

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 fall 2007 and spring 2008, over 331,759 accesses were recorded through the turnstiles where the campus community engaged in some form of leisure activity. Eighty-one percent (81%) of respondents indicated they used the SRC between 2-5 days a week. Through a survey assessment conducted in 2008, students using the SRC noted the following top three changes about themselves: more energy (66%), less stress (64%), and greater self-esteem (52%).

University Recreation employs six professional staff and 178 student employees who support the vision for a positive, healthy and active lifestyle through recreational programs and services.

- Over 960 fitness classes with 14,000 participants were tracked in various fitness and wellness programs by UR in the 2007-2008 academic year.
- Intramural Sports offered 30 different sports ranging from dodge ball to flag football with 5782 participants. Intramural Sports played 1,809 games with 105 officials for 701 teams in the 2007-2008 academic year.
- The SRC is 240,000 square feet of activity space that also accommodates a series of rentals and special events. One thousand three hundred seventy-four (1,374) tours of the SRC with 12,300 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 Annual Health and Wellness Fair, International Sport Night and Finals Finish.

The Western Herald

The Western Herald is Western Michigan University's student newspaper. The Herald is published Mondays, Tuesdays, Wednesdays and Thursdays during the fall and spring semesters; Mondays and Thursdays during the Summer I session; and each Monday during the Summer II session. 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.

- 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 writers who may contribute one story per week. The paper averages ten pages per issue.
- 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.
- The Western Herald has been publishing electronically since 1995: www.westernherald.com