WashU

Student Affairs

2024-2025

ANNUAL REPORT

Office of Recreation



YEAR IN REVIEW

Inspiring Participation. Igniting Lifetime Wellness. Impacting Lives.

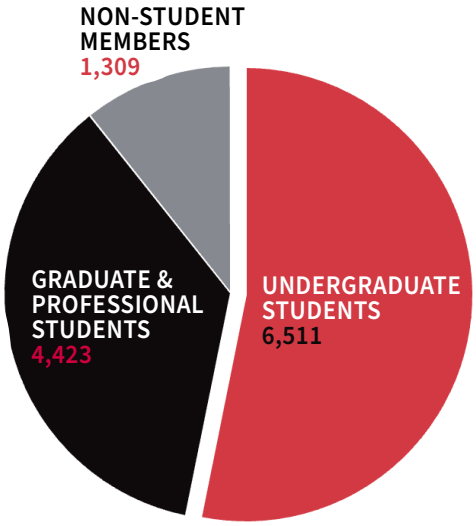


516,465 TOTAL VISITS
Sumers Rec Center & South 40 Fitness Center

ALL- TIME FACILITY RECORDS

2,456 AVERAGE DAILY VISITS
Sumers Rec Center & South 40 Fitness Center

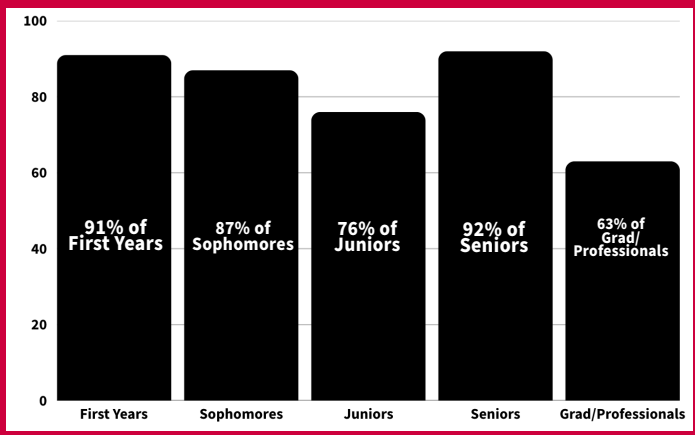
Unique Users Utilizing the Sumers Rec Center & South 40 Fitness Center





TOTAL NUMBER OF UNIQUE USERS
12,243

Student Visitors to Sumers Rec Center (by Class)



RECORD-BREAKING
3,083 VISITS
IN A SINGLE DAY AT SUMERS RECREATION CENTER

August 28, 2024

TEAM WashU





Career development. Leadership. Healthy Excellence. Confidence in the Classroom.
Team WashU is the student employment program in the Office of Recreation designed to prepare students for employment and overall success.

- **OVER 220 STUDENT EMPLOYEES**
- **24,458 TOTAL HOURS WORKED DURING THE 24-25 ACADEMIC YEAR**
- **84% OF TEAM WashU REPORTED THAT THEIR ROLE HELPED THEM DEVELOP SKILLS THAT WILL BENEFIT THEM IN CAREERS POST-GRAD**



"Working on Team WashU among many of my peers provided me with a *Sense of Belonging* at WashU by creating a space where I felt seen, supported, and valued by the broader university community."

- Samyah Kennedy
(Facility/Recreation Services Host)







CLUB SPORTS

Club Sports *supports 1,800 students in 40 wide-ranging teams who competed in over 300 competitions and events in 27 states. The clubs achieved competitive success as well as provided a space for student development and a Sense of Belonging.*

"The triathlon team was the highlight of my time at WashU. Every practice and every race was so fun -- I loved getting to push myself athletically while being surrounded by the most supportive group. It's the best feeling to be part of a team where you truly belong and are constantly lifted up by the people who brighten your day."

- Valerie Passanisi

COMPETITIVE HIGHLIGHTS

- **Men's Fencing Epee National Champion**
- **Powerlifting 56kg National Champion**
- **Gymnastics MAG Developmental High Bar & Rings National Champions**
- **Women's Basketball National Runner-Ups**
- **Men's Water Polo Great Lake Regional Champions**
- **Table Tennis NCTTA Regional Champion & placed 10th at Nationals**
- **Tennis Missouri Valley Sectional Champions for 4th straight year**
- **Men's Volleyball DI MWPVC Conference Champions, League MVP, and tied for 5th at Nationals**
- **Men's Ultimate Regional Runner-Up and DI Nationals Spirit Award Winners**
- **Women's Volleyball finished 9th at Nationals**

INTRAMURAL SPORTS

With over 2,500 unique participants across 24 sports and activities, Intramural Sports supported Healthy Excellence and a Sense of Belonging across WashU.

- **A NEARLY 15% INCREASE IN OVERALL PARTICIPATION AND A 29% INCREASE IN FIRST-YEAR PARTICIPATION COMPARED TO PREVIOUS YEAR**
- **13,372 TOTAL PARTICIPATIONS IN1,242 GAMES**
- **55.6% OF INTRAMURAL PARTICIPANTS PLAY MORE THAN ONE SPORT**
- **25% OF ALL UNDERGRADUATE STUDENTS AND 9% OF GRADUATE/PROFESSIONAL STUDENTS PARTICIPATE YEARLY IN INTRAMURAL SPORTS**



"The WashU Rec community is truly special. **From day-to-day operations, IM supervising, or participating in sports and activities, I have enjoyed a wide range of experiences in my time at Sumers."**

- Xander Georgoulis

ROWING

With 57 individual participants across the fall and spring seasons and a total of 28 new to rowing participants, the WashU ***Men's and Women's Rowing Programs*** *saw tremendous success. The collaboration and determination of both programs allowed for impressive season records and highlights.*



- 20 PARTICIPANTS IN ACRA NATIONAL CHAMPIONSHIP REGATTA
- 12 GRAND FINALISTS AT ACRA (PROGRAM HIGH)
- HEAD OF THE HOOCH WOMEN'S COLLEGIATE TEAM TROPHY WINNERS

THREE ALL-AMERICANS

Bryn Muller, Valerie Passanisi, & Gibson Werner

PLAINS ALL-REGION WOMEN'S TEAM

Bryn Muller, Valerie Passanisi, Shira Pardo, Gibson Werner, & Andrew Black (Coach of the Year)

PLAINS ALL-REGION MEN'S TEAM

Sebastian Theiler & Ryan O'Connor

CAMPUS ENGAGEMENT







*WashU Rec serves as an **active campus partner** for our entire university community by promoting Well-Being both within and outside of our facilities.*

- 31 **PRIVATE FITNESS CLASSES** FOR STUDENT GROUPS & UNIVERSITY DEPARTMENTS
- NUMEROUS SPECIAL EVENT PROGRAMS SUCH AS **PAUSE-PALOOZA, SMASH THE SCALE, DINING AT THE REC, & WELLNESS CHAMPION SUMMITS**
- HOSTED THE HR WELLNESS **"TAKE CARE FAIR"** TO SUPPORT EMPLOYEE WELL-BEING, FEATURING DOZENS OF VENDORS & OVER 500 PARTICIPANTS
- PROVIDED ENHANCED **TRAUMA-INFORMED YOGA CLASSES** AS PART OF A WEEKLY FITNESS CLASS SCHEDULE IN CONJUCTION WITH RELATIONSHIP & SEXUAL VIOLENCE PREVENTION OFFICE
- **THRIVING THURSDAY HEALTHY EXCELLENCE SERIES** INCLUDING CHAIR MASSAGES AND SPEED INTERVIEWS FOR STUDENT EMPLOYEES

The *Late Night at the Rec* event is a part of Fall Welcome, the 6th iteration hosted over 850 first-year students in fun and engaging healthy excellence activities

AQUATICS



The Aquatics Program at WashU *has demonstrated substantial success and positive impact across its various offerings, from swim lessons and log rolling to open swim hours and lifeguard certification courses. These initiatives not only enhance physical and mental Well-Being but also foster a Sense of Community and Belonging among participants.*

• 86 TOTAL SWIM LESSON PARTICIPANTS ACROSS 45 SWIM LESSONS

- *90% OF PARTICIPANTS REPORTED HIGHER CONFIDENCE LEVELS IN THE POOL AFTER TAKING SWIM LESSONS*
- *75% OF PARTICIPANTS REPORTED THAT THEY ARE VERY LIKELY TO INCORPORATE A NEW OR DEVELOPED SKILL INTO THEIR AQUATICS ROUTINE AS A RESULT OF THIS CLASS*

• 28 LOG ROLLING SESSIONS WITH OVER 280 PARTICIPANTS

• OVER 688 OPEN SWIM HOURS

• 15 NEW AMERICAN RED CROSS LIFEGUARDS CERTIFIED

"I've been able to overcome my fear of going in the water, and thanks to my trainer, I've been able to start learning to swim. My trainer is so great and stays in the water with me every time and teaches patiently."

- Swim Lesson Participant



FITNESS

BearFIT Programs *have significantly advanced our commitment to Healthy Excellence, with 1,184 personal training sessions and 28,010 class participants enriching students' physical health and knowledge about fitness.*





• BearFIT SKILLS SAW 89% OF PARTICIPANTS COMMIT TO NEW HEALTHY HABITS

• 1,941 TOTAL CLASSES WERE CONDUCTED FROM AUGUST 26th, 2024-MAY 12th, 2025

- *79% OF PARTICIPANTS REPORTED THEY "STRONGLY OR VERY MUCH AGREED" THAT THEY FELT MORE KNOWLEDGEABLE ABOUT THEIR WORKOUTS AFTER ATTENDING BearFIT CLASSES*

• THE REVAMPED SOUTH 40 FITNESS CENTER LAUNCHED WITH NEW EQUIPMENT AND NEW PROGRAMS INCLUDING PILATES, BOXING, TRAIN2GAIN, AND TREAD & SHRED

- *14% INCREASE IN SOUTH 40 FITNESS CENTER USAGE WITH THE INCLUSION OF A NEW CLASS LINEUP*

"I absolutely love **BearFIT classes and look forward to them every week! They're so much fun and I've learned a ton from the instructor, like how to really listen to my body and trust that I can handle tough workouts. Plus, I've enjoyed meeting and connecting with other people in the classes, some of whom I probably wouldn't have met otherwise. It's been an awesome way to stay fit and make new friends!"**

- BearFIT Participant



WELL-BEING



At WashU, we aspire to distinguish ourselves as a place where students graduate healthier than when they arrive... And ensuring that all students feel a ***Sense of Belonging*** *and have easy access to resources needed for learning, growth, and flourishing is fundamental to our mission.*

- **Led 8 trips for 221 students, introducing them to the value of outdoor recreation**

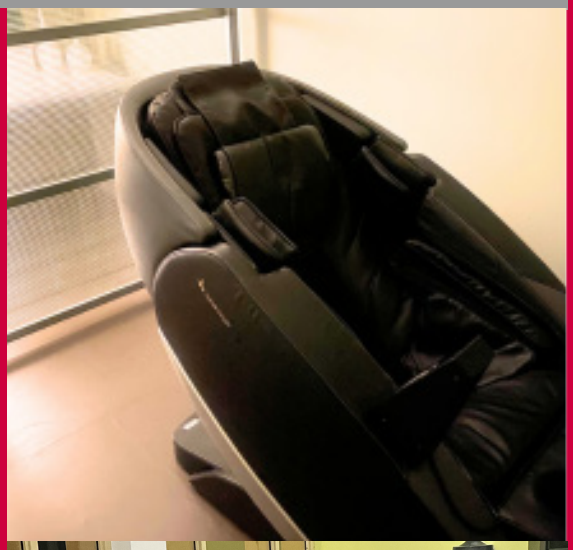
85% of students reported that they learned and will incorporate a new healthy habit into their daily life

- **In partnership with Dining Services, we hosted nine cooking classes focused on skill development and building confidence in the kitchen**

60% of students reported that after attending the class, they felt comfortable preparing their own food

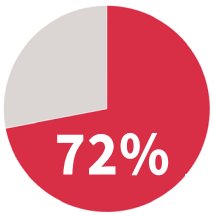
- **Over 500 students and members participated in Pilates Reformer sessions**

- **Over 4,000 visits to our massage chairs in the Sumers Rec Center Zen Den**

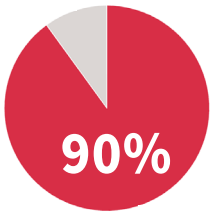




SENSE OF BELONGING

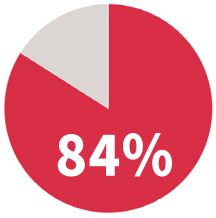


OF STUDENTS AGREED OR STRONGLY AGREED THAT PARTICIPATING IN FITNESS CLASSES MADE THEM FEEL PART OF THE WashU COMMUNITY

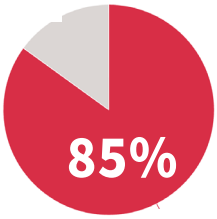


OF CLUB SPORT PARTICIPANTS SAID THEIR EXPERIENCE CONTRIBUTED "QUITE A BIT" TO "VERY MUCH" TO THEIR SENSE OF BELONGING AT WashU

HEALTHY EXCELLENCE

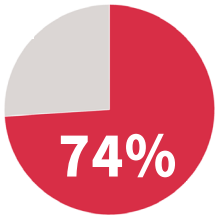


OF STUDENTS WHO PARTICIPATED IN BEAR ADVENTURES ARE VERY LIKELY TO RECOMMEND OUTDOOR ACTIVITIES AS A HABIT THAT WILL IMPROVE WELL-BEING

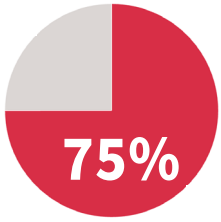


OF CLUB SPORTS PARTICIPANTS SAID THEIR EXPERIENCE CONTRIBUTED "QUITE A BIT" TO "VERY MUCH" TO LEARNING NEW HEALTHY HABITS TO INCORPORATE INTO THEIR DAILY LIFE

CAREER DEVELOPMENT

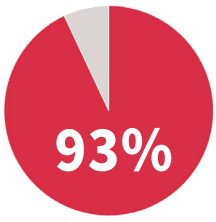


OF STUDENT EMPLOYEES AGREED THAT THEIR EXPERIENCE WORKING IN RECREATION CONTRIBUTED TO THEIR ABILITY TO SOLVE PROBLEMS USING CREATIVE SOLUTIONS

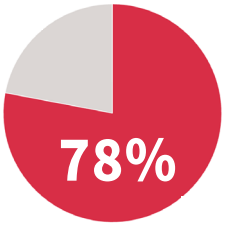


OF STUDENTS AGREED THAT THEIR EXPERIENCE WORKING IN RECREATION DEVELOPED SKILLS THAT WILL BENEFIT THEM IN THEIR POST-GRADUATION CAREERS

LEADERSHIP



OF CLUB SPORT PARTICIPANTS SAID THEIR EXPERIENCE CONTRIBUTED "QUITE A BIT" TO "VERY MUCH" TO DEVELOPING THEIR LEADERSHIP SKILLS



OF INTRAMURAL SPORT CAPTAINS SAID THEIR EXPERIENCE CONTRIBUTED "QUITE A BIT" TO "VERY MUCH" T0 DEVELOPING THEIR LEADERSHIP SKILLS

"BearFIT Classes help me refocus my attention on muscle building after completing my dissertation. I am grateful to you and your colleagues for running the Sumers Recreation Center so well -- it has been an important part of my time at WashU, helping me stay energized and healthy through these years."

-BearFIT Participant

"Club sports was one of my favorite things at WashU, from traveling for competition to the incredible friends on the teams and the leadership opportunities. Through club sports, I've enhanced my organizational skills from scheduling games and practices as well as coordinating travel and team events. There is something really special about the bonds and memories you make while being on a club sports team - or a few - at WashU."

-Jamie Kornheiser