

## RecWell News: April 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.

### Upcoming Reduced Hours

Monday, Apr. 8: Normal hours except we will be closed  
from 2:30 - 4 p.m. (Eclipse)

Saturday, Apr. 13: 7 a.m. - 3 p.m. (Staff Banquet)

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

### Facility Hours Webpage

### Summit St. Cafe 20% Discount

Remember, 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.

### 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



### Happy 25th Anniversary SRWC!

The SRWC will celebrate our 25th Anniversary on Tuesday Apr. 9, 2024. We will have free guest passes all day! Also we will be handing out cookies and stickers from 11 a.m. - 1 p.m. and 4 - 6 p.m. Stop by to help us celebrate!

### SilverSneakers & Renew Active VIP Program

*Congratulations to Gail Fraizer,  
our March 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.

### 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.

### Annual Prairie Grass Burn

The University Prairie Grass site at the SRWC will have a controlled burn on Monday, Apr. 15, 2024. The burn is weather dependent and is performed by members of the City of Kent Fire Department.

This year will be a full burn of all sides of the prairie due to the amount of woody undesirables. Roads and majority of the parking lots will remain open however **please don't park in the blue outlined areas shown in the picture below. Also please keep your windows and doors closed.**

We apologize for any inconvenience and appreciate your cooperation.



Thank you



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

Race will be held on Saturday, April 13, 2024  
\$25 (5k), \$15 (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

### 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:

### Public Ice Skating Sessions

Spring is Here! So Are Our Sales!

**Buy one skating admission and get one skating admission free.**

*Applied to the lesser of the two admissions.*

Friday, Apr. 5: 7 - 8:30 p.m. (*Special Effect Lights*)

Saturday, Apr. 6: 2:20 - 3:50 p.m.

Sunday, April 7: 2:45 - 4:15 p.m.

Sunday, Apr. 14: 2:45 - 4:15 p.m. (*last public session of the season*)

#### Prices

Skate rental is included in the admission price.

General Admission: \$12

KSU Student: \$10

KSU Faculty/Staff: \$10

Senior Citizen: \$10

Mondays & Tuesdays, 5:30 - 8 p.m.

Jan. 15 - Apr. 30

Location: SRWC Climbing Wall

Cost: Free

### Pool Beginner Kayak Sessions

Dates & Times:

Thursdays, 7 - 9 p.m.

Jan. 18 - May 2

Location: SRWC Lap pool

Cost: \$7

## 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.

Student \$40, Non-student \$45

### Cascade Valley Metro Park Day Hike

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

\$10

### Ohio Weekend Backpacking Trip - Shawnee State Park

Friday, Apr. 12 - Sunday, Apr. 14

\$105

### Outdoor Climbing Overnight Trip - Red River Gorge, KY

Friday, Apr. 12 - Sunday, Apr. 14

\$105

### West Branch Camping & Rock-Climbing Trip

Saturday, Apr. 20 - Sunday, Apr. 21

\$105

### Full Moon Float

Friday, Apr. 26 from 7 - 10 p.m.

Saturday, Apr. 27 from 7 - 10 p.m.

Wingfoot Lake State Park Boat Launch – meet at the SRWC

Student \$35, Non-student \$40

### Lake Kayaking Trip

Sunday, Apr. 28 from 2 - 5 p.m.

Trail Lake Park - meet at the SRWC

Student \$30, Non-student \$35

### Cuyahoga River Kayak Trip

Saturday, May 4 from 2 - 5 p.m.

Sunday, May 5 from 2 - 5 p.m.

Cuyahoga River - meet at the SRWC

Student \$30, Non-student \$35

## Adventure Center Online Registration Webpage

Veteran/Active Military: \$10

5 and Under (with adult): \$8

## Public Skating 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, Apr. 6 and Apr. 27 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, Apr. 9 from 8:30 - 9:30 p.m.

Cost: Please bring 1 donation item.

**Lights, Karaoke, SPIN!**

Put those vocals to the test. Join us for a fun, free Spin





## Kent State Farmers' Market

**Monday, Apr. 22 from 11 a.m. - 2 p.m.**  
Risman Place in conjunction with EarthFest

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

## 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

class where you can lip sync or sing your heart out while pedaling to your favorite songs.

Date & Time: Monday, Apr. 15 from 8:15 - 9:15 p.m.

Cost: Please bring 1 donation item.

## Fitness Special Events Online Registration

## Fitness Workshops

### Belay & Namaste

Date & Time: Wednesday, Apr. 3 from 6:45 - 8:45 p.m.

Cost: Student \$7, Non-student \$10

### 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: Wednesday, Apr. 10 from 7 - 8:30 p.m.

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

### 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, Apr. 11 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, Apr. 17 from 7 - 8:30 p.m.

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

### Yoga Grow Workshop

Bring a little bit of nature into your life! You will start with potting up your own unique houseplant to enjoy at home. While those are "growing", you be led through a relaxing multilevel yoga class with one of our amazing instructors.

Date & Time: Wednesday, Apr. 24 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 amazing instructors.

Date & Time: Thursday, Apr. 25 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!**

## Vitalant Blood Drive

Wednesday, Apr. 10 and Thursday, Apr. 11  
from 2 - 6 p.m.

SRWC Seminar Rooms

All gifts of blood count toward Vitalant scholarships for students.

**All donors will be entered into Vitalant's Blaze a Trail/Earth Day Giveaway for a chance to win a \$420 gift card (redeemable via the Donor Rewards Program).**

Please eat before you donate. Bring a photo ID and a list of any medications you take.

Register with link below - use Group Code U5025

**Vitalant  
Website**

**Personal Training  
Webpage**



Kent State University Recreation and Wellness Services | PO Box 5190, Kent, OH 44242

[Unsubscribe\\_recservices@kent.edu](mailto:Unsubscribe_recservices@kent.edu)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [recservices@recservices-kent.ccsend.com](mailto:recservices@recservices-kent.ccsend.com) powered by



Try email marketing for free today!