

RecWell News: February 2024

SRWC Hours

Friday, Jan. 12 - Friday, May 10
Monday - Thursday: 5:30 a.m. - 10 p.m.
Friday: 5:30 a.m. - 8 p.m.
Saturday: 7 a.m. - 7 p.m.
Sunday: 8 a.m. - 7 p.m.

*Click on the link below for specific
facility area hours.*

Facility Hours Webpage

Birthday Party Rental Options

Looking for a place to celebrate someone's birthday? Celebrate with a pool party at the SRWC, a recreation party at the SRWC or a public skating party at the Ice Arena. Click on the links below for more information and reserve your party today!

SRWC Birthday Party Webpage

Ice Arena Birthday Party Webpage

SilverSneakers & Renew Active VIP Program

*Congratulations to Helen Jane Eichler,
our January 2024 Winner!*

SilverSneakers and Renew Active members, get your VIP Card at the Welcome Desk, and have the staff punch your card each time you come into the SRWC. When your card is full (10 punches), write your name, phone number and email on the back and drop it into the box to be entered to win \$25 on your account. Punches are limited to 1 punch per day. Winners are eligible to win once per year.

Pickleball Is Here!

We have added lines for 2 pickleball courts in the Multipurpose Gym. We also have portable nets setup Mondays - Fridays from 9 a.m. - 12 p.m. for drop-in use. Players are welcome to bring their own equipment or can checkout equipment from the Welcome Desk. We will be looking to add instructional programs, leagues and other special events in the near future.



Credit Card System Update (late March/early April)

We will be updating our credit card payment processing system in late March - early April. All members using auto-debit for memberships and/or lockers will need to update their card on file. **We don't need you to do anything at this time.** Additional information will be coming when we get closer. We appreciate your patience during this change.

Programs and Events

Learn to Swim Lessons

Our Learn-to-Swim program offers a group instructional setting for participants of all swimming levels. All swim classes are taught by American Red Cross-certified instructors.

Levels:

Parent/Child
Preschool
Levels 1 - 6
Adult 1-2

Group X Classes

Group X classes are instructor-led group workouts designed to help participants reach their fitness goals. These classes cater to any fitness level and are offered in a variety of different formats to meet everyone's needs. Participants must pre-register for Group X classes. Class registration ends 1-hour before each class. Each class must have a minimum of 3 people registered. Check our website for a complete schedule of classes, dates & times.

Dates and Times:

Tuesdays/Thursdays (Feb. 6 – 29)

Cost:

\$50/student, \$60/member and \$70/non-member.

Learn to Swim Webpage

First Aid/CPR/AED

All aquatics certifications are taught by American Red Cross-certified instructors. Please note that participation in a certification class does not guarantee certification. All skills related to the certification must be properly demonstrated (as defined by course outline) in order to receive certification. Participants must successfully complete all skills and score an 80% or better on each written test in order to be certified.

Date and Time:

Saturday, Feb. 24 from 12 - 5 p.m.

Location:

SRWC Seminar Room B

Cost:

Student \$70, Member \$75, Non-member \$85

Safety Certification Webpage

School's Out Adventures

Spend the day off of school with the KSU Adventure Center School's Out Adventures. Your child will spend their day learning about themselves, others, and nature doing things like rock climbing, teambuilding, high ropes, making crafts, shooting archery, kayaking in our pool, and more! Activities will be age-appropriate (K-5th graders welcome) and hands-on. Bring a swimsuit, towel, lunch, and snacks. Contact clukas@kent.edu with any questions.

Dates & Times:

Friday, Feb. 16 from 9 a.m. - 4 p.m.

Monday, Feb. 19 from 9 a.m. - 4 p.m.

Cost:

\$45 per day

School's Out Adventure Webpage

Climbing Wall Try Climbs

Patrons must first gain access to the SRWC (through an existing membership or purchase of a guest pass) to participate in the climbing options.

Try Climb: \$4 (3 climbs up the wall)

Free Try Climb Fridays: Free

Spring Wall Hours

Monday/Tuesday/Thursday: 5 - 9 p.m.

Friday: 5 - 8 p.m.

Saturday: 1 - 4 p.m.

Adventure Center Clinics & Trips

Pre-registration IS REQUIRED for all programs.

Full program descriptions are available online.

Spring Semester Schedule:

Sunday, Jan. 14 - Friday, May 10

Group X Pass Options:

Student: Included with an active membership

Faculty/Staff: Included with an annual membership for F/S member

Community: Included with an annual/auto-debit membership

All other members: \$60/semester

Virtual Membership: \$40/semester

Group X Classes Webpage

Fitness Special Events

Double Down Tuesdays Glow Spin Series *

This is your chance to test your mental and physical endurance. Immediately following the 7:30 Glow Spin class, we invite you to stay on your bike to log some extra time. The first Double Down day will be 30 minutes long and each month, the extra ride will get progressively longer.

Date & Time:

Tuesday, Feb. 6 from 8:30 - 9:30 p.m.

Cost:

Please bring 1 donation item.

Glow & Give Valentine's Day Ride*

Join us for a special treat! Several of our amazing instructors will be teaming up to teach a special Glow Spin ride. This event is free but registration is required and will fill up fast!

Date & Time:

Wednesday, Feb. 14 from 8:30 - 9:30 p.m.

Cost:

Please bring 1 donation item.

Lights, Karaoke, SPIN! *

Put those vocals to the test. Join us for a fun, free Spin class where you can lip sync or sing your heart out while pedaling to your favorite songs.

Date & Time:

Monday, Feb. 19 and Apr. 15 from 8:15 - 9:15 p.m.

Cost:

Please bring 1 donation item.

Fitness Special Events Online Registration

Fitness Instructional Programs

Muay Thai Kick Boxing (Beginner & Intermediate)

Improve your fitness and self-confidence with this beginner's, non-contact martial art that teaches you to utilize your entire body as a weapon.

Dates & Times:

Tuesdays, 6 - 7 p.m.

Session 1: Jan. 30 - Mar. 5

Cost:

Student \$30, Member \$40, Non-member \$50

*Participants can bring their own boxing gear or purchase through FitWell.

Blue & Gold Boxing

Introduction to Climbing and Belaying Clinics

Dates & Times:

Mondays & Tuesdays, 5:30 - 8 p.m.

Jan. 15 - Apr. 30 (no class on Mar. 25 and 26)

Location: SRWC Climbing Wall

Cost: Free

Pool Beginner Kayak Sessions

Dates & Times:

Thursdays, 7 - 9 p.m.

Jan. 18 - May 2 (no class on Mar. 28)

Location: SRWC Lap pool

Cost: \$7

Snowshoe Clinic

Here's your chance to learn how to snowshoe!

Snowshoes are specialized outdoor gear for walking over snow. Their large footprint spreads the user's weight out and allows them to travel largely on top of rather than through snow. Adjustable bindings attach them to appropriate winter footwear. We will start outside the SRWC and walk around campus.

Snowshoes are provided.

Date & Time: Saturday, Feb. 24 from 3 - 5 p.m.

Location: Disc Golf Course – meet at SRWC

Cost: \$5

Snowshoe Hike

Want to enjoy the gorgeous snowy weather outside?

Join the Adventure Center in snowshoeing at Cuyahoga Valley National Park. We will teach participants how to snowshoe and then hike for a couple of hours in the park. Snowshoes and transportation are provided. We will still hike even if there is not any snow.

Date & Time: Sunday, Feb. 25 from 1 - 4 p.m.

Location: Cuyahoga Valley National Valley – meet at the SRWC

Cost: \$15

Archery Clinic

Come learn to shoot archery with our Adventure Center staff. We will teach you the basics and play fun archery games. Contact actrips@kent.edu with any questions. Pre-registration IS REQUIRED.

Date & Time: Wednesday, Feb. 28 from 6 - 8 p.m.

Cost: \$5

Adventure Center Online Registration Webpage

Public Ice Skating Sessions

Come to a public skating session at the Kent State Ice Arena. Public Skating admission sales will begin 30-minutes prior to the session start time.

Click on the link below for specific dates and times and also December specials!

Prices

Skate rental is included in the admission price.

General Admission: \$12

KSU Student: \$10

KSU Faculty/Staff: \$10

Senior Citizen: \$10

Veteran/Active Military: \$10

5 and Under (with adult): \$8

Jab, hook, duck, upper cut! This 12-week program packs a powerful punch. Blue & Gold Boxing is built around fun, community and achievement while challenging you at YOUR level. You will develop a wide range of boxing skills through a progressive, tiered system while making friends and becoming part of a unique, empowering community.

Dates & Times:

Option 1: Wednesdays, 8 - 9:30 a.m., Jan. 31 - Apr. 24 (no class Mar. 27)

Option 2: Thursdays, 7 - 8:30 p.m., Feb. 1 - Apr. 25 (no class Mar. 28)

Cost:

Student \$60, Member \$70, Non-member \$80

*Participants can bring their own boxing gear or purchase through FitWell.

Women's Self Defense

This 10-week course offers a comprehensive, realistic self-defense tactics and techniques for women of all ages and abilities.

Dates & Times:

Option 1: Mondays, 4:30 - 5:30 p.m., Feb. 5 - Apr. 22 (no class Mar. 25)

Option 2: Wednesdays, 10 - 11 a.m., Feb. 7 - Apr. 24 (no class Mar. 27)

Option 3: Thursday, 5:45 - 6:45 p.m., Feb. 1 - May 2 (no class Feb. 29, Mar. 28, Apr. 18)

Cost:

Student \$55, Member \$65, Non-member \$75

Men's Self Defense

This 11-week course offers a comprehensive, realistic self-defense tactics and techniques for men of all ages and abilities.

Dates & Times:

Wednesdays, 5:45 - 6:45 p.m., Feb. 7 - Apr. 24 (no class Mar. 27)

Cost:

Student \$55, Member \$65, Non-member \$75

Adult Ballet

This 12-week course focuses on beginner to intermediate ballet techniques, movements and body alignment. You will increase your strength, flexibility, balance and stamina while having fun! This course requires no previous experience and little to no equipment. Join us for a fun, full body workout and challenge yourself this spring!

Dates & Times:

Option 1: Mondays, 8:15 - 9:15 p.m., Jan. 29 - Apr. 22 (no class Mar. 25)

Option 2: Tuesdays, 8:15 - 9:15 p.m., Jan. 30 - Apr. 23 (no class Mar. 26)

Cost:

Student \$60, Member \$70, Non-member \$80

Fitness Workshops

Mad Dogg Spinning Certification

This comprehensive, blended-learning course will give you all the hands-on tools you need to become a certified Spinning instructor so you can go on to lead your own classes.

Date & Time: Saturday, Feb. 24 from 9 a.m. - 6 p.m.

Cost: \$355

Belay & Namaste

Join us for some downward dog and climbing up rocks! We will spend an hour doing a guided yoga session to ground you, and then spend the second hour getting you off the ground! It is a great way to get in some stretching and a workout. Try something new as both activities are beginner friendly with instructors to help guide you. Fee

Public Skating Webpage

includes gear & instruction. Contact Michael at mnoga@kent.edu with any questions.

Dates & Times:

Wednesday, Feb. 7 from 6:45 - 8:45 p.m.

Cost:

Student \$7, Non-student \$10

Mindfulness and Meditation

Meditation Across Campus

Free, facilitated, 30-minute meditation sessions, open to all members of the Kent State community.

Dates and Times:

Mondays, 9 - 9:30 a.m. (Virtual link through Zoom)

Wednesdays, 4:15 - 4:45 p.m. (Virtual link through Zoom)

Mindfulness and Meditation Training

Discover how to incorporate mindfulness skills and meditation into your life to better manage stress during a free, four-week, 75-minute mindfulness class. E-mail KSoW@kent.edu to set up a 4 week class with your group during dates, times and a location convenient for you.

Mindfulness & Meditation Webpage

Vitalant Blood Drive

The KSoW has partnered with Vitalant to enable the campus community to experience the opportunity of saving a life. For every 50 units of blood collected throughout the academic year, Vitalant will award a \$500 tuition scholarship to a Kent State University student.

Dates and Times:

Wednesday, Feb. 7 and Thursday, Feb. 8

1 - 5:30 p.m.

SRWC Seminar Rooms

Appointments will be taken before walk-ins.
Use Group Code U5025

Vitalant Webpage



Kent State Farmers' Market

Tuesdays, Feb. 20 from 4 - 7 p.m.

Design Innovation Hub

Kent State University has partnered with Haymaker Farmers' Market to bring a farmer's market to the Kent Campus. The Kent State Farmers' Market provides students with opportunities to learn about the local farming community, select fresh produce and connect with the broader Kent community in addition to creating a community around food with a warm, friendly and fun

Yoga Glow Workshop

Come shine with us! You will start with learning to mix and pour your own uniquely scented candle. While those are cooling, you will be led through a relaxing multilevel yoga class with one of our amazing instructors.

Dates & Times:

Tuesday, Feb. 13 from 7 - 8:30 p.m.

Cost:

Student \$20, Member \$25, Non-member \$30

AromaYoga Workshop

Step into a serene and fragrant ambiance where you will have the chance to make your own customized (lotion, lip balm or essential oil mix). While you are basking in the scent of your own creation, relax and unwind with a multilevel yoga class led by our amazing instructor.

Dates & Times:

Thursday, Feb. 15 from 7 - 8:30 p.m.

Cost:

Student \$20, Member \$25, Non-member \$30

Tea Time & Soothing Sounds Yoga Workshop

Step into an atmosphere of soothing sounds and serene fragrances. Create your own unique loose-leaf tea blend, followed by a gentle, restorative yoga and soothing sounds meditation practice.

Dates & Times:

Wednesday, Feb. 28 from 7 - 8:30 p.m.

Cost:

Student \$20, Member \$25, Non-member \$30

Paint & Pose Yoga Workshop

Have you ever wanted to create your own custom yoga mat? Now you can! This event will provide you with the chance to paint your own mat using soft, permanent fabric paint. While your mat is drying, relax and unwind with a gentle, multilevel yoga class led by one of our amazing instructors.

Date & Time:

Thursday, Feb. 29 from 7 - 8:30 p.m.

Cost:

Student \$20, Member \$25, Non-member \$30

Fitness & Wellness Online Registration

Fitness Personal Training

Personal training is a private, one-on-one session with a certified trainer. Personal trainers design and implement customized exercise programs based on your fitness goals and specific needs. Individual results may vary.

Personal Training Quick Start Package

Personal Training Quick Start Package includes a Fitness Assessment and (3) one-hour Personal Training sessions.

- Student: \$100
- Member: \$132
- Non-member: \$166

Small Group Training Quick Start Package

Small Group Training is for groups of 2 - 5 people and includes a Fitness Assessment and (3) one-hour Personal Training sessions. Price is per person.

- Student: \$75
- Member: \$99
- Non-member: \$125

environment. The market will include selling crafts (photography, prints, glass, fiber) and educational workshops related to food as well as performances (music, dance, theater).

We also have 1/2 hour and 1-hour sessions for people of all ages and abilities!

**Kent State Farmers'
Market Webpage**

**Personal Training
Webpage**



Kent State University Recreation and Wellness Services | PO Box 5190, Kent, OH 44242

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