

Westfield State University - Campus Recreation and Fitness Facilities

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1. Overview

Westfield State University is dedicated to the holistic well-being of our students, faculty, and staff. The Department of Campus Recreation provides a wide array of programs, services, and facilities designed to promote a healthy and active lifestyle. Our state-of-the-art recreation and fitness centers offer a welcoming and inclusive environment for everyone in the Westfield community to pursue their health and fitness goals. Whether you are looking to lift weights, join a group fitness class, participate in intramural sports, or explore the great outdoors, Campus Recreation has something for you. This document outlines the various facilities, programs, and services available to the campus community.

2. Services and Resources

2.1. Fitness Centers

Our fitness centers are equipped with a wide range of cardiovascular and strength training equipment to meet all your fitness needs.

- **Westfield Fitness & Recreation Center (WFRC):** The flagship facility, offering three floors of fitness equipment, an indoor track, basketball courts, a swimming pool, and a climbing wall.
- **North Campus Gym (NCG):** A smaller facility conveniently located for students living in the north residence halls, featuring a selection of cardio machines, free weights, and functional training equipment.

Equipment includes:

- Treadmills, ellipticals, stationary bikes, and rowing machines
- Free weights, weight machines, and cable stations
- Functional training areas with kettlebells, medicine balls, and resistance bands
- Stretching and core workout zones

2.2. Group Fitness Classes

We offer a diverse schedule of group fitness classes led by certified instructors. Classes are designed to be fun, engaging, and suitable for all fitness levels.

- **Yoga & Pilates:** Enhance your flexibility, balance, and core strength.
- **Zumba & Dance Fitness:** High-energy cardio workouts with exciting music and choreography.
- **Cycling:** Indoor cycling classes for a challenging cardiovascular workout.
- **Strength & Conditioning:** Full-body workouts to build strength and endurance.
- **Aquatics:** Water aerobics and other pool-based fitness classes.

2.3. Intramural Sports

Intramural sports provide an opportunity for students to compete in a fun and friendly environment. Leagues are offered for a variety of sports each semester.

- **Fall Sports:** Flag Football, Soccer, Volleyball, and Dodgeball
- **Spring Sports:** Basketball, Softball, Ultimate Frisbee, and Indoor Soccer
- **Tournaments:** 3v3 Basketball, Sand Volleyball, and other one-day tournaments are held throughout the year.

2.4. Outdoor Recreation Programs

The Outdoor Recreation program offers a chance to explore the natural beauty of the surrounding area through guided trips and equipment rentals.

- **Adventure Trips:** Day and weekend trips for hiking, kayaking, rock climbing, and camping.
- **Equipment Rentals:** Tents, sleeping bags, backpacks, and other camping gear are available for rent at affordable prices.

- **Bike Share Program:** Rent a bike for a few hours or the entire day to get around campus or explore local trails.

3. Location and Hours of Operation

Facility	Location	Fall & Spring Semester Hours	Summer & Break Hours
Westfield Fitness & Recreation Center (WFRC)	123 University Drive	Mon-Fri: 6:00 AM - 11:00 PM Sat: 8:00 AM - 9:00 PM Sun: 10:00 AM - 9:00 PM	Mon-Fri: 7:00 AM - 8:00 PM Sat-Sun: 10:00 AM - 6:00 PM
North Campus Gym (NCG)	456 Residence Hall Lane	Mon-Thu: 10:00 AM - 10:00 PM Fri-Sun: 12:00 PM - 8:00 PM	Closed
Outdoor Recreation Rental Desk	WFRC, First Floor	Mon-Fri: 12:00 PM - 6:00 PM	Closed

Hours are subject to change during holidays and special events. Please check the Campus Recreation website for the most up-to-date information.

4. Membership and Fees

Membership/Service	Cost
Student Membership	Included in student fees for full-time students
Faculty/Staff Membership	25/month or 250/year
Alumni Membership	35/month or 350/year
Group Fitness Pass	50/semester for unlimited classes or 8/class (drop-in)
Intramural Sports Team Fee	\$40/team
Locker Rental	\$20/semester

5. How to Access Services

- **Facility Access:** Your Westfield State University ID card is required for entry into all recreation facilities.
- **Group Fitness Classes:** Register for the semester pass or purchase a drop-in pass online through the Campus Recreation portal or in person at the WFRC front desk.
- **Intramural Sports:** Team captains can register their teams online during the registration period. Free agents can sign up to be placed on a team.
- **Outdoor Recreation Trips:** Sign up for trips online or at the Outdoor Recreation Rental Desk. Spots are limited and filled on a first-come, first-served basis.

6. Policies and Guidelines

- **Code of Conduct:** All members and guests are expected to conduct themselves in a respectful and responsible manner. Failure to do so may result in suspension of privileges.
- **Attire:** Appropriate athletic attire, including closed-toe shoes, is required in all fitness areas.

- **Equipment:** Please wipe down equipment after use and return all weights and accessories to their proper place.
- **Guests:** Members may bring a guest for a daily fee of \$10. Guests must be accompanied by the member at all times.

7. Contact Information

- **Main Office:** Westfield Fitness & Recreation Center, Room 101
- **Phone:** (555) 123-4567
- **Email:** campusrec@westfield.edu
- **Website:** www.westfield.edu/campusrec

8. Frequently Asked Questions (FAQ)

Q: Can I bring a guest to the fitness center?

A: Yes, members can bring a guest for a daily fee of \$10. The guest must present a valid photo ID and be accompanied by the member at all times.

Q: Are the group fitness classes suitable for beginners?

A: Absolutely! Our instructors are trained to provide modifications for all fitness levels. We encourage you to try a variety of classes to find what you enjoy.

Q: How do I join an intramural sports team if I don't have one?

A: You can sign up as a free agent on the intramural sports website. We will do our best to place you on a team.

Q: What is included in a student membership?

A: A student membership, which is included in full-time student fees, grants you access to the WFRC and NCG, the swimming pool, basketball courts, and indoor track. Group fitness classes, intramural sports, and locker rentals have additional fees.

9. Revision History

Version	Date	Author	Summary of Changes
1.0	August 15, 2023	John Smith	Initial document creation.
1.1	October 2, 2023	Jane Doe	Updated hours of operation for the fall semester.
1.2	January 10, 2024	John Smith	Added new group fitness classes for the spring semester.