

RecWell News: June 2023

SRWC Summer Hours

Monday, May 22 - Thursday, Aug. 17

Monday - Friday: 5:30 a.m. - 7 p.m.

Saturday: 8 a.m. - 3 p.m.

Sunday: Closed

**We will also be closed on
Monday, June 19 in observance
of the Juneteenth holiday.**

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

[Facility Hours Webpage](#)

SRWC Natatorium Summer Hours

Monday, May 22 - Thursday, Aug. 17

Monday - Friday

5:30 a.m. - 9 a.m. (lap pool only)

12 - 3 p.m.

4 - 6:45 p.m.

Saturday

8 a.m. - 11 a.m.

12 - 2:45 p.m.

**The Leisure Pool will be closed on
Friday, June 2 due to staffing
concerns.**

Welcome Dr. Hill

Assistant Dean of Students for Recreation and Wellness Services



Please join us in welcoming Dr. Dominique Hill to our department as the Assistant Dean of Students for Recreation and Wellness Services. Dr. Hill is currently the Director of Wellness at Baylor University in Waco, TX and brings with him over fifteen years of experience in the field of recreation and wellness within higher education. Dr. Hill recently developed a strategic plan at Baylor which addressed the mental, emotional, and physical health needs of their student body ensuring a focus on students' interpersonal growth, education, and overall development. In the Spring 2021 semester, Baylor University recognized Dr. Hill by awarding him the inaugural Staff Champion of Change Award and the Diversity Enhancement Award.

Dr. Hill earned his Bachelor of Arts in Physical Education, Exercise and Sport Science from the University of North Carolina at Chapel Hill, his Master of Science in degree in Management and Leadership, and his Doctor of Education in Educational Leadership, both from Tarleton State University.

When Dr. Hill was asked what he was looking forward to the most in his position, he shared: "I am thrilled to join the historic Kent State University and look forward to engaging both the campus and local communities. I am passionate about student success and will work to ensure that RecWell offers events and activities that are welcoming, engaging, educational, and appealing."

We are looking forward to welcoming Dr. Hill as a Golden Flash on Tuesday, June 20.

SilverSneakers & Renew Active VIP Program

Congratulations to Brian Kollat, our May 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.

Programs and Events

Adventure Center Kayaking Trips

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

Cuyahoga River Kayak Trip

Dates & Times:

May 27 - Aug. 20

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

Sundays: 1 - 4 p.m.

Location: Cuyahoga River - meet at the SRWC

Cost: \$30

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. The fee includes transportation, all equipment and instruction. There is a three participant minimum.

Full Moon Float

Dates & Times:

Thursday, Aug. 3, Friday Aug. 4 and Saturday, Aug. 5 from 8 - 11 p.m. (weather permitting)

Location: Wingfoot Lake State Park - meet at the SRWC.

Cost: \$35

Many people have gone kayaking, but have you ever gone kayaking under a full moon? Here's your chance to do so on a peaceful and serene lake right down the road from Kent. Enjoy a beautiful sunset, relax in nature, and let your worries drift into the night. Transportation is provided. You will meet us at the SRWC.

**Online Registration
Webpage**

Group X

Summer Semester Schedule

The Group X Summer Semester Schedule is available online. Click on the schedule link below for specific class days and times as well as online registration links. Each class must have a minimum of 3 people registered 1-hour before the start of the class or the class will be cancelled.

If needed, you can purchase a Group X semester membership at the Guest Service station at the Welcome Desk for \$45/semester for in-person classes and \$40/semester for virtual classes.

**Group X Class Schedule
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

Summer Wall Hours:

Monday, Wednesday, Friday
5 - 7 p.m. or by appointment.

Meditation Across Campus

Join us virtually for this free, facilitated, 30-minute meditation sessions, open to all members of the Kent State community. Pre-registration is required.

Dates & Times:

Wednesdays, May 24 - Aug. 16

4:15 - 4:45 p.m.

Virtual

**Meditation Across
Campus Online Registration
Webpage**

