Champ Series, competing against intramural champ teams from UCSD, USD, and CSU San Marcos
- An increase in participants by 15.9% from the previous years led to a 13% increase in the number of games played
- 88% of respondents indicated that intramural sports contributed positively to their overall well-being

INTRAMURAL SPORTS	2024-25
Sports	14
Teams	878
Games Played	1,614
Participants	9,491
Unique Participants*	8,426

*unique to person per sport per season



"Intramural sports have been both exciting and rewarding, especially as a freshman still finding my place. I loved the competitive energy and how everyone approaches playing in games."

— Ifeoluwa Daniel O., Freshman

Adapted Athletics



Alicia Guerrero at the US Para Track & Field Team Trials

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 still the premiere destination of high-caliber training for individuals with physical disabilities. The program's focus is 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.

Program Highlights

- The annual Lift-A-Thon fundraiser raised \$12,235 for the program, doubling last year's earnings
- Hosted the Adapted Sports Showcase along with Aztec Adaptive Sports, and Adapted Sports Physical Therapy, the largest event to date with over 250 attendees, 12 vendors and 3 Paralympic guest speakers
- Michelle Cross, the first athlete to join the program, finished her 6th year in the program and graduated with a Masters in Rehabilitation Counseling
- Participated in the SDSU Day of Giving for the first time, raising money for the program

Athlete Highlights

- Four Team USA Track & Field Athletes
 - Alicia Guerrero (F64) ranked #2 in shotput, #3 in discus, and broke the National Record for the Women's F64 Shotput at the 2025 Texas Para Sport Games
 - Max Rohn (F64) World Ranked #1
 - Michelle Cross (T37) World Ranked #5 200m, #6 400m, #9 100m
 - Austin Spalla (T35) World Ranked #8 200m, #10 100m
- Adapted Athletics para surfers represented the United States at the 2024 ISA World Para Surfing Championships
- Michelle Cross played in the IFCPF Women's World Cup, hosted by the International Federation of Cerebral Palsy
- Marine Corps Master Gunnery Sergeant Carnell Martin became Adapted Athletics' first ever Invictus Athlete, competing in the first ever winter invictus games, bringing back a silver medal in wheelchair basketball and bronze in indoor rowing
- Two wheelchair tennis community athletes, Edgar Vidriales and Khristian Martinez, transition to SDSU Elite Student Athletes

"Being an athlete helped me connect to SDSU. Training was humbling at first. I had to become a student of the game. One of the biggest things I've learned is how to ask for help, and people here are eager to help. I am excited to come everyday and put my best foot forward."

— Khristian M., Student Athlete



Credit Classes



Beginning Kickboxing is offered as a new course.

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 the School of Exercise and Nutritional Sciences (ENS).



96%
of respondents planned to continue practicing skills taught in the ENS credit class after the semester ended

ENROLLMENT	2024-25
Sports	1,102
Fitness	443
Mind/Body	411
Martial Arts	432
Dance	316
Outdoor Skills.....	213
Record High Total.....	2,917

“Taking The ENS 138 G-FIT course was such a valuable experience for me. The course gave me the skills and confidence to lead group fitness classes, from strength training to cycling. Thanks to this class, I became ACE certified and now teach cycling classes at SDSU. I’m grateful for the support of the supervisors and highly recommend this course to anyone aspiring to become a group fitness instructor.”
— **Marianthe T., Undergraduate Student, Economics**

“Since undergrad, I have been enrolling in one-unit ENS classes to focus on my overall health and wellness. I have taken numerous fitness classes through SDSU, ranging from stand-up paddleboarding classes at the Mission Bay Aquatic Center, to Soccer, Fitness Training for Women, Yoga, and Pilates classes. I am currently in graduate school and will continue to take ENS classes until I graduate as they help me both mentally and physically. I am grateful for the connections I have made in these courses with likeminded individuals who prioritize physical health and nutrition as part of their journey.”
— **Athena B., Graduate Student, Social Work**

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.

GROUP FITNESS **2024-25**
Total Classes **2,659**
Average Classes/Week **74**
Class Formats Offered **36**
Participant Contacts **52,541**

Highlights

- Group fitness program offerings increased to 74 classes per week, allowing for record high participation, increasing 13% over previous year
- The instructor team engaged in various continuing education opportunities including a workshop on Retaining New Exercisers run by a fitness consultant, Mat Pilates Instructor Teacher Training, and Indoor Cycling Instructor Certification
- 95% of respondents reported group fitness classes contributed positively to their overall well-being
- 91% of respondents reported group fitness classes helped reduce stress

"Ever since I was a freshman, through all the highs, lows, and stressful moments, I always looked forward to my group fitness class during the day. Whether it be Cycling, Heated Yoga Sculpt, or Barre, I knew I would leave class in a better mindset than when I walked in. The joy I have felt while getting stronger, connecting with new friends, and feeling the love from the instructors is indescribable. It has dramatically impacted my wellness for the better, physically and mentally."

— Ally M., Junior, Psychology Major

"When I got to SDSU as a first-year student in the fall of 2023, I wanted to find ways to stay in shape as a college student. Being someone who played sports growing up and was used to working in teams and having coaches guide me through workouts, the Group Fitness classes were perfect for me because it was instructor-led and community driven. The Group Fitness classes provide an upbeat, judgment-free environment that is fun to do alone or with a group of friends."

— Julia K., Junior, Business Management Major

Wellness



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.

"The Fitness Buddies program has been more than just a wellness program, it has been a way for me to feel a sense of belonging at SDSU. After joining Fitness Buddies, I finally felt like I had a support system in the gym. I now feel way more confident to go workout at the gym on my own which is important to me because it is something I had been struggling with for the longest time. Overall the Fitness Buddies program has impacted my wellness in a positive way."

— Genaro B., Junior, Marketing

Highlights

- The Fitness Buddies program grew to 30 student participants including 13 leaders and 17 mentees
- 33% of Registered Student Organizations that held an event with us went on to request additional events with Aztec Recreation
- Hosted 2 Aztec Nights events including ARC'll Make Ya Jump Jump in the fall and It's an ARC Par-Tee in the spring
- ARC Fest semesterly events hosted students in the fall and spring for group fitness, sports, adaptive and climbing activities
- Hosted Live Well Late Night events in collaboration with Live Well Aztecs including 3v3 Basketball, 3v3 Speed Soccer, and Archery Tag

SPECIAL EVENTS PARTICIPATION 2024-25

ARC Til Dark	699
ARC Fest	622
Aztec Nights	1,476
Live Well Late Night	261
TOTAL	3,058

EVENT RESERVATIONS 2024-25

ARC	282
Rec Field	11
ENS700 Field	101
Aquaplex	243
TOTAL	637

A photograph of a young man with blonde hair, wearing a red t-shirt and grey shorts, climbing a rock wall. He is reaching up with his right hand to grasp a grey rock hold. The wall is covered in various colorful holds including pink, yellow, red, blue, and green. The background is a dark, textured rock surface.

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 activities, events and credit classes are offered for students to build 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. The launch of the gear rental program now offers students, faculty, and staff the opportunity to rent sleeping bags, tents, and other gear needed for a great trip.

Highlights

- The gear rental program launched in July 2024, providing students, faculty, and staff access to outdoor equipment at a discounted rental rate
- The average participation for the Pumpkin Cup and Shamrock Send events increased by 62% from the previous year
- Aztec Adventures facilitated the “Boat Building” regatta for SDSU Faculty and Staff Field Day



20,133
Climbing Wall
Check-Ins

PARTICIPATION	2024-25
Climbing Wall Check-Ins	20,133
Unique Climbers	3,310
Belay Certified Climbers	462
Lead Certified Climbers	100
Climbing Competitions	154
Team Building Programs	632

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.



834,286
Water Bottles Saved
This Year

Highlights

- The construction of the 121 kW ARC Sawtooth Solar System was completed by July 2024. Since installing a monitoring system in February 2025, over 150,000 kWh of electricity has been produced
- New triple stream waste system bins were purchased to incorporate and encourage composting throughout the ARC and Aquaplex
- The construction of Parking Lot 12 - 648KW Solar System was completed November 2024 and has since produced a total of 490,000 KWH
- April 2025 was the first month for the ARC to be net positive meaning Aztec Recreation produced more renewable energy from solar panels than what was consumed by the building
- Conducted the LEED Existing Building and Operation performance period from February 2025 - April 2025 and submitted for review with GBCI
- Saw a landfill diversion rate of 56% at the ARC during the LEED performance period

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, kayaking, and windsurfing in a variety of formats from instructional credit or recreational classes 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.

"Surfing was the main thing I looked forward to every week. It was great to get out on the water, get some fresh air, and exercise all while doing something I love. It was a great experience."

— ENS Class Participant, Fall 2024

MBAC	2024-25
Events	3,032
Rentals	15,590
Camp.....	3,471
Rec Classes	2,478
ENS Classes.....	1,757
Private Lessons.....	1,281
TOTAL	27,609

"This was our first experience with MBAC and I was blown away by the entire thing. From the very safe and secure drop off and pick up, to how much my kid was able to do and experience - it was a dream of a week. I'm so grateful for the camp and the opportunity it provides my kiddo to experience all of these new things. She had never done ANYTHING before that she did this week and she thrived. Thank you for running such a tip top camp — so glad we signed up for two more weeks!!!!"

— Camp Parent, Summer 2025

Highlights

- Awarded \$20,000 in camperships, providing 72 weeks of camp for families in need
- Had an increase in 200 students, or 13%, in ENS class participation
- Increased year over year revenue by 15% and reduced program expenses by 3.7%
- 87% of ENS watersports class participants stated that their class at MBAC helped them reduce stress and 92% said their class at MBAC contributed to their overall well-being
- Collaborated with Green Love to replace MBAC's last inefficient resistance heaters with high-efficiency heat pumps

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.