

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](#)

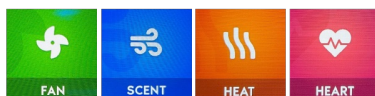
RelaxSpace Wellness Pod is here!

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

2023 WOMEN'S HISTORY MONTH

FOR MORE INFO:  @WCKENTSTATE



**Women's History Month
Webpage**

women in United States history. This year's theme focuses on **"Celebrating Women Who Tell Our Stories"** which aims to highlight women, both past and present, who voice inequity and advocate for change. 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.

**Mental Health Awareness Month
Webpage**

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.

PEAK Summer Camp

Race Online Registration Webpage



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

Learn to Swim Lessons Webpage

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. - 5p.m.

Cost:

Student: \$75, Member: \$80, Non-member: \$90

Safety Certifications Webpage

Group X Spring Semester Schedule

We have posted the Group X Spring Semester Schedule online with both in-person and virtual class options. Join us for one of our classes each week such as Multilevel Yoga, Power Pilates, Cycle Express and more! 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 \$55/semester for in-person classes and \$40/semester for virtual classes.

Group X Class Schedule Webpage

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.

Public Skating 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

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

Adventure Center Online Registration Webpage



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.

Kent State of Well-being Programs Webpage

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.

Vitalant Webpage

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.

Kent State Farmers' Market Webpage

