Fall Semester Facility Hours
Friday, Aug. 19 - Saturday, Dec. 17, 2022

Warren SRWC
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.

Labor Day Hours
Monday, Sept. 5
8 a.m. - 8 p.m.

Click on the link below for specific area hours.
Facility Hours Webpage

SilverSneakers & Renew Active VIP Program
Congratulations to Linda Beal, our August 2022 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.

KSU Parents & Families Appreciation Week
Sept. 12 - 17, 2022
Parents and Families Appreciation Week and Weekend is about celebrating you! From memorable experiences with students, to building connections with key administrators, departments and support offices, planned events throughout the week and weekend will be packed with meaningful opportunities to celebrate with your favorite Golden Flash student. Visit our website for additional information.

Hispanic Heritage Month
September 15 - October 15
During this period, several Latin American countries celebrate their days of independence. For more information about events and programs, please visit the following website.

Programs and Events

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. 28 - Saturday, Dec. 17

**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)

### Group X Classes Webpage

#### Fitness Instructional Programs

**Online Registration Webpage**

Full program descriptions are available online.

**Muay Thai Kick Boxing (Levels 1 & 2)**

**Dates & Times:**
- Tuesdays, 6 - 7 p.m.
  - Session 1: Sept. 13 - Oct. 18
  - Session 2: Oct. 25 - Nov. 29

**Cost:**
- Student $25, Member $35, Non-member $45

**Pink Gloves Boxing**

**Dates & Times:**
- Wednesdays/Thursdays, Sept. 14 - Nov. 17 from 6:15 - 7:15 p.m.
- No class on Thursday, Oct. 13

**Cost:**
- Student $95, Member $115, Non-member $135

Price includes the Tier 1 starter kit: a PGB drawstring bag, boxing gloves, hand wraps, wristband and a keychain.

**Adult Ballet (Levels 1 & 2)**

**Dates & Times:**
- Mondays, 6:45 - 7:45 p.m.
  - Session 1: Sept. 12 - Oct. 17
  - Session 2: Oct. 24 - Nov. 28

**Cost:**
- Student $25, Member $35, Non-member $45

**BOGA Yoga**

**Dates & Times:**
- Tuesdays, 6 - 7 p.m.
  - Session 1: Sept. 13 - Oct. 18
  - Session 2: Oct. 25 - Nov. 29

**Cost:**
- Student $25, Member $35, Non-member $45

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**Adventure Center Trips**

**Pre-registration IS REQUIRED for all programs.**

**Full program descriptions are available online.**

#### Cuyahoga River Kayak Trip

Cuyahoga River in Kent - meet at the SRWC

**Dates & Times:**
- Saturdays and Sundays, Sept. 3 - 18
  - 2 - 5 p.m.

**Cost:** $30

#### Full Moon Float

**Date & Time:**
- Friday, Sept. 9 & Saturday, Sept. 10 from 7 - 10 p.m.
- Wingfoot Lake State Park Boat Launch Area - meet at the SRWC.

**Cost:**
- Student $30, $35 Non-student

#### Pennsylvania Backpacking Trip

**Date & Time:**
- Friday, Sept. 16 - Sunday, Sept. 18
- Laurel Highlands Hiking Trail, Ohiopyle State Park, PA - meet at the SRWC

**Cost:**
- Student $75, $85 Non-student

#### Day Hike at Towner's Woods Park Trail

**Date & Time:**
- Saturday, Sept. 24 from 1 - 4 p.m.
- Towner's Woods Park Trail - meet at the SRWC.

**Cost:** $10

#### Whipp's Ledges Climbing Trip

**Date & Time:**
- Sunday, Sept. 25 from 10 a.m. - 5 p.m.
- Hinckley Reservation - meet at the SRWC.

**Cost:**
- Student $35, $40 Non-student

#### Trail Running Clinic

**Date & Time:**
- Sunday, Oct. 2 from 1 - 4 p.m.
- Meet at the SRWC.

**Cost:** $5

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**Outdoor Skills Clinics**

#### Introduction to Climbing Clinics

**Dates & Times:**
- Mondays & Tuesdays, Aug. 29 - Dec. 13
  - 5:30 - 8 p.m.

**Cost:** Free

#### Pool Beginner Kayak Sessions

**Dates & Times:**
- Thursdays, Sept. 1 - Dec. 15 from 7 - 9 p.m.

**Cost:** $7

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**Fitness Certifications**

**Mad Dogg Spinning Certification**

**Date & Time:**
- Saturday, Sept. 17 from 8 a.m. - 5 p.m.

**Cost:** $399
Group Fitness Instructor Certification Prep Course

Dates & Times:
1-day Workshop on Saturday, Sept. 17 from 8 a.m. - 5 p.m. and 8-week Prep Course on Mondays, Sept. 26 - Nov. 14 from 5 - 7 p.m.

Cost:
Student $0, Member $25, Non-member $35

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

Outdoor Equipment Rental
The Adventure Center offers rentals to anyone, and you do not have to be affiliated with Kent State to rent equipment! We have all of the gear you need for a weekend trip in the woods or a day on the river! Plus, when you rent from us, you have the chance to get advice from experienced Adventure Center staff. For more information, please call (330) 672-7625 to speak to an Adventure Center staff member. Equipment rentals for boating, backpacking, car camping and other miscellaneous items.

Bowman Cup 5k Race
and 1-mile Fun Run
Saturday, Oct. 1

Join us in-person for the 21st Annual Bowman Cup 5k Race and 1-Mile Fun Run on Saturday, Oct 1, 2022. 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.

Cost:
Through Sunday, Sept. 11:
$30 (5k)
$20 (1-mile)

Monday, Sept. 12 - Saturday, Oct. 1
(no shirt included)
$25 (5k)
$15 (1-mile)

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 sessions
Saturday, Sept. 10 - Nov. 12
Tuesdays/Thursdays: Sept. 13 - Oct. 6

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

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

Bowman Cup Race
Webpage

Golden Splash Youth Swim Team
Preseason

Dates and Times:
Monday, Wednesday, Friday from Sept. 12 - 30
11 and under: 5:15 - 6:15 p.m.
12 and over: 6:20 - 7:20 p.m.

Cost:
$72

Golden Splashes
Webpage

Kent State Farmers’ Market

Tuesday, Sept. 27 from 4 - 7 p.m.
Risman Plaza - Student Green
Kent State University has partnered with Haymaker Farmers' Market to bring a farmer’s market to the Kent campus. The Kent State Farmers' Market provides students with opportunities to learn about the local farming community, select fresh produce and connect with the broader Kent community.

**Kent State Farmers’ Market 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. Classes are facilitated by trained Koru Mindfulness instructors. Participants have access to the free e-book through the University Library.

**Dates & Times:**
- Tuesdays, Sept. 6 - 27
- 12 - 1:15 p.m., Aero./Eng. Building, Rm. 214
- Thursdays, Oct. 6 - 27, 3:45 - 5 p.m., Aero./Eng. Building, Rm. 214

**Meditation Across Campus**

Free, facilitated, 30-minute meditation sessions, open to all members of the Kent State community.

**Dates & Times:**
- Aug. 25 - Thursday, Dec. 8
- Mondays, 4:15 - 4:45 p.m.
- Tuesdays, 12 - 12:30 p.m.
- Wednesdays, 10:15 - 10:45 a.m.
- Wednesdays, 12 - 12:30 p.m.
- Wednesdays, 4:15 - 4:45 p.m. (virtual)

For additional information, please go to our website link below.

**Kent State of Well-being Programs Webpage**

**Safety Certifications**

**First Aid/CPR/AED**

**Date and Time:**
- Saturday, Sept. 24 from 12 - 5 p.m.

**Cost:**
- Student: $70, Member: $75, Non-member: $85

**CPR/AED for the Professional Rescuer**

**Date and Time:**
- Sunday, Sept. 25 from 9 a.m. - 5 p.m.

**Cost:**
- Student: $75, Member: $80, Non-member: $90

**Safety Certification Webpage**

**Intramural Sports**

The following Intramural Sports programs are open to Kent State students, faculty and staff.

**Home Run Derby**

**Registration:** Sept. 12 - 26

**Cost:** Free

**7-on-7 Flag Football League**

**Registration:** Sept. 19 - Oct. 5

**Cost:** $100

**7-on-7 Soccer League**

**Registration:** Sept. 19 - Oct. 5

**Cost:** $100

**Intramural Sports Webpage**

**Learn to Skate Lessons**

Sign up now for skating lessons that will begin in October! Additional program information including policies, program descriptions and online registration instructions are available on our website.

**Cost:** $140/person.

**Dates & Times:**
- Saturdays
- Oct. 8 - Nov. 19 (no class on Oct. 29)
- Tots: 9 - 9:50 a.m. and 10 - 10:50 a.m.
- Basic 1: 9 - 9:50 a.m. and 10 - 10:50 a.m.
- Basic 2: 9 - 9:50 a.m. and 10 - 10:50 a.m.
- Basic 3: 9 - 9:50 a.m.
- Basic 4: 10 - 10:50 a.m.
- Basic 5/6: 10 - 10:50 a.m.
- Hockey Prep: 9 - 9:50 a.m.

**Vitalant Blood Donation**

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, Sept. 21 and Thursday, Sept. 22
- Wednesday, Sept. 28 and Thursday, Sept. 29
- Wednesday, Oct. 5 and Thursday, Oct. 6
- Wednesday, Oct. 12 and Thursday, Oct. 13
- Wednesday, Oct. 19 and Thursday, Oct. 20
- Wednesday, Oct. 26 and Thursday, Oct. 27

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

**Vitalant Blood Donation Webpage**
from 1 - 7 p.m. in the SRWC Seminar Rooms.

Adult 1/2: 9 - 9:50 a.m.
Adult 3/4: 10 - 10:50 a.m.

Sundays
Oct. 16 - Nov. 20
Learn to Play Hockey: 9 - 9:50 a.m.

Skating Programs
Webpage