

## RecWell News: November 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.

### Upcoming Reduced Hours

Friday, Nov. 10: 8 a.m. - 8 p.m.  
Wednesday, Nov. 22: 5:30 a.m. - 5 p.m.  
Thursday, Nov. 23: Closed  
Friday, Nov. 24: 8 a.m. - 5 p.m.

*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 John Paul Lang,  
our October 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.

### Exterior Door Lock Changeover Project - Tuesday, Nov. 14

Beginning Tuesday, Nov. 14, the SRWC exterior doors will switch over to the new UFM Door Access Standard. This project was a public safety priority to give the ability for lock down as well as moving to the new university process. **This new system will automatically unlock the exterior doors based on scheduled facility hours (i.e. 5:30 a.m. on weekdays, 7 a.m. Saturdays, 8 a.m. Sundays)** Our staff may be able to open the doors a little earlier to allow patrons to enter the facility prior but this is not guaranteed. We apologize for any inconvenience and appreciate your cooperation and patience with this new process.

### Child Supervision Policies

**Children 12 years and under** must be directly supervised (same room) by an adult (18 years of age or older) at all times in the SRWC. These children may have general use of the SRWC with the exception of the fitness floors, weight floor, circuit and equipment located on the track level.

**Youth 13 - 15 years of age** must be accompanied by an adult (18 years of age or older) into the SRWC. The adult must remain in the building during the child's use; however, direct supervision is not required. Children in this age group have general access to the building, with the exception of the weight room and the climbing wall.

**Youth 16 - 17** can enter the facility without the need for adult supervision.

**Children ages 13 - 15** who wish to use the selectorized equipment and cardiovascular machines must complete New User Orientation.

**Children over the age of 4 years old** are not permitted in the locker room of the opposite sex. The Universal Restrooms are available for your convenience.



## Veterans Day Commemoration

All are invited to pay tribute to those who have served in the United States Armed Forces. A special invitation is extended to Kent State faculty, staff, students and community members who are veterans, active service members or who have family members in the military.

Kent State will pay tribute to those who have served in the United States Armed Forces on **Thursday, Nov. 9, at 11 a.m.** on the Student Green at Risman Plaza.

For up-to-date information or to watch the event live, please visit the Veterans Day Commemoration website.

**Veterans Day  
Commemoration  
Website**



## Native American Heritage Month

Native American Heritage Month is a time to celebrate, recognize, and inform the public about the culture, traditions, histories, art, and contributions of American Indians and Alaska Natives. The theme "Honoring the Past, Recognizing the Present, Making Stories for the Future" allows us to pay tribute to Native traditions while embracing current experiences. As we honor those who came before us, we celebrate those making strides in the present day to advance cultural preservation and restorative justice. Visit Native American Heritage Month website for the list of events occurring at Kent State University.

**Native American  
Heritage Month  
Webpage**



## 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.

## Programs and Events

### 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!**

#### Fall Semesters Sessions:

Tuesdays & Thursdays, Nov. 9 - Dec. 7

#### Levels

Preschool  
Parent/Child  
Level 1 - 6  
Adult

#### Cost:

Student: \$50  
Member: \$60  
Non-member: \$70

### 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)

Parking Passes are not included with registration and can be purchased at the Guest Service station at the Welcome Desk for \$6/month. Parking Services monitors the lot during weekdays only and not on weekends.

## Learn to Swim Webpage

### First Aid/CPR/AED Certification

#### First Aid/CPR/AED

Date and Time: All classes from 12 - 5 p.m.

Saturday, Nov. 18

Saturday, Dec. 9

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:

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

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

#### Archery Clinic

Date & Time:

Wednesday, Nov. 15 from 6 - 8 p.m.

Saturday, Nov. 18 from 1 - 3 p.m.

Location: SRWC Multi-purpose Gym

Cost: \$5

## Adventure Center Online Registration Webpage

Virtual Membership: \$40/semester

## Group X Classes Webpage

### Fitness Certifications & Workshops

#### Sound Bath Meditation Workshop

Dates & Times:

Saturday, Nov. 4 from 2 - 3 p.m.

Cost: Student \$7, Member \$10, Non-member \$12

#### Yoga Glow Workshop

Dates & Times:

Wednesdays, Nov. 15 from 7 - 9 p.m.

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

#### AromaYoga Workshop

Dates & Times:

Thursdays, Nov. 16 from 7 - 9 p.m.

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

#### Yoga Grow Workshop

Dates & Times:

Wednesdays, Nov. 29 from 7 - 9 p.m.

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

#### Soothing Sounds & Meditation Workshop

Dates & Times:

Thursdays, Nov. 30 from 7 - 9 p.m.

Cost: Student \$7, Member \$10, Non-member \$12

### Fitness Special Events

#### Double Down Tuesdays Glow Spin Series

Date & Time:

Tuesday, Nov. 14 from 8:30 - 9:30 p.m.

#### Lights, Karaoke, SPIN!

Date & Time:

Wednesday, Nov 15 from 8:30 - 9:30 p.m.

#### Thanksgiving Give & Glow Ride

Date & Time:

Tuesday, Nov. 21 from 8:45 - 9:45 p.m.

#### Butterball Burn-Off

Date & Time:

Friday, Nov. 24 from 10 - 11:30 a.m.

#### Belay & Namaste

Dates & Times:

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



## Kent State Farmers' Market

Tuesday, Nov. 14 from 4 - 7 p.m.

Design Innovation Hub

### Farmers' Market 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.

### November Canned Food Drive

Bring a canned/non-perishable good to any of the November Public Skating sessions at get \$1 off per item (maximum of \$3 off) your admission.

### 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

Click on the link below for specific dates and times.

### Public Skating Webpage

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

## Meditation Across Campus

Join us virtually for this free, facilitated, 30-minute meditation sessions, open to all Kent State faculty, staff and students.

### Virtual Options:

Mondays, 9 - 9:30 a.m.

Wednesdays, 4:15 - 4:45 p.m.

### In-Person Options:

Mondays, 3:30 - 4 p.m., CUE CommUnity Lab Lounge

Wednesdays, 12 - 1 p.m., Williamson House

### Meditation Across Campus 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 & Times:

Wednesday, Nov. 29 and Thursday, Nov. 30

from 1 - 5:30 p.m. in the SRWC Seminar Rooms

**Schedule an appointment today & use code U5025**

Appointments will be taken before walk-ins

### Vitalant Blood Drive Website



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