

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. In 2009, 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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