RecWell News: March 2023

SRWC Spring Semester Hours
Friday, Jan. 13 - Friday, May 12
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.

Spring Break Hours
Sunday, Mar. 26: Closed
Monday, Mar. 27 - Friday, Mar. 30:
  5:30 a.m. - 7 p.m.
  Saturday, Apr. 1: 8 a.m. - 3 p.m.

Click on the link below for area hours.

SilverSneakers & Renew Active VIP Program

Congratulations to Pam Krcmar, our February 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.

Facility Hours Webpage

RelaxSpace Wellness Pod is here!
Give members a much needed break with RelaxSpace Wellness Pod! Designed to reduce stress, promote relaxation, enhance muscle recovery and more, our RelaxSpace Wellness Pod offers a unique, multi-sensory experience that can be enjoyed by anyone, anytime.

Whether it’s unwinding with calming nature sounds or travel videos, finding inner balance through meditation and mindfulness, or learning more about diet and healthy living, with RelaxSpace, a personalized and rejuvenating 15-minute escape awaits.

RelaxSpace Membership
A free trial Relax Space Spring Semester Membership is available for all active semester or longer term memberships. This membership is automatically assigned for student semester members. All other members will need to ask to have this membership added to their profile at the Guest Services station or the Fitness and Wellness Services Desk.

RelaxSpace Wellness Pods Options:
  Travel & Nature Videos (with Soundscapes)
  Scent Infusion
  Meditation & Breathing Exercises
  Heart-Rate Monitoring
  Healthy Living & Self-Improvement Tips
  Heat Therapy

RelaxSpace Webpage

Women’s History Month: Mar. 1 - 31
Women’s History Month is a dedicated month to reflect on the often-overlooked contributions of
Women's History Month

Webpage

Women have played a key role in communicating issues through art, sports, politics, social media, podcasts, TV/radio and many other mediums which is oftentimes omitted in history all over the world. While honoring the expeditionary who paved the way, we also wish to celebrate and acknowledge the history being made today as we look forward to a more equitable future. Please check our website for a complete list of events and activities.

Mental Health Awareness Month - Mental Health Champions

As a part of our inaugural Mental Health Awareness Month Campaign at Kent State University, the Kent State of Well-being partnered with several areas across campus to develop a Mental Health Champion Award. Congratulations to the following recipients of this award:

Carmen Grubbs – Administrative Secretary, Kent Student Center & Involvement
Michelle Corvette – Assistant Director, Center for Teaching and Learning
Jeremi Weidner – Academic Advisor II, Geauga Campus
Erin Ahrens – Honors Coordinator II, Honors College

We are so grateful for all the winners and the additional nominees for their contribution to promoting mental health on our campus. To read more about the inaugural Mental Health Awareness Month Campaign and the Mental Health Champion Award, please visit our website.

Programs and Events

Black Squirrel

5k Run & 1-Mile Walk/Roll/Run

All registrations through Sunday, May 19 include a race t-shirt.
$30 (5k) and $25 (1-mile)

Use coupon code BS5k-news to get $5 off!

PEAK Summer Camp

Registration opens on Monday, March 6

The PEAK Summer Camp is designed for children 6 - 12 years of age and is part of the American Camp Association. Each session is facilitated by highly motivated and energetic students and professionals. Please check our webpage for more information.
RACE will take place on Saturday, Apr. 8

Learn to Swim Lessons
Our Learn-to-Swim program offers a group instructional setting for participants of all swimming levels. Ages range from infants to teens. All swim classes are taught by American Red Cross-certified instructors.

Registration is now open!

Spring Semesters Sessions:
Tuesdays/Thursdays: Apr. 4 - Apr. 27

Levels
Preschool 1 - 3
Parent/Child
Level 1 - 6
Adult

Cost:
Student/Member: $46
Non-student/Non-member: $55

Safety Certifications
First Aid/CPR/AED
Date and Time:
Saturday, Mar. 18 from 12 - 5 p.m.
Cost:
Student: $70, Member: $75, Non-member: $85

CPR/AED for the Professional Rescuer
Date and Time:
Sunday, Mar. 19 from 9 a.m. - 5 p.m.
Cost:
Student: $75, Member: $80, Non-member: $90

Fitness Instructional Programs
Muay Thai Kick Boxing (Levels 1 & 2)
Dates & Times:
Tuesdays, Mar. 14 - Apr. 25 from 6 p.m. - 7 p.m.
Cost:
Student $25, Member $35, Non-member $45

Adult Ballet (Levels 1 & 2)
Dates & Times:
Mondays, Mar. 13 - Apr. 24 from 6:45 - 7:45 p.m.
Cost:
Student $25, Member $35, Non-member $45

Fitness & Wellness 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.

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

Sessions:
Saturday, Mar. 4: 12 - 1:30 p.m.
Sunday, Mar. 5: 11:30 a.m. - 1 p.m.
Saturday, Mar. 11: 12 - 1:30 p.m.
Saturday, Mar. 18: 12 - 1:30 p.m.
Saturday, Mar. 25: 12 - 1:30 p.m.

Click on the link below for additional information.
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

Adventure Center
Outdoor Skills Clinics
Pre-registration IS REQUIRED for all programs. Full program descriptions are available online.

Introduction to Climbing Clinics
Dates & Times:
Mondays & Tuesdays, Jan. 23 - May 9
5:30 - 8 p.m.
Cost: Free

Pool Beginner Kayak Sessions
Dates & Times:
Thursdays, Jan. 19 - May 4 from 7 - 9 p.m.
Cost: $7

Archery Clinic
Dates & Times:
Wednesday, March 8 from 6 - 8 p.m.
Wednesday, March 15 from 6 - 8 p.m.
Saturday, March 18 from 1 - 3 p.m.
Cost: $5

Wilderness and Remote First Aid
Date & Time:
Saturday, Mar. 11 and Sunday, Mar. 12 from 8 a.m. - 6 p.m.
Cost: $150

Meditation Across Campus
Free, facilitated, 30-minute meditation sessions, open to all members of the Kent State community.
Dates & Times:
Mondays, Jan. 23 - May 1 from 4:15 to 4:45 p.m. in the Student Recreation & Wellness Center
Tuesdays, Jan 17 - May 2 from 12:30 - 1 p.m. in the Student Leadership Center, Rm. 220
Wednesdays, Jan 25 - Apr. 26 from 10:15 - 10:45 a.m. in the Williamson House, Conf. Room
Wednesdays, Jan 18 - Apr. 26 from 4:15 - 4:45 p.m. (virtual)

Free & Confidential HIV Testing
Date & Time:
Wednesday, Mar. 8 from 11:30 am - 4 p.m.

Vitalant Blood Drive
Dates & Times:
Wednesday, Apr. 5 and Thursday, Apr. 6 from 1 - 6 p.m.
SRWC Seminar Rooms

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. Appointments will be taken before walk-ins. Photo ID required. Sign up at link below & enter group code 5025.

Kent State Farmers' Market
Tuesday, Mar. 21, 2023 from 4 - 7 p.m. in the DI Hub

The Kent State Farmers' Market is a perfect example of programming that exposes the university community to nutritious local foods, products, farms and agriculture. The collaborative project aligns perfectly with the mission of the Kent State of Well-being and highlights the new eight dimensions of well-being framework promoted on our campus.