AZTEC RECREATION
Associated Students / SDSU

Aztec Recreation

Annual Report 2025-2026



Year in Review

The 2025–26 academic year was one of extraordinary growth, achievement, and impact for Aztec Recreation. As student demand for recreation and wellness opportunities continued to rise, our team responded by delivering innovative programs and inclusive experiences that strengthened student success and campus community.

Student participation reached unprecedented levels throughout the year. A record 33,800 students activated their Aztec Recreation membership, representing 80% of the University's total enrollment and demonstrating the essential role recreation plays in the SDSU student experience. Facility usage also reached new heights, highlighted by a record number of 1,317,293 total annual facility visits and a single-day record of 9,281 turnstile entries across Aztec Recreation facilities, reflecting the growing demand for spaces that support health, wellness, connection, and belonging.

Our Sports Club program experienced its strongest year ever, with a record 1,040 student-athletes participating across 23 clubs. Among many competitive accomplishments, the Women's Club Volleyball A-Team captured its second consecutive Division I National Championship at the National Collegiate Volleyball Federation Championships in Kansas City.

Aztec Recreation also celebrated remarkable achievements on the international stage. Representing SDSU Adapted Athletics at the World Para Athletics Championships in India, student-athletes Alicia Guerrero, and Chloe Chavez, as well as community athlete Max Rohn, alongside Coach Jasmine Burrell, earned two bronze medals and one silver medal, showcasing the talent, determination, and inclusive spirit of our adapted athletics program.

This year also brought significant recognition for innovation and sustainability. Aztec Recreation received NIRSA's Innovative Programming Award for the Fitness Buddies program, honoring our commitment to creating meaningful experiences that enhance student wellbeing, foster community, and support student success. The Mission Bay Aquatic Center was nationally recognized by the National Association of State Boating Law Administrators for excellence in promoting paddling safety through digital education, highlighting the leadership of our staff and the impact of our outreach.

Our commitment to environmental stewardship was further affirmed when the Aztec Recreation Center earned LEED Platinum Certification for Building Operations and Maintenance. Combined with its existing LEED Platinum Certification for New Construction, the ARC became the second LEED Double Platinum certified facility at SDSU.

These accomplishments reflect far more than impressive statistics and awards—they represent the dedication of our students, staff, and campus partners who continue to elevate the Aztec Recreation experience. Together, we are building a healthier, more connected, and more engaged campus community while setting new standards of excellence for collegiate recreation.

In Health

Mark Zakrewski
Associate Executive Director







Recreation and Wellness Commission

Serving as the 2025–26 Recreation and Wellness Commissioner has been an incredibly rewarding experience. Throughout this academic year, our commission remained committed to centering the student voice in conversations surrounding recreation spaces, wellness resources, and mental health initiatives on campus.

One of our commission's most significant accomplishments was learning about, discussing, and ultimately becoming the first group to unanimously pass the Aztec Recreation Center Expansion proposal. This milestone demonstrated the importance of student input in shaping decisions that directly impact campus life. As demand for recreation opportunities and Associated Students resources continues to grow, ensuring that student needs remain at the forefront of these conversations has been, and will continue to be, a priority for the commission.

In the spring semester we also had the opportunity to utilize the newly opened Terrace space above the AMC meeting area to host an outdoor yoga class for the Mending Minds event. The class emphasized mindful movement and breathing techniques while also highlighting the diverse wellness opportunities offered through Aztec Recreation. It was meaningful to create a space where students could prioritize both physical and mental well-being in a welcoming outdoor environment.

Overall, this year reflects the commission's dedication to creating meaningful and lasting change for students on campus. I am proud of what we accomplished together and look forward to seeing the continued growth and success of the Recreation and Wellness Commission in the years ahead.

Jamie Quach
Rec & Wellness Commissioner 2025-2026

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

Highlights

- 2025-2026 A.S. Part-Time Student Employee Scholarship recipients included Colette Kensington, Climbing Wall Attendant II; Hillary Tran, Building Services Assistant; and Guyvin Benedetto, MBAC Paddling Instructor.
- Isabella Di Filippo, Aquaplex Lifeguard, earned the 2025-2026 McCarron Scholarship for exemplary service to the SDSU community.
- The Student Advisory Leadership Team (S.A.L.T.) continued offering semesterly student staff study sessions, facilitated overall employee of the month recognitions, hosted end of year Rec-A-Palooza student staff celebration, hosted a staff pickleball social, and collaborated with Green Love's Swap Shop.

> "Working at the ARC has been a blessing, having actual experience inspecting solar as it is being contracted and built, cleaning Air Handlers and the HRC, hydronic systems, tuning VFDs, and seeing the ARC BMS. Working as a Building Services Assistant has prepared me for the engineering field as much as my SDSU Engineering classes. I have many moments where I can rely on the experience I have gained."
>
> **— Tim S., Building Services Lead**



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.

9,281 Entries

Highest Daily Aztec Recreation Check-In

Highlights

- The ARC broke its record for the highest daily entries on August 25, the first day of in-person classes for the Fall 2025 semester, with 7,932 entries. The previous record for the ARC was 7,715 entries for the first day of classes for Fall 2024.
- 80% of students activated their membership for the academic year.
- 91% of members agree that their Aztec Recreation membership contributes positively to their overall well-being.

Membership	2025-26
SDSU Enrolled Students	40,054
ALI/Global Campus	367
Faculty/Staff	334
Alumni	552
Community	302
Total	**41,609**

Facility Entries	2025-26
ARC	1,117,300
ARC Express	102,965
Aquaplex	97,028
Total	**1,317,293**



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. Adapted athletics and sport club teams practice regularly at the Aquaplex including the wheelchair tennis team, triathlon club, tennis club, as well as the men's and women's water polo club teams.

Aquaplex Participation	2025-26
Open Recreation Swim	54,421
Adult Swim Lessons	109
Youth Swim Lessons	563
Open Rec Tennis	837

Highlights

- Aquaplex saw a 38% growth in open recreation swim and a 60% growth in adult swim lessons in the past year.
- Completed facility improvements, including upgrades to filtration media, chemical control system, and building mechanical systems.
- Hosted 3,400 hours of athletic events and competitions.
- Completed more than 2,000 hours of staff safety skills training.

> "The Plex has really been a home away from home for me as it has been the place where I could always escape the stress of school and life in general. I am so grateful to have had the opportunity to swim in such an amazing facility"
>
> **— Colin B., ENS Class Participant**





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.

> Playing Intramural sports at SDSU has been one of the highlights of my college experience. It allowed me to stay active, compete with friends as well as meet new people. There is a sense of community as everyone is there to have fun. Intramurals helped me find new friendships, create great memories, and feel more connected to campus.
>
> **— Joshua H., Intramural Participant**

Highlights

- In the San Diego Champ Series, SDSU competed against intramural champion teams from UCSD, USD, and CSU San Marcos, and won plaques in Co-Rec Indoor Soccer, Co-Rec and Men's Outdoor Soccer, Co-Rec and Men's Basketball and Men's Volleyball.
- Intramural Wiffleball was offered as a sport for the first time in four years. Three successful leagues were hosted in Men's, Open and Co-rec.
- 88% of respondents indicated that intramural sports contributed positively to their overall well-being.

Intramural Sports	2025-26
Sports	15
Teams	881
Games Played	1,622
Participants	9,716
Unique Participants*	8,448

*unique to person per sport per season





Sport Clubs

The Aztec Recreation Sport Club Program includes 23 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.

1,040
Sport Club Athletes

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 8,400 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.

“One of the biggest reasons I wanted to serve as Executive President this year came from my experience with women’s rugby. When I first joined the rugby club at SDSU, I was completely new to the sport, but I quickly realized I had found a community that would push me to grow as both an athlete and a leader. Over the past four years, I’ve been able to help grow our program from a newer club into a competitive Division 1 team, while also serving in leadership roles within Competitive Sports. Being president of rugby showed me how much student organizations rely on strong leadership, support, and advocacy behind the scenes. It made me want to take on a larger role within Sport Clubs as a whole so I could help create that same experience for other teams and leaders across the program. Serving as Executive President this year gave me the opportunity to connect with so many different clubs, support student leaders, and help contribute to a community that has honestly shaped a huge part of my college experience.”

— Megan H., Sport Club President



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 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 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.

> Being a student-athlete here has been very rewarding. I am able to compete at the highest level in two sports, while also pursuing a degree in mechanical engineering. The support I've received from every part of the program has made my goals feel more realistic and attainable.
>
> **— TJ Donnan, Track & Field, Sprinter**

Highlights

- Representing SDSU Adapted Athletics at the World Para Athletics Championships in India, athletes Alicia Guerrero, Chloe Chavez, and Max Rohn, alongside Coach Jasmine Burrell, brought home two bronze medals and one silver, marking a significant achievement on the international stage.
- The annual Lift-A-Thon event brought together 70 adapted and able-bodied competitors to compete side-by-side in our unique lifting competition celebrating the strength of adaptive athletes while raising more than $20,000 to support SDSU Adapted Athletics.
- The annual Wheelchair Tennis Invitational welcomed some of the nation's top collegiate wheelchair tennis programs to the Aztec Tennis Center, with record viewership of over 230 fans, for a weekend of elite competition on SDSU's home courts.
- The Adapted Sports Showcase broke program attendance record with over 275 fans celebrating the adapted sports community through live sport demonstrations, Paralympic athlete panel discussions, and 18 disability-focused exhibitors at the Aztec Recreation Center.











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.

Group Fitness	2025-26
Total Classes	2,605
Avg Classes/Week	73
Class Formats Offered	38
Participant Contacts	54,556

Highlights

- Group Fitness participation increased 4% over previous year reaching record high participation with 54K+ participants.
- The instructor team engaged in numerous continuing education opportunities including a workshop on "Leading Fitness Experiences That Last," Yin Yoga Instructor Teacher Training, Barre Teacher Training and more.
- An increase in demand for heated classes led to an innovation in heated formats, now offering Heated Barless Barre and Heated Pilates Sculpt.
- 93% of respondents reported group fitness classes contributed positively to their overall well-being.
- 91% of respondents reported group fitness classes helped reduce stress.

> Being able to participate in group classes has given me a sense of routine and community in my week. This has helped to provide a sense of stability in an ever changing world which has helped add to the amazing experience that SDSU is. It's a chance to step away from school and the outside world and put love into myself, which is something that I think we forget in college."
>
> **— Callie K., Sophomore**

> As a recent marketing graduate, group fitness classes at the ARC were one of the best parts of my experience at SDSU. The classes helped me stay consistent with my physical and mental wellness during my busy schedule, while also creating a sense of community on campus. The instructors are always so sweet and welcoming, and the environment makes fitness feel fun and approachable. Participating in group fitness at the ARC gave me a place to try a variety of classes and made fitness so easy to incorporate throughout my time at SDSU."
>
> **— Courtney S., Senior**

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 the School of Exercise and Nutritional Sciences (ENS). These options include specialized leadership tracks such as Group Fitness Instructor Training and Personal Trainer Prep Course, which are designed to prepare aspiring fitness professionals for national certification and hands-on teaching.

2,851 Students

Enrollment	2025-26
Sports	1,068
Fitness	414
Mind/Body	395
Martial Arts	437
Dance	326
Outdoor Skills	211
Total	**2,851**

Highlights

- 9 students that completed the Group Fitness Instructor Training course were hired by Aztec Recreation as group fitness instructors this year.
- 96% of participants plan to continue practicing skills taught in the ENS credit class after the semester ends.





> I experienced a positive impact in my overall daily lifestyle from taking ENS 138 Indoor Cycling last semester. The class not only helped me in being consistent with my physical fitness, it also improved my skills for the particular activity. Through the ENS class, I noticed that my form significantly improved and one of the most useful skills I learned was how to take full advantage of the bikes themselves. I perfected my adjustments on the bike to improve my form and prevent injury. In turn, this also increased my motivation and frequency of indoor cycling outside of the ENS class. In addition, having a very knowledgeable and attentive instructor made the class all the more enjoyable and made me look forward to it every week!"
>
> **— Amanda T., Senior**

> Taking the ENS 138 Group Fitness Instructor Training course had a very positive and rewarding impact on my first year as a college student. The class pushed me outside of my comfort zone and helped me build confidence in myself. I found a new passion, a supportive community, and a stronger sense of belonging on campus. Not only was the class something I could look forward to each week, but it even gave me the opportunity to turn this new passion into a job teaching classes at the ARC."
>
> **— Reese B., Sophomore**



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 one of the most meaningful experiences of my college journey. Through this program, I not only grew in my own fitness and wellness journey, but I also learned the importance of encouraging and supporting others. Being able to motivate my fitness buddy to step outside of their comfort zone and realize they were not alone was incredibly rewarding. This experience strengthened my leadership, communication, and accountability skills while helping me become more confident and prepared in both my personal and professional life. Most importantly, it showed me how powerful a supportive community can be in helping people achieve their goals and find joy in the process.”
>
> **— Theresa C., Junior**

Highlights

- The Fitness Buddies program continued to show high engagement and was nationally recognized with an Innovative Programming Award by NIRSA, recognizing the program’s ability to create meaningful experiences and inspire positive change across the student body.
- ARC After Dark had record participation for a single ARC Aztec Nights event.

Special Events Participation	2025-26
ARC Til Dark	738
ARC Fest	756
Aztec Nights	1,088
Live Well Late Night	208
Total	**2,790**

Event Reservations	2025-26
ARC	334
Rec Field	7
ENS 700 Field	99
Aquaplex	251
Total	**691**



Climbing

Aztec Recreation Climbing offers education, skill development and community connection through open climbing, credit classes, and special events. Top rope climbing and bouldering are available during open drop in hours at the Aztec Recreation Center where orientations, belay training and lead climbing training engage both new and experienced climbers. The Aztec Recreation gear rental program offers students, faculty, and staff the opportunity to rent sleeping bags, tents, and other gear needed for a great outdoor experience.

> "Through my discovery of it at San Diego State, climbing has become something more than a hobby but a bonding/connecting way for me to be with other students/friends and my family."
>
> **— Diane Olson, Aztec Adventures Participant**



18,994 Climbing Wall Check-Ins

Highlights

- Set over 300 diverse routes across the bouldering and tall climbing walls throughout the fall and spring semesters.
- Expanded inclusive programming by launching three new initiatives: Boulder League, Women & Allies Climbing, and New Climber Night

Participation	2025-26
Climbing Wall Check-Ins	18,994
Unique Climbers	3,361
Belay Certified Climbers	836
Lead Certified Climbers	50
Climbing Competitions	203



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.

901,230
Water Bottles Saved this Year

Highlights

- The Aztec Recreation Center achieved LEED Double Platinum status from the US Green Building Council by earning 95 points for sustainable operations and maintenance. Combined with its existing LEED Platinum certification for new construction, the ARC became the second LEED Double Platinum certified facility at SDSU.
- Construction completed on the AMC PV Trellis located on the AMC Terrace, offering over 75,000 kWh of renewable energy annually through solar panels.
- Construction began on the Recreation Field, replacing existing turf with new sustainable and high performing turf. 100% of retired turf and padding will be recycled or reused.



MBAC

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.

> "Having access to learn and play is a great way to get outside and challenge yourself to push your boundaries in a welcoming and friendly environment."
>
> **— MBAC Sailing Student, Fall 2025**

> "I love that I go to a school in San Diego and that I can take these classes for credit. They give me something to look forward to every week after a long week of hard classes."
>
> **— MBAC ENS Student, Spring 2026**

> "I just love that my child was so happy. He did not want to go to camp and then when I picked him up on day 1 he told me how much he loved it. He wants to do it every year and have his friends do it too."
>
> **— Camp Parent, Summer 2025**

Highlights

- 92% of ENS watersports class participants stated that their class at MBAC helped them reduce stress and 95% said that their class at MBAC contributed to their overall well-being, an increase of 5% and 3%, respectively.
- 88% of ENS watersports class participants stated that their class at MBAC contributed to their success as a student and/or professional, and 83% said that their class at MBAC made them feel more connected to their university.

MBAC	2025-26
Events	3,203
Rentals	14,984
Camp	3,547
Rec Classes	2,782
ENS Classes	1,756
Private Lessons	1,131
Total	**27,403**

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.

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