

RecWell News: May 2023

Annual Maintenance Shutdown

**We will be closed from
Saturday, May 13 - Sunday, May 21, 2023
due to our Annual Maintenance
Shutdown.**

Additionally, the Combative and Studio 2 will be closed until Thursday, May 25 and the Sports Arena courts will be closed until Thursday, June 1 due to resurfacing improvements. We apologize for any inconvenience.

Power Testing

Due to university electrical power supply testing on **Saturday, May 27 from 8 a.m. - 3 p.m.**, the SRWC will experience power interruptions. We ask for your patience and cooperation with our staff on this day.



Rental Locker Cleanout

During our upcoming annual maintenance shutdown, we will be cleaning the inside of all lockers. **We request that you remove your personal items from your locker prior to this shutdown to assist with our cleaning process.**

Please contact Jim Kraus at jkraus8@kent.edu or (330) 672-0465 if you have any concerns. Thank you for your cooperation and we apologize for any inconvenience.

SRWC Spring Semester Hours

Friday, Jan. 13 - Friday, May 12
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.

SRWC Summer Semester Hours

Monday, May 22 - Thursday, Aug. 17
Monday - Friday: 5:30 a.m. - 7 p.m.
Saturday: 8 a.m. - 3 p.m.
Sunday: Closed

We will also be closed on Monday, May 29 in observance of the Memorial Day holiday.

Click on the link below for area hours.

[Facility Hours Webpage](#)

SilverSneakers & Renew Active VIP Program

*Congratulations to Howard Morrette,
our April 2023 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.

Programs and Events

Adventure Center Kayaking Trips

Pre-registration IS REQUIRED for all programs.
Full program descriptions are available online.

Cuyahoga River Kayak Trip

Dates & Times:

Saturdays & Sundays,
Apr. 29 - May 7 from 2 - 5 p.m.

May 27 - Aug. 20
Saturdays: 10 a.m. - 1 p.m. and 2 - 5 p.m.
Sundays: 1 - 4 p.m.

Location: Cuyahoga River - meet at the SRWC

Cost: \$30

This trip will be held locally on the Cuyahoga River. We will meet at the Student Recreation and Wellness Center (or you can meet us at Kramer Fields - just let us know ahead of time!). From there, we will paddle to Brust Park in Munroe Falls. We will then take the shuttle back to the Student Recreation and Wellness Center. A staff member will be with you on the water for the entire trip. The trip is 4.0 miles long, is beginner friendly and no prior experience is needed. The fee includes transportation, all equipment and instruction. There is a three participant minimum to run this program..

Full Moon Float

Date & Time:

Thursday, Aug. 3, Friday Aug. 4 and Saturday, Aug. 5 from 8 - 11 p.m. (weather permitting)

Location: Wingfoot Lake State Park - meet at the SRWC.

Cost: \$35

Many people have gone kayaking, but have you ever gone kayaking under a full moon? Here's your chance to do so on a peaceful and serene lake right down the road from Kent. Enjoy a beautiful sunset, relax in nature, and let your worries drift into the night. Transportation is provided. You will meet us at the SRWC.

Online Registration 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

Summer Wall Hours:

Monday, Wednesday, Friday
5 - 7 p.m. or by appointment.



SHINEfest

As many of you know, the SRWC will be closed starting on May 13. As a membership perk, we would like to invite you to SHINEfest at a discounted rate.

SHINEfest is an all-day yoga and good-vibes festival happening in Fred Fuller Park May 13 from 9:30 a.m. - 5 p.m.

The cost for a general admissions ticket into the festival is \$19, however, as a Kent State SRWC member, you will receive a \$14 discount, making your ticket only \$5.

Kent State of Well-being will be one of the speakers at the festival on the main stage. The day will kick-off with a community yoga class.

Visit www.shineakron.com/shinefest for more information and to purchase tickets. Use promo code "fred" at checkout for your discount.

Group X Summer Semester Schedule

We will have posted the Group X Summer Semester Schedule posted online soon. Click on the schedule link below for specific class days and times as well as online registration links. Each class must have a minimum of 3 people registered 1-hour before the start of the class or the class will be cancelled.

If needed, you can purchase a Group X semester membership at the Guest Service station at the Welcome Desk for \$55/semester for in-person classes and \$40/semester for virtual classes.

Group X Class Schedule Webpage

PEAK Summer Camp

Spots still available for week #1!

Please contact Eli Mallahan at emallaha@kent.edu or 330-672-2799 if you are interested in any other weeks.

The PEAK Summer Camp is designed for children 6 - 12 years of age and is part of the American Camp



Association. Each session is facilitated by highly motivated and energetic students and professionals. Please check our webpage for more information.

