

RecWell News: April 2023

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.

Upcoming Reduced Hours:

Sunday, Apr. 9: Closed (Easter)
Friday, Apr. 21: 5:30 a.m. - 5 p.m.
(Staff Banquet)

Click on the link below for area hours.

[Facility Hours Webpage](#)

SilverSneakers & Renew Active VIP Program

*Congratulations to Edie Holcomb,
our March 2023 Winner!*

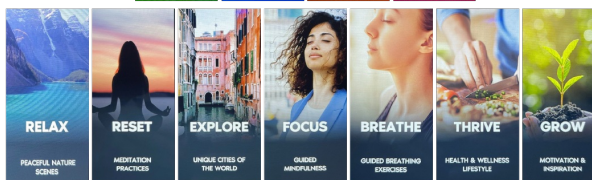
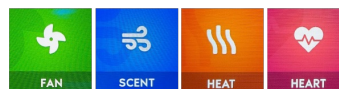
SilverSneakers and Renew Active members, get your VIP Card at the Welcome Desk, and have the staff punch your card each time you come into the SRWC. When your card is full (10 punches), write your name, phone number and email on the back and drop it into the box to be entered to win \$25 on your account.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

RelaxSpace Wellness Pod

Give members a much needed break with RelaxSpace Wellness Pod! Whether it's unwinding with calming nature sounds or travel videos, finding inner balance through meditation and mindfulness, or learning more about diet and healthy living, with RelaxSpace, a personalized and rejuvenating 15-minute escape awaits.

RelaxSpace Membership

A free trial Relax Space Spring Semester Membership is available for all active semester or longer term memberships. This membership is automatically assigned for student semester members. All other members will need to ask to have this membership added to their profile at the Guest Services station or the Fitness and Wellness Services Desk.



RelaxSpace Wellness Pods Options:

Travel & Nature Videos (with Soundscapes)
Scent Infusion
Meditation & Breathing Exercises
Heart-Rate Monitoring
Healthy Living & Self-Improvement Tips
Heat Therapy

[RelaxSpace
Webpage](#)



Earth Month: Apr. 1 - 30

The 2023 Kent State University Earth Month events were planned by the Earth Month Committee. EARTHDAY.ORG's Earth Day 2023 theme is "[Invest in Our Planet](#)". Over 1 billion participants around the world will take action this month. For a complete list, please visit the Earth Month webpage link below.

[Earth Month
Webpage](#)

Programs and Events



Black Squirrel 5k Run & 1-mile Walk/Roll/Run

Race will take place on Saturday, Apr. 8 with 8 a.m. start.

Register online with link below for \$25 (5k) and \$15 (1-mile).

Race Online Registration Webpage



PEAK Summer Camp

Registration opens on Monday, March 6

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.

PEAK Summer Camp Webpage

Group X

Spring Semester Schedule

We have posted the Group X Spring Semester Schedule online with both in-person and virtual class options. Join us for one of our classes each week such as Multilevel Yoga, Power Pilates, Cycle Express and more! 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

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.

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

Sessions:

Saturday, Apr. 8: 12 - 1:30 p.m.

Click on the link below for additional information.

Public Skating Webpage



Learn to Swim Lessons

Our Learn-to-Swim program offers a group instructional setting for participants of all swimming levels. Ages range from infants to teens. All swim classes are taught by American Red Cross-



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

Adventure Center Outdoor Skills Clinics

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

INTRODUCTION TO CLIMBING CLINICS

Dates & Times:

Mondays & Tuesdays, Jan. 23 - May 9

5:30 - 8 p.m.

Cost: Free

POOL BEGINNER KAYAK SESSIONS

Dates & Times:

Thursdays, Jan. 19 - May 4 from 7 - 9 p.m.

Cost: \$7

OUTDOOR ARCHERY CLINIC

Dates & Times:

Wednesday, Apr. 19 from 5 - 7 p.m.

Location:

Allerton Sports Complex - meet at the SRWC

Cost: \$10

Adventure Center Online Registration Webpage

Adventure Trips

TOWNER'S WOODS DAY HIKE

Date & Time: Saturday, Apr. 8 from 1 - 4 p.m.

Location: Towner's Woods Park Trail - meet at the SRWC

Cost: \$10

LOGTOWN CLIMBING TRIP

Date & Time: Saturday, Apr. 8 from 10:30 a.m. - 6:30 p.m.

Location: Logtown - meet at the SRWC

Cost: Student \$40, Non-student \$45

PENNSYLVANIA BACKPACKING TRIP

Date & Time: Friday, Apr. 14 - Sunday, Apr. 16

Location: Laurel Highlands, Pennsylvania - meet at the SRWC

Cost: \$95

Difficulty: Level 2 - Hiking experience preferred, moderate physical exertion

certified instructors.

Registration is now open!

Spring Semesters Sessions:

Tuesdays/Thursdays: Apr. 4 - Apr. 27

Levels

Preschool 1 - 3

Parent/Child

Level 1 - 6

Adult

Cost:

Student/Member: \$46

Non-student/Non-member: \$55

Learn to Swim Lessons Webpage

Safety Certifications

FIRST AID/CPR/AED

Date and Time:

Saturday, Apr. 29 from 12 - 5 p.m.

Cost:

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

CPR/AED FOR THE PROFESSIONAL RESCUER

Date and Time:

Sunday, Apr. 16 and Apr. 30 from 9 a.m. - 5 p.m.

Cost:

Student: \$75, Member: \$80, Non-member: \$90

Safety Certifications Webpage

Meditation Across Campus

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

Dates & Times:

Mondays, Jan. 23 - May 1 from 4:15 to 4:45 p.m. in the Student Recreation & Wellness Center

Tuesdays, Jan 17 - May 2 from 12:30 - 1 p.m. in the Student Leadership Center, Rm. 220

Wednesdays, Jan 25 - Apr. 26 from 10:15 - 10:45 a.m. in the Williamson House, Conf. Room

Wednesdays, Jan 18 - Apr. 26 from 4:15 - 4:45 p.m. (virtual)

Free & Confidential HIV Testing

Date & Time:

Tuesday, Apr. 11 from 11:30 am - 4 p.m.

Fresh Check Day

Date & Time:

Thursday, Apr. 20 from 11 a.m. - 2 p.m.

Design Innovation Hub

Koru Mindfulness & Meditation Training (virtual)

Date & Time:

Mondays, April 3 - 24 from 9 a.m. - 10:15 a.m.

Thursdays, April 6 - 27 from 1:30 p.m. - 2:45 p.m.

PARK CLEAN-UP VOLUNTEER EVENT

Date & Time: Friday, Apr. 21 from 12 - 5 p.m.

Location: Cuyahoga Valley National Park - meet at the SRWC

Cost: Free

OBSERVING THE NIGHT SKY

Date & Time: Thursday, Apr. 20 from 8:30 - 10 p.m.

Location: Meet at the SRWC

Cost: \$10

HOCKING HILLS CAMPING & HIKING TRIP

Date & Time: Saturday, Apr. 22 - Sunday, Apr. 23

Location: Hocking Hills State Park - meet at the SRWC

Cost: Student \$80, Non-student \$90

WEST VIRGINIA CLIMBING TRIP

Date & Time: Friday, Apr. 28 - Sunday, Apr. 30

Location: The Meadow River Gorge, West Virginia - meet at the SRWC

Cost: \$90

HIKE & (SPIN) BIKE

Date & Time: Friday, Apr. 28 from 3 - 6 p.m.

Location: Kramer Fields & Franklin Mills Riveredge - meet at the SRWC

Cost: \$20

MINDFUL HIKE

Date & Time: Saturday, Apr. 29 from 2 - 4:30 p.m.

Location: Meet at the SRWC

Cost: \$10

Difficulty: Level 1. No experience necessary, mild physical exertion.

CUYAHOGA RIVER KAYAKING TRIP

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

Location: Cuyahoga River - meet at the SRWC

Cost: Students \$30, Non-students \$35

FULL MOON FLOAT TRIP

Date & Time: Friday, May 5 & Saturday, May 6 from 7 - 10 p.m. (weather permitting)

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

Cost: Student \$35, Non-student \$40

BLACK SQUIRREL CLASSIC-O SPRING ORIENTEERING EVENT

Date & Time: Saturday, Apr. 15.

Check-in begins at 11:30 a.m.

Location: Kent State University - SRWC

Cost:

\$10 with pre-registration for NEOOC members

\$15 for non-members

\$20 Walk-up cost for anyone

Kent State of Well-being Programs Webpage**Vitalant Blood Drive**

All donors will receive an email to redeem for a \$10 Amazon Gift Card.

Dates & Times:

Wednesday, Apr. 5 and Thursday, Apr. 6 from 1 - 6 p.m. in the SRWC Seminar Rooms

Appointments will be taken before walk-ins. Photo ID required.

Sign up at link below & enter group code 5025.

Vitalant Webpage**Kent State Farmers' Market**

Tuesday, Apr. 25, 2023 from 4 - 7 p.m. at the Student Green by Risman Plaza

The Kent State Farmers' Market is a perfect example of programming that exposes the university community to nutritious local foods, products, farms and agriculture. The collaborative project aligns perfectly with the mission of the Kent State of Well-being and highlights the new eight dimensions of well-being framework promoted on our campus.

Kent State Farmers' Market Webpage**Online Registration Webpage**

