

University Recreation

University Recreation (UR) is committed to creating healthy environments that engage students and the university community in learning and personal development. As the administrating unit of the Student Recreation Center (SRC), the department caters to a diverse population of internal and external patrons, as well as regional and state organizations.

University Recreation continues to contribute to WMU's ability to recruit and retain students, faculty and staff by offering programs and services that meet the needs and expectations of this constituency.

During spring and fall 2010, over 380,000 accesses were recorded through the turnstiles where the campus community engaged in some form of leisure activity. Ninety-six percent (96%) of survey respondents indicated they used the SRC more than once per week. Through a survey assessment conducted in 2010, students using the SRC noted the following top three changes about themselves: more energy, less stress, and greater self-esteem.

University Recreation employs six professional staff, six graduate assistants, and 260 student employees who support the vision for a positive, healthy and active lifestyle through recreational programs and services.

- Over 1,350 fitness classes with 18,220 participants were tracked in various fitness and wellness programs by UR in 2010.
- Intramural Sports offered 35 different sports ranging from flag football to badminton, with nearly 9,000 participants. Intramural Sports played 3,710 games with 100 officials for 1,400 teams; over 900 climbing wall participants with 650 being resident hall participants in the 2009-2010 academic year.
- The SRC is 240,000 square feet of activity space that also accommodates a series of rentals and special events. In 2010, there were 2,032 tours of the SRC with 20,500 visitors.

- The SRC is in operation 102 hours a week in the fall and 108 hours a week in the spring. The Seelye Center is open 25 hours a week for sport clubs and intramural sports.
- The SRC is the host site for the WMU Health and Wellness Expo, International Sport Night, NCCS Regional Basketball Tournament, Special Olympics, Goal Ball Tournament, Finals Finish, Cereal City Gymnastics competition, high school grad bashes, and many other community events.

The Western Herald

The Western Herald is Western Michigan University's student newspaper. The Herald provides daily news at www.westernherald.com, it is published in print Mondays and Thursdays during the fall and spring semesters, and Mondays during the summer I and summer II sessions. Throughout the year, the Herald also publishes several special sections on topics of interest to students. Students at the Western Herald gain practical experience for careers in journalism, communications, Web site development, printing, graphic arts, design, advertising sales, business, management, and photography, among others.

- During an academic year, more than 80 students are involved in publishing the Western Herald. Their commitment ranges from the editor, who averages 22 hours per week, to reporters who may contribute one story per week.
- The Herald budget is approximately \$550,000 annually, which is generated by student sales of classified and display advertising. The Herald receives no university funding.