

## RecWell News: December 2023

### SRWC Hours

**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.

### Winter Break Hours

**Sunday, Dec. 17 - Thursday, Jan. 11, 2024**  
 Monday - Friday: 5:30 a.m. - 7 p.m.  
 Saturday: 8 a.m. - 2 p.m.  
 Sunday: Closed

**Also we will be closed on Monday, Dec. 25  
 and Monday, Jan. 1 due to holidays.**

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

**Facility Hours Webpage**

### Refer a Friend Discount

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 Marcia Long,  
 our November 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.



### Annual Holiday Giving Trees Nov. 19 - Dec. 18

Help us support these local organizations during this holiday season.

**Portage County Nursing Home  
 Children's Advantage  
 One of a Kind Pet Rescue**

There will be 3 trees in the mall of the SRWC with gift tags. Grab a tag, get the item(s) and return the item(s) along with the tag to the SRWC. Additional information available at the SRWC.



### Winter Coat & Clothing Drive

From November 13 through December 15, Kent State University will be collecting clean, gently used or new items for all ages including warm clothing, hats, gloves, scarves, and sweaters. Look for large box next to the Well Hub in the SRWC.

Winter coat and clothing donations will go to the Winter Warm Up Stations at the Women's Center in the Williamson House, the CARES Center in the Student Center room 106; and the Phyllis Zumkehr Portage County Clothing Center, which provides items to homeless individuals, families, elderly, and veterans in need free of charge. Stop by the Winter Warm-Up Stations and take what you need.

**Winter Coat & Clothing  
 Drive Webpage**

## Marketing Campaign Volunteers Needed!

Attention faculty staff and community members, we are thrilled to announce our new "EveryBODY is Welcome" marketing campaign, and want YOU to be a part of it! We are seeking volunteers to help us embrace and celebrate our diversity. If you are interested, please complete the volunteer form below by Wednesday, Dec. 6.

### Marketing Campaign Volunteer Form



### Bronze-Level Bicycle Friendly University

Kent State University is now recognized as a Bronze-level Bicycle Friendly University by the League of American Bicyclists!

Kent State University joins an elite group of 220 colleges and universities in 46 states and the District of Columbia that are taking action to address the health and environmental challenges facing America by creating campuses more welcoming to people who bike.

"It is inspiring to see so many universities committing to the vision of a Bicycle Friendly America," said Bill Nesper, executive director of the League of American Bicyclists. "These institutions, including Kent State University, are leading by example and helping to set the standard for better bicycling. Each Bicycle Friendly University acts as a trailblazer to develop and promote safer, more accessible transportation infrastructure and supportive programming for new bicyclists in their communities."

Learn more about the League and its Bicycle Friendly University program at [bikeleague.org/university](https://bikeleague.org/university).

## Programs and Events

### First Aid/CPR/AED Certification

Date and Time: Saturday, Dec. 9 from 12 - 5 p.m.

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

### Safety Certifications 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

#### Fall Wall Hours

Through Dec. 16, 2023

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

Friday: 5 - 8 p.m.

Saturday: 1 - 4 p.m.

#### Winter Break Hours

Sunday, Dec. 17, 2023 - Thursday, Jan. 11, 2024

Monday/Tuesday/Friday: 5 - 7 p.m.

### 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:** Sunday, Aug. 20 - Friday, Dec. 15

#### 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:** \$55/semester, \$135/annually (if applicable)

**Virtual Membership:** \$40/semester

### Group X Classes Webpage

## Adventure Center Clinics

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

### Introduction to Climbing and Belaying Clinics

Date & Time:

Mondays & Tuesdays through Dec. 5  
from 5:30 - 8 p.m.

Location: SRWC Climbing Wall

Cost: Free

### Pool Beginner Kayak Sessions

Date & Time:

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

Location: SRWC Lap pool

Cost: \$7

## 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 and also December specials!**

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

## Fitness Workshops

### Yoga Glow & Grow Workshop

Date & Time: Wednesday, Dec. 6 from 7 - 9 p.m.

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

### Tea Time & Soothing Sounds Yoga Workshop

Date & Time: Thursday, Dec. 7 from 7 - 9 p.m.

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

### Belay & Namaste

Date & Time: Wednesday, Dec. 6 from 7:15 - 9:15 p.m.

Cost: Student \$7, Member \$7

## 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



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

[Unsubscribe recservices@kent.edu](mailto:Unsubscribe-recservices@kent.edu)

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