

RecWell News: January 2024

Happy New Year!!!

SRWC Hours

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

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.

Reduced Hours

Monday, Jan. 15: 8 a.m. - 8 p.m. (MLK Day)

Sunday, Jan. 21: 8 a.m. - 12 p.m. (Staff Training)

*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 Will Wilen,
our December 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.



Akron vs Kent State Crosstown Throwdown Move Challenge

Monday, Jan. 22 - Sunday, Feb. 18, 2024

Kent State faculty and staff are invited to join the excitement of the "2024 Crosstown Throwdown Move Challenge!" This inclusive fitness challenge is a collaboration between the faculty and staff at the University of Akron and Kent State University, aiming to promote well-being, camaraderie, and a healthy dose of friendly competition. We encourage all levels of fitness and abilities to participate. Every move counts!

Winner will be announced at the Kent State @ Akron Men's Basketball Game on Saturday, Feb. 24.

Why Join

Build community across our campuses.

Prioritize well-being through physical activity.

Compete for the coveted "Crosstown Throwdown" trophy!

Enjoy a sense of accomplishment and fun.

Cost

\$10/person (includes Crosstown Throwdown t-shirt)

How to Participate

Step 1: Register online between Monday, Jan. 1 - Sunday, Jan. 28 @midnight (select your university when registering).

Step 2: Move, groove, and stay active in any way that suits you! Walking the dog, shoveling snow, riding a bike, walking! Time for each movement is converted into points. For example, jogging = 156 points/minute, shoveling snow = 133 points/minute.

Crosstown Throwdown Move Challenge Webpage

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:

Saturdays (Jan. 27 – Mar. 16)

Tuesdays/Thursdays (Feb. 6 – 29)

Cost:

\$50/student, \$60/member and \$70/non-member.

Learn to Swim Webpage

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: All programs are 9 a.m. - 4 p.m.

A typical daily schedule will be available soon!

Friday, Feb. 2

Friday, Feb. 16

Monday, Feb. 19

Friday, Mar. 22

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

Monday, Apr. 1

Friday, May 24

Cost: \$45 per day, \$185 for Spring Break week

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

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

Demo Weeks

Sunday, Jan. 14 - Sunday, Jan. 28

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 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 1: Jan. 30 - Mar. 5

Cost:

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

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

Blue & Gold Boxing

Jab, hook, duck, upper cut! This 12-week program packs a powerful punch. Blue & Gold Boxing is built around fun, community and achievement while challenging you at YOUR level. You will develop a wide range of boxing skills through a progressive, tiered system while making friends and becoming part of a unique, empowering community.

Dates & Times:

Option 1: Wednesdays, 8 - 9:30 a.m., Jan. 31 - Apr. 24 (no class Mar. 27)

Option 2: Thursdays, 7 - 8:30 p.m., Feb. 1 - Apr. 25 (no class Mar. 28)

Cost:

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

Adventure Center Online Registration Webpage

Learn to Skate Lessons

Levels:

Tots

Hockey Prep

Basic 1 - 6

Adult 1 - 4

Dates and Times:

Saturdays (Jan. 13 – Feb. 17)

Sundays (Jan. 14 - Feb. 25/ Learn to Play Hockey)

Cost:

\$140/person

\$165/Learn to Play Hockey

Learn to Skate 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

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

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

Women's Self Defense

This 10-week course offers a comprehensive, realistic self-defense tactics and techniques for women of all ages and abilities.

Dates & Times:

Option 1: Mondays, 4:30 - 5:30 p.m., Feb. 5 - Apr. 22 (no class Mar. 25)

Option 2: Wednesdays, 10 - 11 a.m., Feb. 7 - Apr. 24 (no class Mar. 27)

Option 3: Thursday, 5:45 - 6:45 p.m., Feb. 1 - May 2 (no class Feb. 29, Mar. 28, Apr. 18)

Cost:

Student \$55, Member \$65, Non-member \$75

Men's Self Defense

This 11-week course offers a comprehensive, realistic self-defense tactics and techniques for men of all ages and abilities.

Dates & Times:

Wednesdays, 5:45 - 6:45 p.m., Feb. 7 - Apr. 24 (no class Mar. 27)

Cost:

Student \$55, Member \$65, Non-member \$75

Adult Ballet

This 12-week course focuses on beginner to intermediate ballet techniques, movements and body alignment. You will increase your strength, flexibility, balance and stamina while having fun! This course requires no previous experience and little to no equipment. Join us for a fun, full body workout and challenge yourself this spring!

Dates & Times:

Option 1: Mondays, 8:15 - 9:15 p.m., Jan. 29 - Apr. 22 (no class Mar. 25)

Option 2: Tuesdays, 8:15 - 9:15 p.m., Jan. 30 - Apr. 23 (no class Mar. 26)

Cost:

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



Fitness Workshops

Good Intentions Yoga Workshop

Be more mindful when setting your intentions for this upcoming semester. In this workshop, you will learn how to create your own unique bullet journal, vision board and "Intentions" bracelet to help organize your thoughts and map out your goals. This will be followed by a multi-level yoga class with one of our amazing instructors.

Date & Time:

Wednesday, Jan. 24 from 7 - 8:30 p.m.

Cost:

Student \$10, Member \$15, Non-member \$20

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

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

Vitalant Blood Drive

The KSoW has partnered with Vitalant to enable the campus community to experience the opportunity of saving a life. For every 50 units of blood collected throughout the academic year, Vitalant will award a \$500 tuition scholarship to a Kent State University student.

Dates and Times:

Wednesday, Feb. 7 and Thursday, Feb. 8
1 - 5:30 p.m.

SRWC Seminar Rooms

Appointments will be taken before walk-ins.
Use Group Code U5025

Vitalant Webpage

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:

Wednesday, Jan. 31 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



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

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