

RECREATION & WELLNESS

fosters comprehensive wellness by engaging students and the UNCG community in experiential and educational opportunities. We believe a balance of social, mental and physical wellness creates a foundation for successful, healthy individuals.

recwell.uncg.edu



OVERVIEW

The Leonard J. Kaplan Center for Wellness had 221,046 participations by 8,621 unique students.

Aquatics held a welcome back pool party with over 750 student attendees. Throughout the year, the Natatorium oversaw 22,169 participations by students and other members, almost doubling last year's count.

Participation in Club Sports increased with a 13.3% growth over last year.

Esports was operational for a full academic year. The Arena saw 38,245+ swipes with 3,531 unique students participating. Collaborative events were a

huge success with the Arena as the awareness and understanding of the program continue to expand.

Fitness expanded class offerings, hired a Yoga instructor, and had an increase in participation. Staff also hosted launch events for Body Bump and Zumba.

Marketing collaborated with Spartan Well-Being and other campus partners on the Be Well. Stay Well event.

Piney Lake continued to be a desired location for students, faculty, and staff on the weekends. The 2nd annual Watermelon Welcome Back saw 464 participants, a 44% increase from the inaugural event.

BY THE NUMBERS



225
students utilized the expedition course



887 participants
in outdoor adventures



12.1% growth
in intramural sports

RecWell student employees reported their job contributed to their...



belonging by **94%**
development by **97%**