



UC SAN DIEGO

RECREATION

IMPACT

REPORT

A decorative graphic in the bottom right corner consisting of two overlapping circles, one dark blue and one gold, with a series of thin grey lines radiating from the top left of the dark blue circle.

2023-2024

To inspire all Tritons to lead an active life

REC HAS IT COVERED



OUTDOOR SPACE



FITNESS AT RIMAC AND MAIN GYM



TWO 50-METER POOLS AT CANYONVIEW



POOL AND SPA AT THE NATATORIUM



CHALLENGE COURSE IN THE EUCALYPTUS GROVE



BAR PARK



TRITON FIT PARK



**14 TENNIS COURTS
8 PICKLEBALL COURTS**

**761,952
TOTAL VISITS**

**436,908
Swim
Sessions**

**20,110
Indoor
Climbing
Visits**

PROGRAM HIGHLIGHTS



27,816
Masters Swimming Workouts



744 Surf Class Participants

1,410 Experienced an
Outback Adventure



1,024 Swimmers in Lessons



177
Team-Building Programs



3,072 Played in
2,196 Intramural Games

170 Esports Athletes



5,883 Gamers in TEC



3,000 Meet the Beach Goers



1,700 Students Engaged
in Triton UnOlympics

4,455 Competitors battled wits
at Trivia Nights, answering
701 trivia questions

Recreation Comes to You!
Delivered **63** REC On the Go
Events & **198** FitLife Mobile Programs

1,491 Personal Services Sessions:
Personal Training, Private Pilates,
& Nutrition Session



19,194
Fitness & Yoga Class Participants



1,809 Sports Clubs Athletes
on **31** Competitive Teams

4,409 Learned New Skills in
184 Instructional Classes

REC Coordinated Over **534**
UC San Diego Athletics Events



REC REACH



8,648
Instagram
Followers
364 New Followers
on Triton Day



Added
TikTok
and had 3.3K
Views for Barbie
Video at
Main Gym



173
Alumni Connected
on Our New
LinkedIn Account



382,911
Website
Page Views

PARTNERSHIPS, HIGHLIGHTS & RECOGNITION

- ⚡ 1,205 students enjoyed Tritons Flourish collaborative wellness programs in partnerships with REC, CAPS and Student Health.
- ⚡ Supporting HDH with seven residential Mini Gyms across campus
- ⚡ Simplified membership resulting in a 48% increase for daily Fitness & Yoga class registrations and a 17% increase in full access membership
- ⚡ 98% of Fitness & Yoga class survey respondents would recommend the classes to a friend
- ⚡ Enhanced Employee Wellness using new media outlets, hosting employee Wellfest, and recruiting 70+ ambassadors
- ⚡ National Awards for RISE and Trivia Nights



Student Development, Satisfaction & Success

758 Student Employees



"My time as the Vice President of the UC San Diego Club Swim Team has been nothing short of amazing for improving my leadership skills. We received 'Team of the Year' from our league and earning that recognition is a testament to our board's leadership, collaboration, and great communication."

"I had no idea that jumping into an event operations job was going to bring me so much fulfillment through a strong sense of community, opportunities for growth, and fun experiences. Being a part of this diverse group of hard-working, down-to-earth, and personable individuals makes me look forward to every shift and working in Recreation has enhanced my college experience and inspired me to continue pushing myself to pursue a happy and healthy lifestyle."

"Going to the Collegiate Esports Awards at the PWR Up Las Vegas Conference was a great opportunity for me to work on my networking skills with industry professionals. It has made me more comfortable in approaching those who work in the industry that I would like to be a part of after graduation, and was a great opportunity for me to get closer with my peers as well. It opened up discussions about personal experiences within our respective gaming orgs, and how we can improve them from here on out."