



THE WELLNESS CENTER AT ANTIOCH COLLEGE:

A shared asset between the college and the community

GOOD FOR THE COLLEGE, GOOD FOR THE COMMUNITY

High-quality recreational and co-curricular activities—particularly in the areas of health, wellness, and fitness—are essential ingredients for a holistic college experience and a vibrant community. Currently, Antioch College students have very few spaces on campus to pursue recreational and wellness activities. Additionally, the Village of Yellow Springs currently lacks a state of the art recreational facility with comprehensive recreational programming for its residents.

The newly renovated Wellness Center will provide this much needed resource for students, as well as faculty, staff, and village residents. It will serve as the campus venue in which students and citizens alike can engage in behaviors that promote health, personal growth, and an enhanced quality of life. Fitness classes, intramural and club sports, mind/body classes such as mindfulness meditation, martial arts, yoga, special events, educational programming and lectures on health related topics and holistic approaches, outdoor expeditions, and aquatics are just a few of the programs that will be offered.

ABOUT THE BUILDING

The intention of the renovation was to create an inspiring facility for the College and the community to come together under one roof and participate in health and wellness activities, resulting in a healthier community. The beautiful 44,000 sq. ft. building has been renovated to meet Leadership in Energy and Environmental Design (LEED) standards while honoring its historical characteristics. Filled with natural light and open spaces, operable windows and energy efficient building systems, the Center will operate at 50% reduced energy compared to a conventional building of its size. The Center will provide a safe, vibrant, and tranquil space for recreation, with non-toxic furniture and finishes and the intentional decision for no televisions and piped-in music. The pool has been extended to competition length and has a UV filtration system that dramatically reduces the need for chemicals in the pool. Overall, the Wellness Center reflects the values of the College and the community with its emphasis on sustainability, health, and wellbeing.

A KEY INGREDIENT TO STUDENT RECRUITMENT AND SUCCESS

In addition to providing a rich intellectual environment, Antioch College is committed to serving students' physical health and wellness needs. Research on student recruitment, retention and success confirms the importance of having a recreational facility and a robust set of recreation offerings on campus. In addition to the obvious benefits of physical fitness and overall health, the availability of recreational facility and associated programs:

- Increases psychological well-being;
- Provides a healthy outlet for stress relief;
- Enables opportunities for leadership and team building;
- Helps to build character, self-confidence and a positive self concept;
- Facilitates time management and the setting of priorities;
- Improves academic success;
- Increases retention and persistence; and
- Lays the groundwork for a lifelong commitment to good mental and physical health.

AN INVESTMENT IN THE WELLNESS CENTER IS AN INVESTMENT IN OUR COMMUNITY

Our vision is to promote a community/college collaborative effort—one that shares College assets with the community of Yellow Springs and surrounding areas. Perhaps more than any other campus resource, the Wellness Center will foster this connection by providing a shared place where people of all ages can come together for recreation, exercise, social and educational opportunities.

A \$1 MILLION COMMUNITY CAMPAIGN

We all have a stake in the success of Antioch College. As such, we hope to raise \$1 million of the \$8 million total renovation cost from community resources. In announcing this effort, we have already secured commitments and donations in excess of \$700,000. Our goal is to raise the additional \$300,000 throughout the remainder of this year. These funds will be used to help pay for pool equipment, fitness equipment, a visiting physician's office, refurbished tennis courts, renovated gyms for basketball and volleyball games, renovated racquetball courts and a rain garden.

Renew yourself and the College with a gift to the Wellness Center.