

## RecWell News: July 2023

### SRWC Summer 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

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

[Facility Hours Webpage](#)

### SRWC Natatorium Summer Hours

Monday, May 22 - Thursday, Aug. 17

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.

### Lap Swimming Updated Policy

We are adjusting the lap swimming reservation booking policy from Monday, July 17 - Friday, Aug 18 as follows:

- All lap lanes will be first-come, first serve usage with no reservation bookings.
- We will always have at least 2 lanes available for open lap swimming.
- Patrons are required to share lanes, up to 4 people and circle swimming
- Water exercise (walking, jogging) will have priority usage for lane 1.
- We are evaluating all policies this summer to determine best options for the fall semester when the usage significantly increases.

### SilverSneakers & Renew Active VIP Program

*Congratulations to Neal Raber,  
our June 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 Kayaking Trips

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

#### Cuyahoga River Kayak Trip

##### Dates & Times:

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.

#### Full Moon Float

##### Dates & Times:

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

### Group X

#### Summer Semester Schedule

The Group X Summer Semester Schedule is available online. 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 \$45/semester for in-person classes and \$40/semester for virtual classes.

Group X Class Schedule  
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.

#### 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. 16

4:15 - 4:45 p.m.

Virtual

Meditation Across  
Campus Online  
Registration Webpage



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