

LIVE WELL LEARN WELL

WEST
CHESTER
UNIVERSITY
CAMPUS
RECREATION
2026-2027



LIVE WELL, LEARN WELL

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At West Chester University, Campus Recreation is a vibrant hub where the Golden Ram community can connect, grow, and thrive through recreation, wellness, and meaningful experiences. Through a diverse range of programs, services, and facilities, we foster a culture that supports physical well-being, personal development, social connection, and lifelong healthy habits.

By integrating fitness, wellness, and recreation into the student experience, our mission is to empower individuals to achieve academic success while enhancing their overall quality of life. Whether you're looking to challenge yourself, build community, reduce stress, or simply have fun, Campus Recreation offers opportunities for every member of the WCU community.

We encourage you to make time each day to move, play, and invest in your well-being. Your health, happiness, and success matter—and Campus Recreation is here to support you every step of the way.

DEPARTMENT STAFF

Michael Reno

DIRECTOR OF CAMPUS RECREATION

mreno@wcupa.edu | (610) 436-6928

Responsible for creation, prioritization and administration of operational and capital budget

Responsible for coordination of indoor and outdoor facility enhancement and construction projects

Provides leadership and support to all department full-time professional staff

Dr. Daniel Comas

ASSOCIATE DIRECTOR OF FACILITIES & BUSINESS OPERATIONS

dcomas@wcupa.edu | (610) 436-2277

Manages all campus recreation facilities and student staff

Responsible for the scheduling and coordination of facility reservations

Manages department budgets

Demetrius Isaac

ASSISTANT DIRECTOR OF INTRAMURAL & SPORTS CLUBS

disaac@wcupa.edu | (610) 436-2133

Coordinates all intramural sports leagues and tournaments

Responsible for the administration of the sports club program

Manages all Intramural and Sports Club student staff

Kayla Walden

ASSISTANT DIRECTOR OF OUTDOOR ADVENTURE & OPERATIONS

kwalden@wcupa.edu | (610) 436-2100

Manages the operations of the climbing wall including staff training, maintenance, and development of educational programs

Coordinates the training and development of our student Trip Guides who conduct outdoor excursions throughout the semester

Assists campus community with providing experiential leadership development programs

Dr. Ashley Oostveen

ASSISTANT DIRECTOR OF FITNESS & MARKETING

aostveen@wcupa.edu | (610) 436-2563

Oversees all fitness programs and activities

Develops departmental marketing and promotional materials

Organizes departmental special events

Krista Link

ADMINISTRATIVE ASSISTANT

klink@wcupa.edu | (610) 436-2131

New employment and payroll

Professional staff support

Compiles, prepares and maintains records for the department

Xavier Thompson | XThompson872@wcupa.edu

GRADUATE ASSISTANT OF SPORT CLUBS & SPECIAL EVENTS

Gavin Homnack | GH1005099@wcupa.edu

GRADUATE ASSISTANT OF INTRAMURAL SPORTS

Erin Martin | EM993831@wcupa.edu

GRADUATE ASSISTANT OF FITNESS PROGRAMS

Alex Walinski | AW983796@wcupa.edu

GRADUATE ASSISTANT OF FACILITIES

Makenna Marr | MM990158@wcupa.edu

GRADUATE ASSISTANT OF MARKETING & SPECIAL EVENTS

Liz Trani | ET1000017@wcupa.edu

GRADUATE ASSISTANT OF BUSINESS OPS & STUDENT SUCCESS

Matt VanMeter | MVanMeter659@wcupa.edu

GRADUATE ASSISTANT OF OUTDOOR ADVENTURE

FACILITIES



The 69,000 sq. ft. Student Recreation opened in August of 2012 and continues to be a highlighted facility for student recruitment, retention, and co-curricular educational experiences.

GENERAL POLICIES

- Valid WCU ID is required
- Appropriate attire and footwear is required at all times
- Use of equipment is at your own risk
- Equipment should be cleaned before and after use
- SRC Staff has the right to limit or prohibit exercises/activities performed by patrons that are seen as hazardous or high risk to themselves or others
- Unauthorized use of camera/video/audio recording devices is prohibited

WCU FACILITY SCHEDULE 2026-2027

Student Recreation Center

Monday – Thursday: 6:00 AM -11:30 PM
Friday: 6:00 AM -10:00 PM
Saturday: 9:00 AM - 6:00 PM
Sunday: 11:00 AM -11:30 PM

Climbing Wall

Monday – Thursday: 3:00 PM - 8:00 PM

Rec Swim

View WCU Campus Rec Home Page

Please refer to the website for closures, holiday hours, changes to schedule.

SPACE RESERVATION

To reserve any space in the Student Recreation Center, please visit our website at:
https://www.wcupa.edu/_services/CampusRec

To reserve any space in Ehinger Gymnasium, Matlack Field, Field 309, Field 315, and the Rosedale Basketball courts, please visit:
<https://25live.collegenet.com/wcupa/>

MEMBERSHIP

The Ball Is In Your Court

If you're a West Chester University enrolled student you are already a member. Just show up, present your Ram ID and come get your fitness groove on!

- Not a student? Don't worry, as long as you are one of the following, you can join, too
- WCU faculty or staff
- A current member of the West Chester University Alumni Association
- An employee of a university affiliate

Membership Has Its Benefits

- Access to over 50 weekly, high-quality Group Fitness classes
- Opportunity to learn, practice, and climb our 34 ft. climbing wall
- Membership pricing on special events, Outdoor Adventure Pursuit trips, programs, or services
- Ability to check-out or rent Campus Recreation equipment including basketballs, volleyballs, rock-climbing shoes, and outdoor equipment

SERVICES

Annual membership
(365 days from date of purchase) \$330
6-months membership \$180
1-month/30 day membership. \$35
1-day membership (good all day) \$7

All memberships must be made on-line at:
<https://www.wcupa.edu/services/campusRec/forms/membership>

Credit card or payroll deduction
(annual membership only)



FITNESS

Group Fitness classes range from Les Mills to Zumba and everything in between! The classes are available for all West Chester University students, faculty, and staff. All classes are taught by nationally certified instructors who are current WCU students and members of the WCU community. We take tremendous pride in our group fitness classes and encourage all levels of experience to attend!

CLASS DESCRIPTIONS

Barre: A fun and empowering class set to today's hottest music. Classes begin with a warm up focusing on postural strength and alignment, followed by a series of upper body exercises using light weights. The ballet barre is used to sculpt the lower body, abs and for flexibility training.

BODYBALANCE®: LES MILLS BODYBALANCE® is a new-generation yoga class that will improve your mind, your body, and your life. This class includes a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

BODYPUMP™: Using light to moderate free weights and a barbell with lots of repetition, LES MILLS BODYPUMP™ gives you a total body workout. Feel the burn with scientifically proven moves and techniques, highly trained instructors and great music – helping you achieve much more than on your own! You'll leave the workout feeling challenged and motivated, ready to come back for more.

Circuit 45: Circuit 45 is a high-energy, 45-minute functional fitness class designed to challenge your whole body. The workout is structured in a circuit format, combining strength, cardio,

and mobility exercises for a full-body burn. Each session targets functional movements to improve endurance, strength, balance, and coordination – all in an efficient, fast-paced format perfect for all fitness levels.

CORE: Inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do. Available as a 30 or 45-minute workout.

Cycle: A cardio and strength training class based on a variety of resistance and sprint sets on bicycles. Learn combinations of climbs, jumps, and sprints to get your heart rate soaring!

GRIT™: LES MILLS GRIT™ is 30 minutes of high-intensity interval training (HIIT), developed by experts to deliver transformative results. Featuring short, intense bursts of effort followed by periods of recovery, the scientifically structured intervals allow you to push your body into your max effort training zone – and that's where the results happen.

Yoga: This class is ideal for anyone new to yoga and interested in its benefits that will help you build strength, increase flexibility, and

find focus. It is moderately paced so you will learn the fundamental Yoga postures and principles that create a successful and effective mind/body practice.

Yoga x Pilates: A new form of yoga focused on strength, flexibility, and balance in an energizing fusion class that combines the mindful flow of yoga with the core-focused intensity of Pilates. Expect low-impact movements, controlled exercises, and full-body conditioning designed to improve posture, stability, and mobility. Perfect for all fitness levels, this class will leave you feeling stronger, centered, and refreshed.

Zumba: Zumba is an interval-style dance fitness party that combines low-intensity and high-intensity movements. This class is designed to increase your heart rate and build cardio endurance as you move to the rhythm of the Latin-inspired dance moves. (No dance experience required).



Please visit IG: @wcugrouppfitness or our website: https://www.wcupa.edu/_services/CampusRec/fitnessPrograms.aspx for updates to the 2026-2027 schedule.

SPORTS CLUBS

The Sports Clubs program consists of competitive, instructional, and recreational clubs that are unique in that they are initiated, organized, managed, and funded by students. Through this format, participating students have the opportunity to acquire skills such as leadership, organization, management, and fiscal responsibility. Sports clubs compete on a regional and national level and offer an opportunity for students to continue their athletic careers after high school.

The WCU Sports Club Council (SCC) was established in 1992 in order to have all clubs come together as a unified body and demonstrate their willingness to be recognized and registered in our WCU Student Government Association (SGA). It was designed with the sole purpose to promote mentoring, advisement, and student engagement. The Sports Clubs program at West Chester University strives to encourage participation, socialization, and competition of student organized sports clubs. Value added experiences enhance physical fitness and foster a spirit of competition.



SPORT CLUB	PRESIDENT	EMAIL
Barbell	Michael Fragale Jr	MF1014701@wcupa.edu
Baseball	Ryan Mancinelli	RM1011363@wcupa.edu
Bowling	Matt Hwang	MH1028277@wcupa.edu
Boxing	Maxwell Zampirri	MZ1013656@wcupa.edu
Climbing	Alexander Khol	AK1042875@wcupa.edu
Dance Team	Ava Pavljuk	AP1018272@wcupa.edu
Equestrian	Elsa Law	EL1025170@wcupa.edu
Fencing	Camryn Murphy	CM1021007@wcupa.edu
Field Hockey	Evelyn Wilbur	EW1052751@wcupa.edu
Golf	Ethan Martin	EM1039319@wcupa.edu
Gymnastics	Benjamin Duckworth	BD1019707@wcupa.edu
Ice Hockey (Men's D1, D2, D3, Women's)	Joey Cardarelli	JC1053570@wcu.edu
Judo	Seiya Lyobe	SL1017207@wcupa.edu
Kickboxing	Joey Panunto	JP1041469@wcupa.edu
Men's Basketball	Logan Tomison	LTomison806@wcupa.edu
Men's Lacrosse	Cohen Renninger	CR1040100@wcupa.edu
Men's Rugby	Jeffrey Tisoskey	JT1018918@wcupa.edu
Men's Soccer	Ruan Boracci	RB1035255@wcupa.edu
Men's Ultimate	Charlie Carlton	CC1023764@wcupa.edu
Men's Volleyball	Derek Stefanowucz	DStefanowucz460@wcupa.edu
Men's Water Polo	Matthew Potts	MP1011698@wcupa.edu
Pickleball	Olivia Opie	OO1015270@wcupa.edu
Softball	Rosie Miltenberger	RM1020807@wcupa.edu
Swimming	Reese McKee	RM10394408@wcupa.edu
Tennis	Luke Regnier	LR1041501@wcupa.edu
Women's Basketball	Shayne LeRay	SL1011282@wcupa.edu
Women's Lacrosse	Sarah Shives	SS1011930@wcupa.edu
Women's Soccer	Mia Disantis	MD1017144@wcupa.edu
Women's Ultimate	Sarah O'Neill	SO1053455@wcupa.edu
Women's Volleyball	Makenna Van Horn	MV1015901@wcupa.edu
Women's Water Polo	Emma Seifert	ES1026756@wcupa.edu
Wrestling	Thomas Mavroudis	TM1029972@wcupa.edu

INTRAMURAL SPORTS

Intramurals at West Chester University are designed to provide a flexible and structured environment for all students to participate. Sports are offered in both league and one day tournament formats. Interested individuals and teams must register by the entry deadlines listed below.

“I have to believe in myself, set goals for myself, set expectations for myself, and continue to work for those goals every single day.”

~ Saquon Barkley

LEAGUE OFFERINGS

LEAGUES	REGISTRATION	START DATES
Flag Football	8/10 - 8/26	9/8
Indoor Soccer	8/10 - 8/26	9/8
5on5 Basketball	11/16 - 12/14	1/26
Volleyball	11/16 - 12/14	1/26
Softball	2/8 - 3/4	3/17
Outdoor Soccer	2/8 - 3/4	3/18

For more information, or to inquire about future events, contact Demetrius Isaac disaac@wcupa.edu or follow us on Instagram [@wcupacampusrec](https://www.instagram.com/wcupacampusrec)

Please visit https://www.wcupa.edu/_services/CampusRec/intramurals.aspx for updates to the 2026-2027 schedule. To register, visit [imleagues.com/wcupa](https://www.imleagues.com/wcupa)

OUTDOOR ADVENTURE PURSUITS

The Outdoor Adventure Pursuits program strives to engage students in meaningful outdoor experiences through a variety of outdoor activities and excursions. Students are able to develop skills such as problem-solving, leadership, teamwork, communication, and self-advocacy. All abilities and experience levels are welcome!

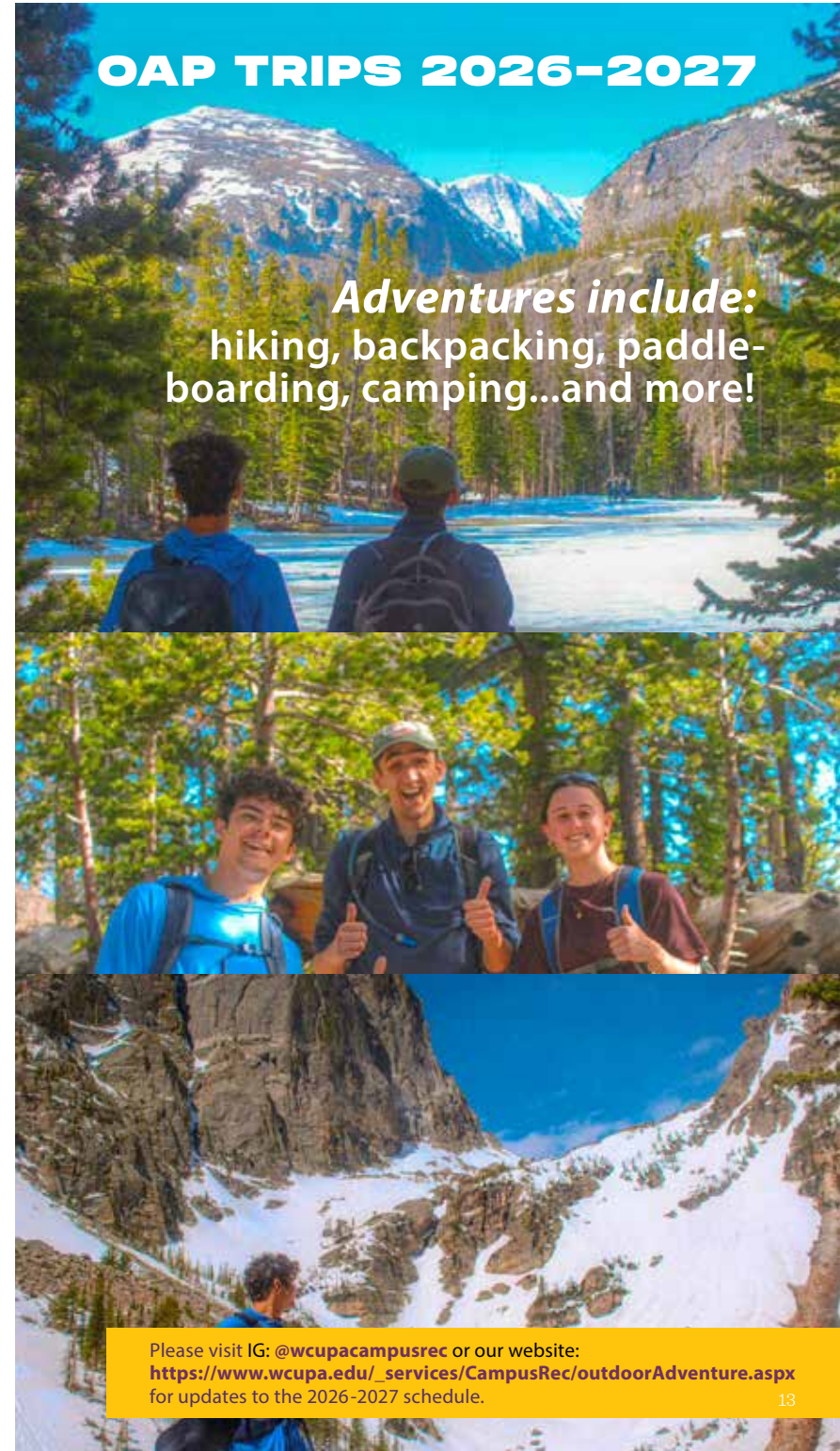


2026-2027 CLIMBING WALL HOURS
Monday–Thursday, 3:00 PM–8:00 PM



OAP TRIPS 2026-2027

Adventures include:
hiking, backpacking, paddle-boarding, camping...and more!



Please visit IG: @wcupacampusrec or our website:
https://www.wcupa.edu/_services/CampusRec/outdoorAdventure.aspx
for updates to the 2026-2027 schedule.

EMPLOYEE SPOTLIGHT

Jolie Bolognini

*Facilities Supervisor
Major: International Business*

"Working with Campus Recreation has shown me the true meaning of a strong community. The relationships I have built, the growth I've experienced, and the continuous inspiration from those around me has shaped my time at West Chester so far. I am excited to continue growing and continue expanding my connections in and outside the gym!"



"Working at the Student Recreation Center has been one of the best parts of my college experience.

Watching students compete in Intramurals and competition brings me a lot of joy. I also love all the connections that I have made here. From employees to players, each person I meet makes a positive impact on the department. Since becoming the Team Leader of the department, I have focused a lot of my time on building a close-knit community of people that all look out for each other. This is one of the main reasons I continue to look forward to working at the Rec every single day."

Justin Webber

*Intramurals Team Leader
Major: Exercise Science: Physical Therapy Concentration*



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WCU Health & Wellness
Campus Recreation

(610) 436-1REC
www.wcupa.edu/campusrec/



@wcupacampusrec
@wcugroupfitness
@wcu.oap

