

RecWell News: August 2025

SRWC Hours

Summer Semester Hours

Monday, May 19 - Saturday, Aug. 16

Monday – Friday: 5:30 a.m. – 8 p.m.

Saturday: 8 a.m. – 5 p.m.

Sunday: Closed

Additional Reduced Hours

Wednesday, Aug. 13: Closed 11 a.m. - 4:30 p.m.

Thursday, Aug. 14: Closed 9 a.m. - 2:30 p.m.

Saturday, Aug. 16: Open 8 a.m. - 3 p.m.

Fall Semester Hours

Sunday, Aug. 17 - Saturday, Dec. 13

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.

Facility Hours Webpage

Want to be in our Member Spotlight?

We're excited to celebrate our amazing members through various marketing efforts, and we'd love to feature you! If you're interested in being spotlighted, please take a moment to fill out our Member Spotlight Survey by clicking the link provided. Members that submit the survey will be entered into our quarterly raffle prize drawing.

Member Spotlight Survey

SRWC Birthday Parties

Looking for a unique way to celebrate your birthday?

Host your party at the SRWC! We offer exciting options listed below to make your special day unforgettable.

Contact us today to learn more!

Please e-mail srwcoperations@kent.edu or call (330) 672-0339.

Recreation Party

2 hour use of the non-member mall and exclusive use of one of the following: 1 court on the Sports Arena or Multi-purpose Gym.

Pool Party

2-hours of exclusive use of the wet classroom and unlimited time in the natatorium.

One adult guardian must be in the water for every three children who are 8 years of age and younger.

Standard Party Rates

\$180: Member

\$215: Non-member

Additional Options

Additional Staff: \$25/hour/staff

Additional passes: \$6 per person

Water Volleyball: \$40

Water Basketball: Free

Inflatable Dog (lap pool): \$100

High Ropes Course: \$100/hour

Climbing Wall: \$100/hour

Archery: \$25/hour

Theme decor: \$75

SRWC Birthday Party Webpage

Get Your Personalized Brick Today!

We are thrilled to announce the launch of our Kent State Recreation and Wellness Services Personalized Brick Campaign; decorative bricks purchased during the campaign will be displayed on the walkway of the SRWC building. We encourage you to support this campaign by purchasing a brick for \$150 to commemorate your Kent State legacy or honor friends, relatives or colleagues.

Bricks purchased by Aug. 22, 2025 will be installed for KSU Homecoming Weekend (Oct. 11, 2025)!

Proceeds from this campaign will benefit the Recreational Services Support Fund, which will help us expand access to our programs and services, enhance facilities and equipment and ensure that the SRWC remains a cornerstone of student and community support for years to come.

Personalized Brick Webpage

SilverSneakers & Renew Active VIP Program

Congratulations to Michael Mirando, our July 2025 Winner!

SilverSneakers and Renew Active members: Pick up your VIP Card at the Welcome Desk and have it punched by staff each time you visit the SRWC. Once your card is full (10 punches), write your name, phone number, and email on the back, and drop it in the box for a chance to win \$25 credited to your account! Please note: punches are limited to one per day, and winners are eligible to win once per calendar year.

Biking at Kent State Survey

This survey is being conducted by the Bicycle Advisory Committee to bring together and gain insight from students, faculty/staff, and our community who are interested in improving biking around Kent State University. The survey should take less than five minutes to complete. Thank you in advance for your response.

**Bike Survey
Link**

Programs and Events

Climbing Wall

Patrons must first gain access to the SRWC (through an existing membership or purchase of a guest pass) to participate in the climbing options.

Free Try Climb Fridays: 3 climbs up the wall

Summer Semester Wall Hours:

Monday, May 19 - Friday, Aug. 15

Monday & Friday: 5 - 7 p.m.

Fall Semester Hours:

Monday, Aug. 18 - Friday, Dec. 12

Tuesdays & Wednesdays: 5 – 8 p.m. (Climbing Wall members only)

Friday: 5 – 8 p.m. (Climbing Wall members and Free Try Climbers)

Outdoor Skills Clinics

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: Every other Mondays & Thursdays, Aug. 18 - Dec. 4 from 5:30 - 8 p.m.

Location: SRWC Climbing Wall

Cost: \$4

Pool Kayak Clinics

New kayakers can come learn kayaking 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. Contact adventurecenter@kent.edu with any questions. Pre-registration IS REQUIRED by the Wednesday before each program.

Date & Time:

Thursdays, Aug. 21 - Dec. 4 from 7 - 9 p.m.

Location: SRWC Lap pool

Cost: \$7

Learn to Skate Lessons

The format of a 60-minute Learn to Skate class* is as follows: 30 minutes of lesson time and 30 minutes of supervised practice. Practice time is vital to the progress of a skater. More time on the ice means more opportunities to refine skating skills, develop muscle memory, and confidence.

Basic Skills Bootcamp

Dates & Times:

Saturday, Aug. 16 – Sept. 27 from 9 - 10 a.m.

Levels:

Snowplow Sam

Basic 1

Basic 1 & 2

Basic 3

Basic 4

Basic 5

Basic 6

Pre-Free Skate

Adult 1 & 2

Adult 3 & 4

Cost: \$155

**Learn to Skate
Webpage**

Group Exercise Classes (Group X)

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.

Fall Semester Schedule:

Sunday, Aug. 17 - Friday, Dec. 12

Demo Weeks:

Sunday, Aug 17 - Saturday, Aug. 30

Class registration preferred but not required, first come, first serve for classes with limited spacing.

Group X Membership

Adventure Trips

Cuyahoga River Kayak Trip

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.

Summer 2025:

June 7 - Aug. 10

Saturdays: 10 a.m. - 1 p.m. or 2 - 5 p.m.

Sundays: 1 - 4 p.m.

Fall 2025

Sundays, Aug. 17, Aug. 31 and Sept. 7 from 2 - 5 p.m.

Location: Cuyahoga River in downtown Kent - meet at the SRWC

Cost: \$30

Full Moon Float

Here's your chance to enjoy a beautiful sunset, relax in nature, and let your worries drift into the night as we paddle into the sunset on a peaceful and serene lake right down the road from Kent. Transportation is provided. We will meet at the Student Recreation and Wellness Center (or you can meet us at Wingfoot Lake, just let us know ahead of time!). Contact actrips@kent.edu with any questions.

Date & Time: (weather permitting)

Thursday, Sept. 4 from 7 - 10 p.m.

Friday, Sept. 5 from 7 - 10 p.m.

Saturday, Sept. 6 from 7 - 10 p.m.

Location:

Wingfoot Lake State Park Boat Launch – meet at the SRWC

Cost: \$35

Whipp's Ledges Climbing Trip

Enjoy a day of outdoor climbing at Whipp's Ledges. Hinckley Reservation is one of the few places in northeast Ohio with exposed sandstone ledges of Sharon Conglomerate. The geology not only provides unique recreational rock climbing opportunities, but also unique habitats. This trip is great for all experience levels from beginner to experienced.

Date & Time: Saturday, Aug. 23 from 11:30 a.m. - 6:30 p.m.

Location: Hinckley Reservation - Meet at the SRWC

Cost: \$40

Lake Stand Up Paddleboarding Trip

We will be going to West Branch State Park for a beginner-friendly stand up paddleboard float. There is beautiful scenery, wildlife, and fresh air to take in while on the water. We will provide introduction to paddleboarding before we get on the water, going over lake safety, paddling strokes & more!

Date & Time:

Sunday, Aug. 24 and Sept. 13 from 2 - 5 p.m.

Location: West Branch State Park - meet at the SRWC

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

**Adventure Trips Online
Registration**

Outdoor Rental Center

Must have an SRWC membership (semester or longer) to purchase a Group X membership.

Group X memberships are \$5 cheaper if purchased prior to Aug. 31. Does not apply to other Group X membership discounts.

Visit our website for specific pricing and class schedules.

**Group X
Webpage**

FitWell Instructional Programs

Muay Thai Kick Boxing (Beginner & Intermediate)

Ready to strike, sweat, and level up? This 6-week progressive Muay Thai Kick Boxing series is designed to build skills, strength, and confidence—whether you're brand new to martial arts or looking to sharpen your technique. You'll learn foundational Muay Thai movements including punches, kicks, elbows, and knees, while developing balance, power, and precision. Each week builds on the last with a mix of drills, combos, partner work (no sparring), and conditioning. Come kick it with us and discover what you're capable of—one round at a time!

Dates & Times: Tuesdays, 6 - 7 p.m.

Session 1: Sept. 2 - Oct. 7

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

* Participants can bring their own boxing gear or purchase through the class registration or the FitWell desk.

Blue & Gold Boxing

Whether your stepping into the "ring" for the first time or looking to sharpen your combos, Blue & Gold Boxing is a 12-week program designed to build strength, confidence, and serious skills. Each week adds new techniques and challenges through progressive, system - so you'll keep leveling up, no matter your starting point. Expect boxing drills, heart-pumping workouts, and a crew that cheers you on every step (and jab) of the way. It's fitness. It's focus. It's fun. And it's for everyone.

Learn real technique: jabs, hooks, footwork & more
Boost your endurance, power, and coordination
Train in a supportive, high-energy community

Dates & Times:

Tuesdays, Sept. 2 - Dec. 2 from 7 - 8:30 p.m. (no class on 11/11 or 11/25)

Thursdays, Sept. 4 - Dec. 4 from 7 - 8:30 p.m. (no class on 10/2 or 11/27)

Cost: Student \$60, Member \$70, Non-member \$80

* Participants can bring their own boxing gear or purchase through the class registration or the FitWell desk.

Adult Ballet

Grace meets strength in this 12-week ballet course designed for beginners and those building on the basics. You'll learn foundational ballet techniques, improve posture and body alignment, and develop strength, flexibility, balance, and endurance—all in a supportive, encouraging environment. No previous dance experience? No problem! With little to no equipment needed, this class offers a fun, full-body workout that moves at your pace. Come plié, tendu, and rise to the challenge this fall!

Dates & Times: Tuesdays, Sept. 2 - Dec. 2 from 5:30 -

The Adventure Center offers rentals to anyone, and you do not have to be affiliated with Kent State to rent equipment! We have all of the gear you need for a weekend trip in the woods or a day on the river! Plus, when you rent from us, you have the chance to get advice from experienced Adventure Center staff. For more information, please call (330) 672-2803 or email actrips@kent.edu to speak to an Adventure Center staff member. A complete list of equipment and pricing is available on our website.

Kayaking & Paddleboarding Equipment Rental
Backpacking & Camping Equipment Rental
Sports & Yard Games Equipment Rental

Outdoor Rental Center Webpage

Learn to Swim Lessons

Session 1: Mon./Weds. - Sept. 8 - Oct. 1

Levels

Preschool (Levels 1 - 3)

Parent Child

Levels 1 - 5

Adult

Costs:

Early \$: By Sept. 1

Student \$55, Member \$70, Non-member \$80

Late \$: Sept. 2 - 7

Student \$65, Member \$80, Non-member \$90

Saturdays: Sept. 6 - Nov. 8

Levels

Preschool (Levels 1 - 3)

Parent Child

Levels 1 - 5

Adult

Costs:

Early \$: By Sept. 2

Student \$55, Member \$70, Non-member \$80

Late \$: Sept. 3 - 5

Student \$65, Member \$80, Non-member \$90

Learn to Swim Webpage

Adapted Aquatics Private Lessons

This is an individualized lesson in a group setting. Prior to the start of this lesson, we will organize a meet and greet for your swimmer to meet the instructor and set up goals for the lessons. This program is designed for swimmers with physical, cognitive, developmental, and neurological disabilities.

Please contact Lizzy Buckholt to schedule.

Cost:

\$150 per session (8 classes)

Safety Certifications

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.

6:30 p.m. (no class on 11/11 or 11/25)

Cost: Student \$60, Member \$70, Non-member \$80

Mini Movers Youth Dance

Wiggle, giggle, jump and jive - Mini Movers is where the fun comes alive! This high-energy dance class is perfect for kids ages 5 - 9 who love to move, groove, and use their imagination. Over 12 weeks, dancers will explore the basics of ballet and creative movement through themed activities, fun choreography, and expressive games. These classes teach movement, coordination, creativity, and imagination. They are also excellent introductions to Jazz and Ballet. Every class is an adventure that helps young movers grow strong, focused, and full of joy. No dance experience needed - just bring your energy and your imagination!

Dates & Times: Wednesdays, Sept. 10 - Dec. 3 from 5:30 - 6:30 p.m. (no class Nov. 26)

Cost: \$60

Next Step Youth Dance

Next Step is a 12-week dance class designed just for teens ages 10 - 13 who want to build confidence, learn new moves, and have a blast doing it! Each class teaches the foundations of ballet and jazz with choreography, helping dancers improve coordination, flexibility, and musicality. With a focus on self-expression and exploration, this class is perfect for both beginners and those looking to sharpen their skills in a fun, supportive space. No experience? No problem! Just bring your energy and style!

Dates & Times: Wednesdays, Sept. 10 - Dec. 3 from 6:45 - 7:45 p.m. (no class on 11/26)

Cost: \$60

All That Jazz: A 4-Part Jazz Workshop Series

Ready to jazz things up? All That Jazz is a 4-part workshop series where each class explores a different jazz dance style - bringing variety, musicality, and flair to your dance journey. From the theatrical charm of Broadway Jazz to the fierce energy of Jazz Funk, this series invites you to step outside your comfort zone, discover new grooves, and build a strong technical foundation along the way. Whether you're new to jazz or a seasoned dancer looking to spice up your repertoire, each class is designed to be welcoming, fun, and full of bold movement and self-expression. Open to all levels - bring your unique style and come ready to move!

Dates & Times: Fridays from 5:30 - 6:30 p.m.

Class 1 - Sept. 12

Class 2 - Oct. 10

Class 3 - Oct. 24

Class 4 - Nov. 7

Cost: Student \$15, Member \$20, Non-member \$25

In Motion: A 3-Part Contemporary Workshop Series

In Motion is a 3-part contemporary workshop series designed to connect dancers to their bodies, emotions, and artistic vibe. Each class will expand on choreography and guided improvisation, giving you space to strengthen technique, explore creativity, and express yourself through movement. Whether you're sliding across the floor in lyrical flow or finding freedom in spontaneous, music-driven improvisation, In Motion invites you to be bold, be present, and move with intention. Open to all levels - come as you are, move how you feel. Socks or barefoot + comfy clothes encouraged!

Dates & Times: Fridays from 5:30 - 6:30 p.m.

Class 1 - Sept. 19

Class 2 - Oct. 17

Certificates will be emailed as a PDF from the American Red Cross within 10 days of completion of the class. Class will start promptly at the designated time. Participants who are more than 10 minutes late will not be permitted to enter the class.

CPR/AED Professional Rescuer (Blended Learning)

Dates & Times:

Friday, Aug. 15: 10 a.m. - 5 p.m.

Saturday, Aug. 16: 10 a.m. - 5 p.m.

Saturday, Aug. 23: 10 a.m. - 5 p.m.

Cost: Student \$85, Member \$90, Non-member \$95

Lifeguarding with Administering Emergency O2 - Recertification Class

Dates and Times:

Saturday, Aug. 30 from 9 a.m. - 5 p.m.

Cost: Student \$275, Member \$300, Non-member \$325

Water Safety Instructor

Dates and Times: Friday, Aug. 15 - Sunday, Aug. 17
9 a.m. - 6 p.m. each day

Cost: Student \$300, Member \$325, Non-member \$350

Custom Safety Courses

We offer Custom Safety Courses for the following programs:

Adult and Pediatric First Aid, CPR/AED

Hands Only CPR

CPR/AED for the Professional Rescuer

Lifeguarding and Administering Emergency Oxygen

Water Safety Instructor

Babysitter Training

and more upon request!

Courses can be hosted at the SRWC or we can travel to your location based on your schedule! Please contact Lizzy Buckholt at dbuckhol@kent.edu for more information.

Safety Certification Webpage

Class 3 - Nov. 14

Cost: Student \$15, Member \$20, Non-member \$25

FitWell Instructional Programs Webpage

Fitness Consultations

Free Equipment Orientations

Learn how to safely and effectively use the cardio and strength equipment in our facility during this free orientation session. Our trained staff will guide you through proper techniques, adjustments, and tips to help you feel confident and get the most out of your workouts. Great for beginners or anyone needing a refresher! Register online for scheduled sessions or contact the Fitness and Wellness Services Desk at 330-672-0485.

Body Composition Testing

Our assessors will use a seven-site skinfold measurement to calculate your body composition and determine your body fat and lean mass.

Cost: Student \$10, Member \$11, Non-member \$13

Exercise Prescription

Your custom-designed fitness plan will be tailored to your assessment results and personal goals, featuring recommendations for strength, cardio, and flexibility training.

Cost: Student \$20, Member \$23, Non-member \$25

Fitness Assessment

This program offers a comprehensive evaluation of your overall fitness level, helping you understand your current status and future potential. A specialized MicroFit Youth Assessment is also available for ages 13-17.

Cost: Student \$26, Member \$29, Non-member \$32

Fitness Consultation Webpage



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

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