

Tour the WRC

Welcome to the Wellness & Recreation Center!

The completion of the Wellness and Recreation Center (WRC) is the end of a two-phase, \$21.4 million construction project. Last year, DSU completed the construction of the first phase—a NCAA Division I-A level Strength and Conditioning Facility for the University's intercollegiate student athletes.

While the Strength and Conditioning Facility is specially designed for our dedicated student athletes, the 54,000-square-foot Wellness and Recreation Center is designed for the rest of the DSU and local Dover communities with our state-of-the-art equipment and programming. The WRC highlights the following features:

- 2 Basketball/Volleyball Courts
- 2 Group Fitness Rooms
- 2 Weight Room Areas
- Cardio Deck
- 1/8-mi Jogging Track
- Men's, Women's and Family Locker Rooms
- Juice Bar
- **Recreational Pool**
 - 10,682 sq ft
 - Inter-pool bench with jets
 - 3 Lap Lanes
 - 4 Inter-pool basketball hoops
- **Outdoor Recreational Area**
 - 3 basketball courts
 - 2 sand volleyball courts
 - Bleachers holding 200

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