

RecWell News: October 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.

Fall Break Hours (Oct. 5 - 7)

Thursday, Oct. 5: 5:30 a.m. - 7 p.m.
Friday, Oct. 6: 5:30 a.m. - 7 p.m.
Saturday, Oct. 7: 7 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.

Reduced Parking Permit Prices

**We have reduced parking permit fees to be
\$6/month and \$66/annual.**

For members who have recently paid for a parking permit, please check with the Guest Service staff to see if you have a credit that can be applied towards your next permit purchase.

SilverSneakers & Renew Active VIP Program

Congratulations to Joel Slater, our September 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.



BICYCLE FRIENDLY
UNIVERSITY

Bicycle Friendly Campus Survey

Kent State University has applied for the [Bicycle Friendly University](#) designation from the [League of American Bicyclists](#). We would like to hear from you about your experience bicycling on the campus, and your perspective of Kent State University's efforts to encourage, promote, and accommodate bicycling.

Please complete the 2023 Bicycle Friendly University Campus Reviewer Survey before Oct. 10, 2023

**2023 Bicycle Friendly
University Campus
Reviewer Survey**

Kent State University presents

**mental
health
awareness
month**

Find programs & activities or add yours:

WWW.KENT.EDU/RECWELL/MENTALHEALTHAWARENESSMONTH

#MentalHealthAwareness



Mental Health Awareness Month

October is Mental Health Awareness Month at Kent State University! Although not consistent with the National Health Observance calendar, this month was chosen as the need for mental health support peaks

11th Annual Bra Recycling Drive: Oct. 2 - 27

The 11th Annual Bra Recycling Drive runs Oct. 2 - 27, hosted by Kent State University's Athletics, Division of Human Resources Employee Wellness and Health Promotion, Kent State of Well-being, Office of Sustainability, and the Women's Center. Bras that are washed and clean can be **dropped off from Oct. 2 - 27** at the WellHub in the SRWC. Additional drop-off locations include the Women's Center, Williamson House; Satterfield Hall first floor; MAC Center front lobby; Heer Hall 1st floor lobby and Heer Hall parking lot during mammogram screenings; or sent via intercampus mail to the Women's Center in Williamson House or the Office of Sustainability in Harbour Hall.

October is National Breast Cancer Awareness Month. Bras that are in good condition will be donated to the Phyllis Zumkehr County Clothing Center, and worn-out bras will be recycled. As a reminder Phyllis Zumkehr County Clothing Center accepts clothing donations.

Bra Recycling Drive Webpage

during October. This designation will continue to highlight Mental Illness Awareness Week during the first week of October while providing an opportunity for non-clinical campus partners to showcase their shared commitment to increasing mental health awareness. This month will also serve as a broad reminder of the support, training, and resources available throughout the year.

In addition to the programs and activities during the month, you can nominate a student, faculty or staff that went above and beyond to promote mental health and well-being for the Mental Health Champion Award. The nomination deadline is Saturday, Oct. 28. Additional information regarding Mental Health Awareness Month and the Mental Health Champion award can be found online

Mental Health Awareness Month Webpage

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, Oct. 10 - Nov. 2

Tuesdays & Thursdays, Nov. 9 - Dec. 7

Levels

Preschool

Parent/Child

Level 1 - 6

Adult

Cost:

Student: \$50

Member: \$60

Non-member: \$70

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, Oct. 28

Saturday, Nov. 18

Saturday, Dec. 9

Cost:

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)

Virtual Membership: \$40/semester

Group X Classes Webpage

Fitness Instructional Programs

Muay Thai Kick Boxing (Levels 1 & 2)

Dates & Times: Tuesdays, 6 - 7 p.m.

Oct. 24 - Dec. 5 (no class on Nov. 21)

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

Fitness Certifications & Workshops

Yoga Glow Workshop

Dates & Times:

Wednesdays, Oct. 11 & Nov. 15

7 - 9 p.m.

Safety Certifications Webpage

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, Oct. 18 & Nov. 15 from 6 - 8 p.m.
Saturday, Oct. 21 & Nov. 18 from 1 - 3 p.m.

Location: SRWC Multi-purpose Gym

Cost: \$5

Adventure Center Online Registration 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.

Fall Wall Hours:

Monday/Tuesday/Thursday: 5 - 9 p.m.

Friday: 5 - 8 p.m.

Saturday: 1 - 4 p.m.

AromaYoga Workshop

Dates & Times:

Thursdays, Oct. 12 and Nov. 16

7 - 9 p.m.

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

Yoga Grow Workshop

Dates & Times:

Wednesdays, Oct. 25 & Nov. 29

7 - 9 p.m.

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

Soothing Sounds & Meditation Workshop

Dates & Times:

Thursdays, Oct. 26 & Nov. 30

7 - 9 p.m.

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

Fitness Special Events

Belay & Namaste

Dates & Times: Wednesdays, 7:15 - 9:15 p.m.

Oct. 4, Nov. 1, Dec. 6

Cost: Student \$7, Member \$7

Lights, Karaoke, SPIN!

Dates & Times: Wednesdays, 8:30 - 9:30 p.m.

Oct. 11, Nov. 15

Double Down Tuesdays Glow Spin Series

Dates & Times: Tuesdays from 8:30 - 9:30 p.m.

Oct. 10, Nov. 14, Dec. 5

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



Bowman Cup 5k Race & 1-mile Fun Run Saturday, Oct. 14, 2023

Join us in-person for the 22nd Annual Bowman Cup 5k Race and 1-Mile Run-Walk-Roll on Saturday, Oct. 14, 2023 as we kickoff Homecoming Week. The race, named after fedora-loving former Kent State University President Dr. George Bowman, will take place during Kent State University Spirit Week. Running the course allows participants to enjoy the scenic route through Kent State University and its surrounding community. Race will use chip timing.

Registration Fee:

Monday, Sept. 25 - Saturday, Oct. 14 (no shirt included)

- \$25 (5k)
- \$15 (1-mile)

Bowman Cup Webpage



Kent State Farmers' Market

Tuesday, Oct. 17 from 4 - 7 p.m.

Student Recreation and Wellness Center Parking Lot

Farmers' Market 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

Koru Mindfulness & 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 OR sign up for one of our open classes listed below.

Dates & Times:

Thursdays, Oct. 12 - Nov. 2, 3:45 - 5 p.m. at SRWC Seminar Room B

Mondays, Oct. 23 - Nov. 13, 3:30 - 4:45 p.m. at SRWC Studio 1

Koru Mindfulness Webpage

Fresh Check Day

An uplifting mental health promotion and suicide prevention event for college students that aims to create an approachable and hopeful atmosphere where students are encouraged to engage in dialogue about mental health. Event includes interactive expo booths, peer-to-peer messaging, support of multiple campus departments and groups, free food, entertainment, exciting prizes and giveaways.

Date & Time:

Tuesday, Oct. 10, 11 a.m. - 2 p.m.,

Kent Student Center - Risman Plaza

Wellness Wednesdays

Free weekly event for students every Wednesday in the Mall in the Student Recreation and Wellness Center during the academic year providing wellness education, interactive activities, and giveaways. Stop by anytime

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.

As of Monday, Sept. 18, we no longer accept cash payments at the Skate Rental and Concession counters. CREDIT/DEBIT CARD PAYMENT ONLY (Visa, MC, Discover)

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**

between 3 - 5 p.m., participants do not need to be present the entire time.

Please check our Instagram account (@kentstateofwellbeing) for more specific information before each event.

**Kent State of Well-being
Instagram Page**



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

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