

RecWell News: March 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.

On Tuesday, Mar. 19, the Lap Pool will close at 5 p.m. for an Intramural Sports program. The Leisure Pool and Spa will remain open.

Click on the link below for specific facility area hours.

Facility Hours Webpage

SilverSneakers & Renew Active VIP Program

*Congratulations to Janice Sibert,
our February 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.

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

Welcome Lizzy!

Please join us in welcoming Lizzy Buckholt to the Division of Student Life. Lizzy comes to us from Pennsylvania to fill our Assistant Director, Aquatics and Adventure Center role. She is passionate about creating positive, fun, and safe learning spaces. We are excited to see her put her wellness, teaching, aquatics, campus recreation, and outdoor education experiences together to serve our students and community. She is most looking forward to "meeting all of the incredible campus recreation staff and to help contribute to building a community within campus recreation" and we are excited to have her join our RecWell team!

Summit St. Cafe 20% Discount

Starting Monday, Mar. 4, all SRWC members (community, faculty/staff, students) will receive 20% off their total purchase at the Summit St. Cafe. Members will need to show their SRWC membership ID and faculty/staff/students will need to show their FlashCard.

Student Staff Appreciation Survey

We are celebrating student staff during Staff Appreciation Week, April 7-12. We want you to be a part of this special week by contributing a word, phrase, or a story that shares your experience interacting with the staff. Please complete the following quick survey to let us know.

Student Staff Appreciation Survey

Pickleball Open Play

Mondays - Fridays from 9 a.m. - 12 p.m. in the Multipurpose Gym.

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 soon.



Kent State Research Study

We are currently seeking volunteers ages 50 -79 that have been diagnosed with Parkinson's disease to participate



12th Annual Black Squirrel 5K Race & 1-Mile Walk/Roll/Run

Race will be held on Saturday, April 13, 2024

All registrations through Mar. 24 will receive a race t-shirt

\$30 (5k), \$25 (1-mile)

The race, named after Kent State University's unofficial mascot, will be available for anyone to participate. The traditional 5k course is a loop course which begins and ends near the entrance to the Beverly J. Warren Student Recreation and Wellness Center on the campus of Kent State University.

**Online
Registration**

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

Dates and Times:

Tuesdays/Thursdays (Apr. 2 - 25)

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, Mar. 16 from 12 - 5 p.m.

Location:

SRWC Seminar Room B

Cost:

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

**Safety Certification
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.

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, Mar. 5 from 8:30 - 9:30 p.m.

Cost:

Please bring 1 donation item.

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, Mar. 22

Monday, Mar. 25 - Friday, Mar. 29 (Spring Break)

Monday, Apr. 1

Cost:

\$45 per day

\$185 for Spring Break

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

Pre-registration IS REQUIRED for all programs.

Full program descriptions are available online.

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

Wilderness and Remote First Aid

This course teaches advanced skills to be used in emergencies when help from professional first responders may be far away, such as a wilderness setting. Participants will learn to respond with wilderness first aid training when faced with limited resources, longer times to care for someone, and decisions about when and how fast to evacuate an ill or injured person. The course is great for Scouts, people who live or work in a remote setting, or outdoors adventure enthusiasts. Upon successful completion of the course, participants will earn a WRFA certification good for two years. Contact Chris at clukas@kent.edu with any questions.

Feeling Lucky? St. Paddy's Day Glow & Give Ride

Are you feeling lucky? Join us for another special treat! Our amazing Spinning instructors are teaming up again to teach a special Glow Spin ride. Can you ride to the end of the rainbow to reach the pot o' gold? This event is free, but registration is required and will fill up fast!

Date & Time:

Wednesday, Mar. 13 from 8:30 - 9:30 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: Mar. 19 - Apr. 30 (no class Mar. 26)

Cost:

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

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

Fitness Workshops

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

Date & Time:

Wednesday, Mar. 6 from 6:45 - 8:45 p.m.

Cost:

Student \$7, Non-student \$10

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.

Date & Time:

Thursday, Mar. 13 from 7 - 8:30 p.m.

Cost:

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

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.

Date & Time:

Tuesday, Mar. 14 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

Pre-registration IS REQUIRED

Date & Time:

Saturday, Mar. 9 - Sunday, Mar. 10 from 8 a.m. - 6 p.m.
each day

Location:

KSU Student Recreation and Wellness Center

Cost:

\$150

Prerequisites: Must be at least 14 years old and hold current adult CPR/AED certification.

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:

Saturday, Mar. 2 from 1 - 3 p.m.

Wednesday, Mar. 13 from 6 - 8 p.m.

Saturday, Mar. 16 from 1 - 3 p.m.

Cost: \$5

Adventure Center Trips

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

Outdoor Climbing Day Trip - Logtown

Saturday, Apr. 6 from 10:30 a.m. - 6:30 p.m.

Cascade Valley Metro Park Day Hike

Sunday, Apr. 7 from 1 - 4 p.m.

Ohio Weekend Backpacking Trip - Shawnee State Park

Friday, Apr. 12 - Sunday, Apr. 14

Outdoor Climbing Overnight Trip - Red River Gorge, KY

Friday, Apr. 12 - Sunday, Apr. 14

West Branch Camping & Rock-Climbing Trip

Saturday, Apr. 20 - Sunday, Apr. 21 "for a limited time only" or "only 7 remaining!"

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!

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

Public Skating Webpage

amazing instructors.

Date & Time:

Thursday, Mar. 20 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.

Date & Time:

Wednesday, Mar. 21 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

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

Personal Training Webpage

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



Learn to Skate Lessons

Levels:

Tots

Hockey Prep

Basic 1 - 6

Adult 1 - 4

Dates and Times:

Saturdays: Mar. 2 - Apr. 13

Cost:

\$140/person

\$165/Learn to Play Hockey

[Learn to Skate
Webpage](#)



Kent State Farmers' Market

Tuesday, Mar. 19 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 environment. The market will include selling crafts (photography, prints, glass, fiber) and educational workshops related to food as well as performances (music, dance, theater).

[Kent State Farmers'
Market Webpage](#)



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