



# 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](http://recwell.uncg.edu)



## IMPACT REPORT 2024–25

The Department of Recreation and Wellness (RecWell) continued to advance student success through programming, facility use, and services aligned with the 8 Dimensions of Wellness, the Spartan Experience, and the university's Quality Enhancement Plan.

This year, RecWell expanded its reach with strategic events and partnerships, including Be Well Stay Well, Career and Professional Development's Career Fair, CHANCE Camp, and Early Voting. Facility use grew, with Piney Lake visits up 19% and Outdoor Adventures offering 50+ trips and workshops. Esports launched its Premier Program, winning two national championships and earning Student Club of the Year. Club Sports added four new clubs, and Intramurals introduced pickleball and 7vs7 cricket.

Collaborations like the 500 Fist Bump Challenge and Active Girls–Healthy Girls Camp empowered students and youth, while partnerships with the School of Dance,

Intercultural Engagement, and Campus Activities & Programs supported community and wellness.

Through student employment, events, and high-impact experiences, RecWell remains a vital part of campus life, supporting students physically, socially, and academically.

### BY THE NUMBERS

**8,872**

unique students accessed the Kaplan Center



**70+**

certifications earned through aquatics safety courses



**96%** of RecWell student employees said work improved their health and well-being