

## **Salt Lake Community College Recreation Overview**

Salt Lake Community College Recreation is an integral part of the student college experience. Currently SLCC Recreation oversees the programming, scheduling and maintenance of recreation time, equipment and space at Taylorsville Redwood, Jordan and South City Campus.

SLCC Recreation offers open rec time, drop-in fitness classes, drop-in sports, personal training, group fitness instructor training, tennis extramurals, powerlifting class/club and wellness programs like nutrition, cooking and exercise lectures and demonstrations.

## **Department Purpose Statement and Department-level Goals**

The Salt Lake Community College Campus Recreation promotes health and well-being through inclusive dynamic, collaborative and transformative quality experiences and facilities.

Campus Recreation programs and services goals are to:

1. Help students, faculty and staff develop lifelong skills to improve overall health and wellbeing.
1. Help students, faculty and staff recognize their connection to the campus community and build relationships that contribute to their sense of belonging.
2. Contribute to a welcoming and respectful environment for all people.
3. Help students, faculty and staff understand that skills needed for successful recreation overlap with those needed for success in their academic, personal and professional life.
4. Help students, faculty and staff understand the importance of teamwork, leadership and healthy social interactions in sports competition and beyond.
5. Provide students experience leadership opportunities that result in improved communication, listening, time management skills, and more self-confidence.

## **SLCC Recreation Supports SLCC mission, Vision, and Goals**

The SLCC Mission states:

Salt Lake Community College is your community college. We engage and support students in educational pathways leading to successful transfer and meaningful employment.

SLCC Recreation supports this by providing a place for students to engage with their peers, faculty and staff in a fun and relaxed atmosphere. Recreation supports students in their educational pathways to allow time and space to de-stress and rejuvenate between classes and study sessions.

Data by the Harvard School of Public Health Study of College Health Behaviors concluded that frequent physical activity had significant effects on students' mood, stress levels, and social interactions.<sup>1</sup>

Our employees learn valuable soft skills such as customer service with a smile, working with diverse populations and being a meaningful part of a team. Our students can learn these same skills while navigating good sportsmanship, teamwork, communication skills and the ability to set goals towards a common end.

The SLCC VISION includes being a model for inclusive and transformative education, strengthening the communities we serve through the success of our students. SLCC Recreation teaches inclusivity through fitness and sports. With training programs like our group fitness instructor, we encourage students to continue to teach outside of SLCC to impact communities where fitness instructors are becoming hard to find.

### **How SLCC Campus Recreation Works to Demonstrate SLCC values**

- **Collaboration - We believe we're better when we work together.**

SLCC Campus Recreation has partnerships with the Exercise Science department, Employee Wellness and Student Life and Leadership. We are currently seeking to create more partnerships throughout SLCC and the community in general.

- **Community - We partner with our community in the transformative, public good of educating students.**

SLCC Campus Recreation has started working with Special Olympics and has continued a partnership with Murray Adult Education as we look for ways to partner with our community.

- **Inclusivity - We seek to cultivate an environment of respect and empathy, advanced by diverse cultures and perspectives.**

SLCC Campus Recreation is working on cultivating an environment of respect and empathy. Our diverse staff of international students, first year students, current students, retired professionals and current professionals, create a warm, welcoming environment where everyone is welcome.

A recent example of this was a student who many struggled to interact with. The Rec staff took time to learn his name, listen to him when he came in to talk and to help others work with interacting with him in a positive, empathetic way. The student commented many times on how he liked coming into the Rec area as it was a place he felt welcomed.

- **Learning - We learn as a college by building outstanding educational experiences for students and by supporting faculty and staff in their professional development.**

Although still in its earliest stages, SLCC Campus Recreation has goals of creating leadership opportunities for our students both in athletics and fitness. We are working on short term trainings to teach students how to conduct fitness classes, become personal trainer assistants, manage leagues, and run programs.

We will also collaborate with the Outdoor Recreation program (coming Fall 2022) with internship opportunities for their students. This will allow students to transfer to the University of Utah with all the 600 hours of internship needed for their bachelor's degree completed.

- **Innovation - We value fresh thinking and encourage the energy of new ideas and initiatives.**

SLCC Campus Recreation is working on innovations for our campus, like the Nap Room, to create interest beyond fitness facilities which will expand into wholistic wellness practices for SLCC students,

faculty and staff. Articles, podcasts, site visits to other facilities, research articles and more are being utilized to stay current with research and wellness trends as we work towards these goals. We value and support innovative and fresh ideas from students, student leaders, faculty and staff.

One of our recent additions was a nap room. We created a secure, safe and cozy nap room for students who need a break. Since a majority of our students are balancing work, school and societal commitments, it has been a popular option with students. As the tours come through of potential students, the nap room is a talking point with many positive comments from the tour groups.

- **Integrity - We do the right things for the right reasons.**

SLCC Campus Recreation leadership is committed to conducting ourselves, our interactions and our work with integrity, transparency and ethical mindfulness.

We try to honor our commitments of keeping space open for students, maintaining clean and cared for equipment and staying current with trends.

We also advocate for general SLCC students to increase their access to the limited space.

- **Trust - We build trust by working together in good faith and goodwill to fulfill the College's mission.**

Trust is something that is earned through everyday interactions, guiding principles and policies. Trust is demonstrated through the good teamwork of our Recreation employees by meeting expectations of the department like showing up on time, being clean and neat as a representative of SLCC and going the extra mile for customer service.

Trust is also built every time we open on time, keep the promises of open rec hours (sometimes tough to do with all the pulls on available rec space), deliver quality programming and take the time to listen to participants suggestions, complaints and problems, then work to resolve them as much as we are able to.

#### **Points of Pride:**

- Developed and implemented health and wellness programming for students. Future plans are to increase programming with collaboration with EXSC, student wellness and employee wellness.
- Developed a progressive employment pathway that creates tiered learning opportunities for students/employees
- Increased a customer service-oriented approach among staff through training, modeling and positive reinforcing
- Created online reservations and payment system
- Updated website to be more inviting and interactive
- Opened a brand-new fitness center at the Jordan Campus with state-of-the art equipment
- Hired a diverse group of employees including a bilingual personal trainer

#### **Areas of Improvement:**

- Need more dedicated time and space for students to recreate, participate and utilize Rec services
- Athletics need a separate space for training and practice so Recreation space can be open for general students.
- Need to update offerings and services to be more in line with Recreation trends – for example a teaching kitchen, rock wall, outdoor equipment rental
- Free personal training for students

### **Opportunities:**

- To create a separate space for athletics to use for team training thus freeing up the current rec space to be more accessible and open for students especially when we move to 7 day a week campus
- To create a recreational program from the ground up that fits the needs, health goals and lifestyles of the SLCC community
- To develop a wholistic approach to recreation with a strong emphasize on wellness in collaboration with student wellness and the EXSC department
- To diversify the SLCC Campus Recreation to reach underserved populations with inclusive programming and a more welcome environment
- To create an outdoor recreation rental program to increase participation of SLCC students in Utah's great outdoor offerings
- To create integration with smart phone technology so students can participate, reserve or collaborate with SLCC Recreation programming and offerings
- To improve the campus security and recreation data, create a check-in area with turnstiles, utilizing swipe cards that link to a computer which pull up student's names and faces (similar to what the University of Utah is using)

### **Challenges:**

- Limited time/space for Student recreation as the space is utilized by academics, athletics, recreation and outside groups
- Limited funding, SLCC Campus Recreation is working on a budget model this year that was created from past years of recreation without additional resources for the new growth, development and programs that are ramping up
- Collaboration is difficult with other wellness entities on campus as the services are spread in different areas
- The Taylorsville Redwood LAC building is aging and needs updating for better utilization of space to meet the needs of all departments and students
- Programming space, budgets and personal all need to be increased if SLCC is to become a campus open 7 days a week when campus housing is added
- South Campus Recreation facilities lack some key equipment for students to utilize it more. Since this is due to structural issues, looks unlikely to allow an update
- South City Campus recreation also lacks space for additional programming like fitness classes, showers, locker rooms and other amenities.
- Too many access points for a safe and secure recreation area. If the hours and days are to be extended, security is something that will need to be addressed.

### **Significant Institutional or External Changes That Have Impacted Services**

Campus recreation in general has progressed from mostly intramurals and exercise-oriented programs to a strong focus on wellness and preventative medicine. The future of Recreation finds spaces developed to integrate campus services for health with mind/body, wholistic movement and healthy environments. Often the health clinics and counseling centers are housed in the same building so all the student's health needs can be met in the same space. With "Exercise as Medicine" growing in practice, it is not uncommon to find college health clinics recommending movement, social interaction and increased participation to help students with anxiety, depression and feeling of loneliness. The Recreation Department will also encourage students to utilize the health clinic and counseling center.

Here at SLCC, the Covid shutdown in Spring 2020 impacted services with a total closure and then a slow and careful re-opening. This has bumped social wellness into a strong focus as the past few years college aged students have seen more isolation, increasing anxiety and depression and suicidal tendencies. In juxtaposition to this, online or remote options for students to participate in campus recreation have also seen an uptick. This continuing COVID pandemic creates challenges with individuals using the facilities and with programming involving much needed social interactions and stress reducing activities.

SLCC struggles with a "car-class-car" culture that doesn't encourage lingering on campus. Just creating awareness that Recreation exists has been a challenge. Hopefully this will change with the advent of on campus housing. Housing will create a whole new set of challenges as we adapt SLCC Campus Recreation to more of a seven day a week format.

### **Recommendations from Previous Reviews or Audits**

This is the first formal review of SLCC Campus Recreation and as such, we are very excited to collaborate with peer institutions for recommendations on improving goods and services.

One previous internal audit from 2019 about unsupervised minor children in campus recreation areas has been resolved with signage, policy change and employee education.

### **Significant Changes in the Department Over the Past Five Years**

Significant changes include:

- New Recreation Manager December 2020
- Switched to all online financial transactions
- Made recreation available to registered students, staff and faculty with options for these three groups to bring guests or purchase memberships for family
- Developed and implemented new programs such as the drop-in fitness, drop-in sports and personal training
- Opened a new fitness center January 2021 at the Jordan Campus which included equipment, staffing, and training

- Created a nap room for students to safely and securely nap between classes thereby improving air quality in Utah as students tend to nap in idling cars
- Updated training, policies and procedures to improve patron safety and experience
- Created a progressive system of employment that encourages training along with set outcomes and objectives
- Installed new cameras at Redwood Campus for increased safety and security of patrons
- Added touchless reservation and payments
- Started collecting and reviewing data on usership of the recreation area

### **Detail the Primary Purpose of the Department and How It Supports Student Services**

According to Campus Recreation: Essentials for the Professional states “Participation in recreational sport programs and activities is a key determinant of college satisfaction, success, recruitment, and retention.

A well-run campus recreation program helps participants by improving their emotional well-being, reducing stress, and providing happiness. The programs build self-confidence and character, promote diversity, teach team building, and improve leadership skills”

(National Intramural-Recreational Sports Association, 2004, p. 5)

A nationwide trend in Campus Recreation to help deal with the pandemic has been more outdoor offerings. SLCC is working towards more of these types of outdoor activities with a pending new turf field, updated tennis/pickleball courts and sand volleyball area.

Student enrollment always influences SLCC Campus Recreation as a large part of our budget is student fees driven. Enrollments have been down so student retention must be a strong concern. Retention is something that a good campus recreation department increases. NIRSA conducted a Campus Recreation and Wellness Benchmark/Survey. They surveyed

- 38 different colleges and universities across the United States participated in this study
- 580,000 students
- the sampling error associated with the results of this study is less than 1%

This provided some very credible, accurate, and compelling results. Some of the things the survey brought to the forefront was students who participate in recreational sports opportunities have

- increased retention rates,
- improved health and wellness
- strengthen the soft-skills associated with higher education

Those who participate often in Campus Recreation and were involved in a range of opportunities had the following statistics associated with them:

- 74% of students report that campus recreation facilities influenced their decisions to continue attending their chosen college/university.

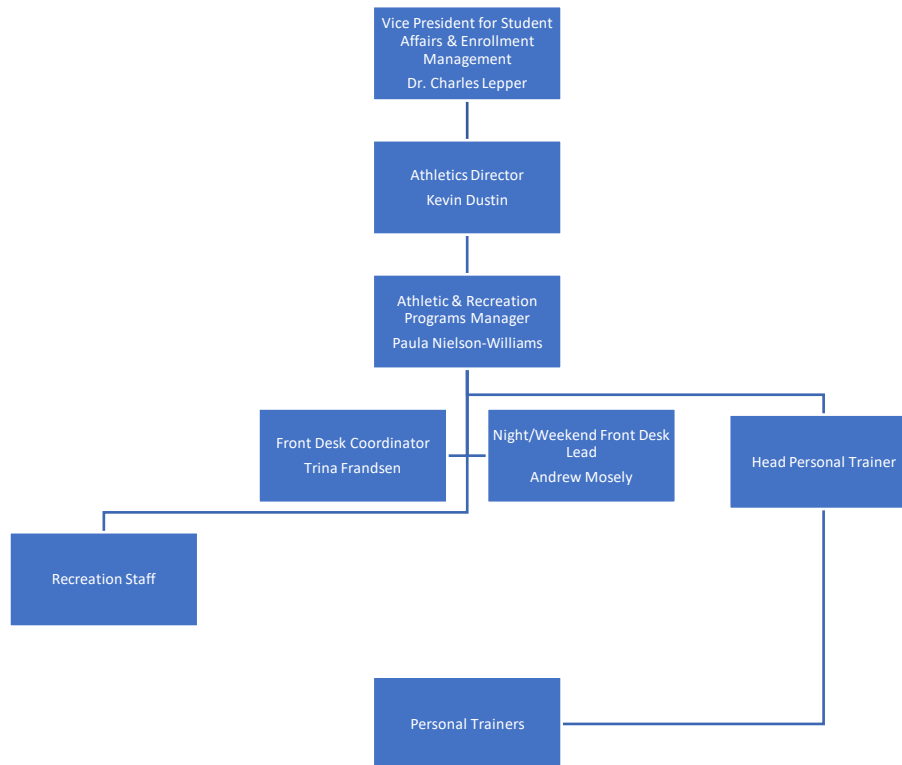
- 67% of students report that campus recreation programs influenced their decisions to continue attending their chosen college/university

**The top health and wellness benefits students attributed to their participation in campus recreation facilities and programs**

- Feeling of wellbeing (91%)
- Overall health (91%)
- Fitness level (90%)
- Physical strength (89%)
- Stress management (86%)
- Athletic ability (85%)
- Weight control (84%)
- Self-confidence (83%)
- Balance/coordination (80%)
- Concentration (75%)

[Forrester 2014-Report.pdf \(rocketcdn.me\)](http://rocketcdn.me/Forrester_2014-Report.pdf)

**Department Organizational Structure**



**Customers/Clientele Served by Program or Service**

SLCC Campus Recreation serves current students, full and part-time staff, full and part-time faculty alumni, and emeritus. There is also the opportunity for the beforementioned groups to bring in guests or to purchase significant other passes.

Examples of our offering from the SLCC Campus Recreation website are:

- Currently registered students with their activated SLCC One Card are eligible to use the SLCC Recreation Facilities at Redwood, South and Jordan when open for Student/Faculty/Staff general use
- Faculty and staff with a current SLCC One Card or Fob are eligible to use the SLCC Recreation Facilities when open for Student/Faculty/Staff general use
- Alumni are eligible to purchase memberships at the faculty/staff significant other rates to use the SLCC Recreation Facilities. Alumni will need to display their Alumni SLCC One Card when entering the facility.
- Student, Faculty and Staff Significant other. Requires proof of cohabitation. Primary member must have current SLCC One Card or fob. Current students can purchase one significant other pass per semester.
- Children. Dependents of current students, ages 15 and above, who are currently living at home are eligible to be the “significant other” for students, faculty and staff with a few conditions. Sponsoring student/faculty or staff must be 18 years of age and must be present at all times with their dependent. A weight and cardio room orientation must be completed before dependents ages 15-17 are allowed to use the workout equipment.
- Camps, Workshops and Conferences. Registration for camps, workshops or conferences at the LAC will be handled by the respective department.
- Guest Pass. Students, faculty and staff are eligible to purchase 5 guest passes per semester. To use the guest pass the
- Sponsoring student/faculty or staff must be present with their guest. All guests are required to adhere to the SLCC Student Code of Conduct. Dependents of current students, ages 15 and above, be the guest for students, faculty and staff. Guests 15 – 17 years of age must complete a weight and cardio room orientation before being allowed to use the workout equipment.
- Community Member Punch Cards for Fitness Classes. Community members are eligible to purchase a fitness class punch card for Recreation Fitness Classes. Entry to SLCC recreation facilities is only available 10 minutes before class time and class participants must exit after their class is complete.
- Staff/Faculty Lockers. Lockers are available for Faculty and Staff to rent on an annual basis. Lockers are on a first come first serve basis. All current users will need to renew by Aug 24, 2021.
- Personal Training:

**Session Amount**

**Cost for Current SLCC Students/Faculty and Staff**

**First 2 Introductory Sessions**

**Free**



Session Amount	Cost for Current SLCC Students/Faculty and Staff
1 Session	\$10.00
5 Session	\$45.00 (\$9/session)
10 Sessions	\$80.00 (\$8/session)
20 Sessions	\$140.00 (\$7/session)

**How the department contributes to the college’s goal of reducing equity gaps**

For Personal Training, the policy is:

Financial Need: No student will be turned away due to inability to pay. If you are eligible, we will use a sliding scale to determine an hourly rate if any.

**Review of resources**

**Brief overview of human resources supporting programs and services**

- Manager, full time staff
- Front Desk Coordinator, part time staff
- Head Personal Training, part time staff
- Personal Trainer, part time staff
- Recreation Front Desk, currently 11 part time staff

Recreation is funded 90% by student fees and 10% from general funds.

**Brief overview of technology resources supporting programs and services**

Recreation benefits greatly from the IT department which connects equipment to web services, keeps Wi-Fi running for patrons in all 3 service areas and internal computers and log in clocks working

Jordan Campus has been outfitted with cardio equipment with its own screens and access to internet which allows students to view YouTube, Netflix etc since they can log in to their own accounts. The cardio equipment also interfaces with phones and wearable technology so students can use things like their apple watches as part of their workout.

The Department of Exercise Science has added smart technology with the department

The trends in Campus Recreation include exergaming, including titles like Zombie Run, IDance and others which combine exercise with gaming. Along with this is the esports trend. The infrastructure at SLCC would have to expand to include greater internet access in the LAC to support adding these options in.

The current budget for Recreation needs market adjustment with an increase of 10 – 20% each year to continue to add programs, additional full-time and part-time staff and assist students who might not be able to pay for certain services.

**Metrics and data**

The data from the key card entry since 2017. This is only accounting for students, faculty and staff who have used the key log in. A rough estimate of about 50% of students follow other students in and do not fob in. We have faculty and staff that use different access points and they are not accounted for in the data.

<b>Year</b>	<b>Totals</b>	<b>Female</b>	<b>Column1</b>	<b>Male</b>	<b>Column2</b>
Calendar Year	Total Headcount	Headcount	Percent	Headcount	Percent
2017	3423	1424	41.6%	1843	53.8%
2018	4497	1995	44.4%	2289	50.9%
2019	4337	1947	44.9%	2168	50.0%
*2020	931	422	45.3%	486	52.2%
2021	2090	955	45.7%	1082	51.8%

<b>American Indian or Alaskan Native</b>	<b>Column6</b>	<b>Asian</b>	<b>Column7</b>
Headcount	Percent	Headcount	Percent
65	1.9%	214	6.3%
74	1.7%	301	6.7%
79	1.8%	279	6.4%
22	2.4%	56	6.0%
31	1.5%	115	5.5%

<b>Black or African American</b>	<b>Column8</b>	<b>More than One</b>	<b>Column9</b>
Headcount	Percent	Headcount	Percent
198	5.8%	145	4.2%
261	5.8%	211	4.7%
227	5.2%	214	4.9%
74	8.0%	37	4.0%
114	5.5%	89	4.3%

<b>Native Hawaiian or Pacific Islander</b>	<b>Column10</b>	<b>Prefer Not to Say</b>	<b>Column11</b>
Headcount	Percent	Headcount	Percent
94	2.8%	565	16.5%
76	1.7%	750	16.7%
64	1.5%	707	16.3%
11	1.1%	142	15.3%
32	1.5%	332	15.9%

White	Column12	Hispanic Origin	Column13
Headcount	Percent	Headcount	Percent
1995	58.3%	847	24.7%
2628	58.4%	1153	25.6%
2563	59.1%	1158	26.7%
567	60.0%	253	27.2%
1328	63.5%	524	25.1%

Evidence of customer/client satisfaction The following are comments from a survey we conducted before Fall Semester 2021.

**Q17 - Please list below any suggestions, comments, equipment additions, future programs/events or ideas you might like to share with building management:**

Please list below any suggestions, comments, equipment additions, future programs/events or ideas you might like to share with building management:

Campus rec is awesome. The employees are nice, the locker room is great but the gym is a little outdated. Now days a lot of ppl are into HIIT workouts and it's impossible to do at the LAC gym. TRX, ropes, balls for ball slams (the dense ones that don't bounce), sleds etc would be AMAZING. Of course that would require renovation of sorts and money but that's why I go to a gym I pay for. If our gym had that equipment I'd be more than happy to go more often! I love the redwood/T-ville gym, it's nice and quite it just lacks some updated equipment.

Please continue to maintain the racquetball courts. It is great to have a place to go play. Also, if ever possible, it would be great to have racquetball courts on Jordan campus. If that is not an option, it would be wonderful to have pickleball courts there. Which would be pretty easy to do, outdoors by the gardens on the East side of JHS. It would also be nice to offer more classes like yoga or kick boxing on the Jordan campus. I have never taken an exercise class because it is too time consuming to travel up to Taylorsville every week, but I would love to include an exercise class in my weekly schedule if offered at Jordan campus.

Please open later on Fridays!

In the past, the times that I could work out as a faculty member I was not allowed to because of classes or sports team time.

Building areas are a bit difficult to navigate and not all areas run on the same schedule.

As a faculty member, I have used the facilities in the past. It would be nice to have a reminder email each semester or once a year just reminding us what is available to faculty to use and how to access it.

I teach at south campus and there is a facility there but it never looks accessible. I've never seen advertisements for it, how to access it, when it's open, if there are locker/changing rooms available, etc., so it's just not that appealing to use.

Yoga or home fitness recordings would be nice, I'd rather not have to come to campus to exercise and I already go to a separate gym.

More times available for yoga and kickboxing combat class :) Thanks for trying to do the summer programs, I know it's been hard to keep staffed and there aren't a lot of students this semester. I'm excited and hopeful to get back into the swing of maybe some fitness classes plus having a set routine before and after work. The front desk is always very kind and easy to speak with, they didn't make fun of me for making a mistake with grabbing the wrong door. They were very nice. I wish I could make more time before work to get in, but it doesn't seem feasible, but will try after fall. Glad they lifted the masks request it was too hard to workout with them on.

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A majority of the recreation is at the Taylorsville campus, whereas I work at the Miller Campus. I would love to utilize recreation services, but I live and work in Sandy, so driving to the Taylorsville Campus would be out of my way.

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Can you make the place more inviting? I would like to suggest to change the colors, add more green décor elements such as plants, sports pictures. Overall, please making it more inviting and inspiring.

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Want to schedule tour of facility and services specific to employees and employee perks/privileges (if any).

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As a staff member working morning hours until 1:00 pm, I was never able to utilize Cardio Room or Weight Room because there were no afternoon hours. I live too far away to return evenings.

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It is hard for those who work at any other campus than Redwood to make use of the facilities.

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You used to offer weight lifting classes at 7 AM. These were perfect for me as I could take a class before starting work. The classes usually filled up, but I guess the athletic teams wanted the weight room at that time, so those classes were discontinued and the teams work out in the weight room from 7 to 8. Since I don't have time to go lift after work, I would have to take time off work or skip lunch to use the facilities, so now I am just missing out.

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It seems the recreation program has been shut out; no classes, no clubs, no intermurals, there is no connection to the community. It seems the Athletic department has pressured recreation programs out.

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I commute from Davis County so I would like earlier hours for the gym, as well as later pm hours. 5am options would be great.

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I used to use facilities years ago when I was at Redwood. I'm considering using the weight room at South. What I don't like is the limited hours during breaks, but I understand why.

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hours of availability at South Campus for "recreation room" posted

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Block out 90 minutes around the lunch hour where no classes are scheduled in the weight and cardio areas to better facilitate SLCC health and wellness programs.

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I was not aware that The Recreation Center was available for staff use. I thought it was only for student enrolled in classes being taught there.

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I like to see more activities such as tennis, badminton, etc.

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I'm a staff who has bone-on-bone knees (both) and I'm very limited in leg mobility. Would love to see recreation/work out programs that would work around my physical limitations.

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I have made use of the cardio and other areas over the years, especially when the weather turns colder. I would say, though, that sometimes it's been difficult to work with the class schedules that close the areas I would like to use. I'm not sure if this is currently the policy, but there have been many times when I would have liked to have gone to use a treadmill or rower or something, but have been told that that room is only open for people registered for classes at the times of the day I could go. So, I got in the habit of not-going to the Lifetime Activities Center for my fitness. Maybe that has changed (in which case, maybe some clearer advertising of hours and such). Other ideas: "open house" events, maybe something like "field day" or other fun fitness competitions...I can totally

imagine a college-wide field day, open to everyone... (think CrossFit Games but for fun). ...We don't have enough recess as adults. I'm just brainstorming a way to make the LAC more "present" to students, teachers and staff.

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The SLCC recreations programs are great!

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I work at Miller and can't utilize Redwood. Bring a workout place here. :)

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Skateboarding Club

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I have students who would love more intermural offerings. It'd be a great way to help them make friends. I love the weight room but it's so quiet and empty that I feel a little bit on display when I'm there. Sometimes its intimidating to work out with the student athletes always around

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I am mainly at the South City Campus and their recreation center is just lacking. Updates to that would be great but I know that it was created fairly recently.

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Could other campus locations have either earlier or later open times?

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I would just like to thank the staff at the LAC for their hard work in keeping it as safe as you can in this covid era

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I think you guys are doing great. Although, I do wish there were more spots for the weekly classes, they seem to fill up really fast.

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Love playing racquetball and would love to be a part of a racquetball league.

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Saturday open hours help for people who may not be able to make it due to work hours during the week . Also if possible closing later hours in and spring during the week, like used to have..

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I always have good intentions of using the LAC more consistently and frequently but unfortunately I allow something to give and that ends up being my fitness. As an employee I find it difficult to make the time for myself and put fitness as a priority. If I didn't need to shower after the least bit of exertion, I would do it on my lunch hour. I have enjoyed taking courses and on occasion working with trainers in my fitness routine and keep hoping I can get back into a normal routine and working out at least 2 or 3 times a week. Sometimes I would like the availability to workout early (6 am) on Saturday am too. It would be a dream to have an indoor swimming pool for water fitness and lap swimming. (I know the expense and upkeep is a deterrent and keeps it from a possibility.

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Running or triathlon club for students and staff. Opportunities to show up and run, cycle or swim (off site) to train and socialize. Perhaps even represent SLCC at local races, e.g. fun runs or a community triathlon.

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Summer schedule for drop in and for credit fitness classes was stacked tues-thur, hard to spread out fitness during the week. LOVE drop in class options, please keep!!!!

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As staff, I have seen when the department cultures include campus recreation then many people get involved because it is something everyone does together. I do not participate mostly because I do not have anyone to go with and show me how to do it. Creating department cultures where campus recreation is a priority would help me get more involved. I have heard a recommendation to put in a frisbee golf course.

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I would love to see more classes offered at more times for Zumba, Kickboxing and Step Aerobics.

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I would love to do a morning cycle class before work.

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I would be interested in a virtual Yoga, stretch, or core training class during weekday lunch hours (11:30-1:30) or at 4:30 or 5pm. For those employees who sit at a desk all day.

I used the gym and track at the Rec center a lot before covid. Not quite ready to go back yet, but I would love programs that include health benefits for part time employees instead of the current programs that are mainly for full time employees, ie, temporary personal trainer programs.

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I think the programs & events are not offered in times I can come. The gym should be open later & on weekends & the events & classes need to be spread out throughout the day so more people can come.

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I think you have just enough equipment to start but I think it is not enough to continue building up. There are not enough weights

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Evening hours for South City campus gym access for employees.

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Please get the TVs at the Jordan and South to work!

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I haven't been to the LAC recently (last time was December 2019), but when I used to go I would just walk on the track upstairs. It would be wonderful if there was an intramural running team, intramural ping pong (table tennis) team and intramural tennis team for students, faculty, and staff. There needs to be more advertising as to what current services, offerings, and hours available.

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swimming lessons

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Love 6am early morning access and classes! Front desk friendly. Love new Summer Fun drop in classes. Instructors great - knowledgeable, friendly, helpful with tips, techniques, alternatives.

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The LAC and lifetime activities in general need to be rethought at SLCC. This is one of the few colleges i've been to that doesn't have an extensive intramural sports program for students and staff. We devote a lot of resources to official SLCC athletics and effectively ignore the rest of the student body. Those priorities should be reversed. A robust sports program gives students another reason to stay on campus and to participate in the life of the college. That should be priority number one. Also LAC access is often limited because the SLCC teams are using the space. Prioritize regular student access over SLCC teams access. All students pay a fee for the LAC. Finally, do not fill in any more of the racquetball courts with fitness room equipment.

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What a great staff!

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Pickle ball courts at redwood

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Provide classes and/or facilities at other campuses.

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I work at Miller so getting over to Redwood to work out just doesn't work for me, unfortunately. I live in Herriman so it isn't convenient. If they build a gym at the Herriman campus I would use the gym more.

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In the past, I've used the LAC for classes as well as open gym on my lunches and after work hours. I've loved the instructors as well as the facility. I'm working remotely now, so I'm unable to come in person, but would be interested in a virtual program if you decided to offer one. Keep up the good work!

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SLCC should add a disc golf course

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Cleanliness is lacking, better ventilation to remove body odors and sweat. Update the bldg, and workout rooms.

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It would be nice if there were some suggested workout plans/how-to posters, even simple ones available in the gym. Most of the time I just use some random machines and I'm not sure if it's even benefitting me, and some of the equipment in the strength room is confusing and there's no one to

ask and no information on how to use them. Signs encouraging cleaning of machines and mats would be great too. It would be nice if more entrances were available although not at the cost of safety.

I had hoped to use the center as a perk but I found that getting in and out and to a degree the facility and feel - that though the use was free to part-time employee it was not worth it compared to getting a membership at a traditional fitness center.

I've really only ever used the facilities when I'm in the personal training wellness program for staff.

For employees to participate in intermurals they need to be offered during lunch time or directly after the typical work day. Doing offering later in the evening are hard for employees to go home then come back to participate.

I am primarily on the South Campus and the gym is small and very limited in its offerings. I'd love to see more options, particularly around weights and machines, on that campus.

Was there once a program that offering the opportunity for personal training for employees? I would like to see it return.

The expense would be high, but a swimming pool where lanes can be scheduled would be an excellent addition to the LAC's offerings.

Personal trainers.

### **Comparison of Programs and Services With Those at Peer Institutions and National Best Practices**

#### ***Peer Institution: College of Southern Nevada (csn.edu)***

1. 2019 Enrollment 10,025 full time students, 25,078 part time students
2. 2,709 Employees
3. 3 main campuses, 5 or more smaller satellite sites

The CSN Campus Recreation is a multi-function fitness facility.

Treadmills & Ellipticals, Free weights – Dumbbells, Full-Size Basketball Court, Two Racquetball Courts, Men's & Women's Lockers, Men's & Women's Saunas

Club Sports: Currently Bowling

Full Time:

- Sports Information Director & Campus Recreation Coordinator
- Club Sports and Game Management
- Administrative Assistant

#### **Equity and justice framework**

SLCC Recreation is starting to address increasing equity and justice with research into industry best practices, including viewing articles, webinars and enrolling in courses like ACE's (the American Council on Exercise) "Taking Action with ACE: Practicing Equity, Diversity and Inclusions as an Exercise Professional".

Additional staff training based on this course will be used for Rec Staff continuing education.

### **Multilingualism Within the Department**

The Recreation staff includes students from diverse backgrounds including international students from Africa, Mexico, South America and Asia. A few who are ESL students. This allows students who also speak a different language to converse with our staff.

SLCC Campus Recreation has hired a bi-lingual personal trainer. Our future plans are to hire and train instructors who speak multiple languages.

As funding permits, SLCC Recreation plans to replace current signage with placards that include both English and Spanish.

### **Describe efforts to meet the needs of low-income students with food and housing insecurity**

The Recreation department is committed to helping students find a better quality of life with free services or reduced cost services for students as wellness encompasses more than just food and shelter.

There are showers available at all 3 fitness centers for students to use, along with free locker renter at Redwood and South.

The Rec Center conducts food drives for the student pantry a few times a year and our front desk staff is versed in what other services are available so we can direct students when the need arises.

### **Summary analysis and conclusion**

It is clear from the self-study that SLCC Campus Recreation has not been a factor for student recruitment or retention utilized to its fullest potential at SLCC. For an institution as large as SLCC, campus recreation has not grown or innovated over the years to match student interest or needs. In comparison to other USHE institutions we have an inadequate space for our athletic program, student recreation needs and academic utilization.

1. San Luis, Natalie. "Exercise Key to Better Moods, Less Stress for College Students: Study." Huffington Post. September 16, 2013. Accessed November 28, 2017.  
[https://www.huffingtonpost.com/2013/09/16/exercise-stress-college-students-moods\\_n\\_3936303.html](https://www.huffingtonpost.com/2013/09/16/exercise-stress-college-students-moods_n_3936303.html)