

RecWell News: August 2023

SRWC Hours

Monday, May 22 - Saturday, Aug. 19

Monday - Friday: 5:30 a.m. - 7 p.m.

Saturday: 8 a.m. - 3 p.m.

Sunday: Closed

Sunday, Aug. 20 - Saturday, Dec. 16

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.*

SRWC Natatorium Hours

Monday, May 22 - Saturday, Aug. 19

Monday - Friday

5:30 a.m. - 9 a.m. (lap pool only)

12 - 3 p.m.

4 - 6:45 p.m.

Saturday

8 a.m. - 11 a.m.

12 - 2:45 p.m.

Sunday, Aug. 20 - Saturday, Dec. 16

Monday - Thursday: 5:30 a.m. - 9:45 p.m.

Friday: 5:30 a.m. - 7:45 p.m.

Saturday: 7 a.m. - 6:45 p.m.

Sunday: 8 a.m. - 6:45 p.m.

Facility Hours Webpage

Reduced Parking Permit Prices

Starting Monday, July 31, we have reduced parking permit fees to be \$6/month and \$66/annual.

For members who have recently paid for a parking permit, please check with the Guest Service staff to see if you have a credit that can be applied towards your next permit purchase.

Refer a Friend Discount - NEW!!

Members who refer a friend will receive one free month with a limit of two referrals per calendar year. The new member must complete Refer a Friend survey at the time of the membership sale at the Guest Service station at the Welcome Desk.

SilverSneakers & Renew Active VIP Program

Congratulations to Bernadine Zapytowski, our July 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 Summer 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.

Visit the RelaxSpace webpage for more information or stop by the Fitness and Wellness Service desk on the lower level at the base of the main stairs.

Programs and Events



Adventure Center Trips & Clinics

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

Cuyahoga River Kayak Trip

Dates & Times:

Saturdays: Aug. 5 - Aug. 19
from 10 a.m. - 1 p.m. and 2 - 5 p.m.

Saturdays: Aug. 26, Sept. 2 and Sept. 23
from 2 - 5 p.m.

Sundays: Aug. 3 - 27 from 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.

Introduction to Climbing and Belaying Clinic

This two-and-a-half hour program covers the basics of indoor climbing including equipment, bouldering, top rope climbing, and belaying with an ATC and Gri-gri device. This program sets up an individual with no prior experience to take our belay test which is required when purchasing a climbing wall membership.

Date & Time:

Mondays & Tuesdays, Aug. 21 - Dec. 5
from 5:30 - 8 p.m.

Location: SRWC Climbing Wall

Cost: Free

Pool Beginner Kayak Sessions

New kayakers can come learn kayaking skills. Experienced kayakers can practice their skills. Participants may bring their own boats via the loading dock stairs and back entrance as long as the boats are FULLY CLEANED before entering the pool. If you don't own a boat, one will be provided for you to use. Pre-registration IS REQUIRED by the Wednesday before each program.

Date & Time:

Thursdays, Aug. 24 - Dec. 7 from 7 - 9 p.m.
(No program on Nov. 23)

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-certified instructors.

Registration is now open!

Fall Semesters Sessions:

Saturdays, Sept. 9 - Nov. 11
Tuesdays & Thursdays, Sept. 5 - 28
Tuesdays & Thursdays, Oct. 10 - Nov. 2
Tuesdays & Thursdays, Nov. 9 - Dec. 7

Levels

Preschool
Parent/Child
Level 1 - 6
Adult

Cost:

Student: \$50
Member: \$60
Non-member: \$70

Parking Passes are not included with registration and can be purchased at the Guest Service station at the Welcome Desk for \$6/month. Parking Services monitors the lot during weekdays only and not on weekends.

Learn to Swim Webpage

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:

Summer Semester Schedule:

May 23 - Aug. 12

Fall Semester Schedule:

Sunday, Aug. 20 - Friday, Dec. 15

Demo Week:

Sunday, Aug. 20 - Saturday, Sept. 9
(Class registration preferred but not required, first come, first serve for classes with limited spacing.)

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

Location: SRWC Lap pool
Cost: \$7

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.

Fall Wall Hours:

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

Friday: 5 - 8 p.m.

Saturday: 1 - 4 p.m.

The Climbing Wall will be closed Aug. 14 - 19

membership

All other members: \$55/semester, \$135/annually (if applicable)

Virtual Membership: \$40/semester

Group X Class Schedule Webpage

Meditation Across Campus

Join us virtually for this free, facilitated, 30-minute meditation sessions, open to all members of the Kent State community. Pre-registration is required.

Dates & Times:

Wednesdays, May 24 - Aug. 9

4:15 - 4:45 p.m.

Virtual

Meditation Across Campus Webpage



Bowman Cup 5k Race & 1-mile Fun Run

Saturday, Oct. 14, 2023

Join us in-person for the 22nd Annual Bowman Cup 5k Race and 1-Mile Run-Walk-Roll on Saturday, Oct. 14, 2023 as we kickoff Homecoming Week. The race, named after fedora-loving former Kent State University President Dr. George Bowman, will take place during Kent State University Spirit Week. Running the course allows participants to enjoy the scenic route through Kent State University and its surrounding community. Race will use chip timing.

Registration Fee:

Through Sunday, Sept. 24:

- \$30 (5k)
- \$20 (1-mile)

Monday, Sept. 25 - Saturday, Oct. 14 (no shirt included)

- \$25 (5k)
- \$15 (1-mile)

Use Coupon Code **BC-August and get \$5 off
your registration through Aug. 31!**

T-shirts: All participants registered by Sept. 24 will receive a performance race shirt. Race shirts may be available for purchase on race day based on availability.

Bowman Cup Webpage



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