

## RecWell News: September 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.

**The SRWC will be Monday, Sept. 4  
from 8 a.m. - 8 p.m.  
in observance of the Labor Day holiday.**  
*Click on the link below for specific  
facility area hours.*

[Facility Hours Webpage](#)

### Refer a Friend Discount - NEW!!

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 Bill Horn, our August 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.

## 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:

Saturdays, Sept. 9 - Nov. 11  
Tuesdays & Thursdays, Sept. 5 - 28  
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

### 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](#)

monitors the lot during weekdays only and not on weekends.

## Learn to Swim Webpage

### Adventure Center Trips & Clinics

**Pre-registration IS REQUIRED for all programs.**  
Full program descriptions are available online.

#### Cuyahoga River Kayak Trip

Dates & Times: Saturday, Sept. 2 and Sept. 23 from 2 - 5 p.m.

Location: Cuyahoga River - meet at the SRWC

Cost: \$30

#### Lake Kayaking Trip

Date & Time: Sunday, Sept. 3 from 2 - 5 p.m.

Location: Trail Lake Park - meet at the SRWC

Cost: Student/Member \$30, Non-member \$35

#### Whipps Ledges Climbing Trip

Date & Time: Monday, Sept. 4 (Labor Day) from 11:30 a.m. - 6:30 p.m.

Location: Hinckley Reservation - meet at the SRWC

Cost: Student/Member \$35, Non-member \$40

#### Hocking Hills Camping Trip

Dates: Friday, Sept. 8 - Sunday, Sept. 10

Location: Hocking Hills State Park - meet at the SRWC

Cost: Student/Member \$90, Non-member \$95

#### West Virginia Backpacking Trip

Date & Time: Friday, Sept. 15 - Sunday, Sept. 17

Location: Dolly Sods, WV - meet at the SRWC

Cost: Student/Member \$90, Non-member \$95

#### Day Hike at Cuyahoga Valley National Park

Date & Time: Saturday, Sept. 30 from 1 - 4 p.m.

Location: Cuyahoga Valley National Park - meet at the SRWC

Cost: \$10

#### Fall Break Outdoor Climbing Trip

Date & Time: Thursday, Oct. 5 - Saturday, Oct. 7

Location: Mad River Gorge, Springfield, Ohio - meet at the SRWC

Cost: Student/Member \$90, Non-member \$95

#### Introduction to Climbing and Belaying Clinics

Date & Time:

Mondays & Tuesdays, Aug. 21 - Dec. 5 from 5:30 - 8 p.m.

Location: SRWC Climbing Wall

Cost: Free

#### Pool Beginner Kayak Sessions

Date & Time:

Thursdays, Aug. 24 - Dec. 7 from 7 - 9 p.m.  
(No program on Nov. 23)

Location: SRWC Lap pool

Cost: \$7

## Adventure Center Online Registration Webpage

## Fitness Instructional Programs

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

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

Session 1: Sept. 5 - Oct. 10

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

### Pink Gloves Boxing

Dates & Times:

Monday/Wednesday: Sept. 11 - Nov. 29 from 7 - 8:30 a.m.

Tuesday/Thursday: Sept. 12 - Nov. 30 from 7 - 8:30 p.m.

Cost: Tier 1 Pricing: Student \$100, Member \$105, Non-member \$140

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

### Women's Self Defense

Dates & Times:

Option 1: Mondays, Sept. 11 - Nov. 27 from 4:30 - 5:30 p.m.

Option 2: Wednesdays, Sept. 13 - Dec. 6 from 5:45 - 6:45 p.m.

Option 3: Fridays, Sept. 15 - Dec. 8 from 10 - 11 a.m.

Cost: Student \$45, Member \$55, Non-member \$65

## Fitness & Wellness Online Registration

### Fitness Certifications & Workshops

#### Mad Dogg Spinning Certification

Dates & Times: Saturday, Sept. 30 from 9 a.m. - 6 p.m.

Cost: \$355

#### BuJo & Yoga Workshop

Date & Time: Wednesday, Sept. 6 from 8:15 - 9:30 p.m.

Cost: Student \$10, Member \$15, Non-member \$20

#### Yoga Glow Workshop

Dates & Times: Wednesdays, Sept. 13, Oct. 11 & Nov.

15, 8:15 - 9:30 p.m.

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

#### AromaYoga Workshop

Dates & Times: Thursdays, Sept. 14, Oct. 12 and Nov.

16, 8:15 - 9:30 p.m.

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

#### Yoga Grow Workshop

Dates & Times: Wednesdays, Sept. 27, Oct. 25 & Nov. 29, 8:15 - 9:30 p.m.

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

#### Soothing Sounds & Meditation Workshop

Dates & Times: Thursdays, Sept. 28, Oct. 26 & Nov.

30, 8:15 - 9:30 p.m.

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

## Fitness Special Events

### Self Improvement SPIN Glow & Give Ride

Date & Time: Wednesday, Sept. 13 from 8:30 - 9:30 p.m.

### Belay & Namaste

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

Sept. 6, Oct. 4, Nov. 1, Dec. 6

Cost: Student \$7, Member \$7

## 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.

**The Climbing Wall will be closed Aug. 14 - 19**



## Bowman Cup 5k Race & 1-mile Fun Run

**Saturday, Oct. 14, 2023**

Join us in-person for the 22<sup>nd</sup> 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:

Through Sunday, Sept. 24:

- \$30 (5k)
- \$20 (1-mile)

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

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

**T-shirts:** All participants registered by Sept. 24 will receive a performance race shirt. Race shirts may be available for purchase on race day based on availability.

**Bowman Cup  
Webpage**

## 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.

Sept. 12, Oct. 10, Nov. 14, Dec. 5

## 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**



## Meditation Across Campus

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

### Dates & Times:

Mondays, 9 - 9:30 a.m. (virtual)

Mondays, 3:30 - 4 p.m. in the Center for Undergraduate Excellence CommUnity Lab Lounge (in-person)

Wednesdays, 12 - 1 p.m., Williamson House (in-person)

Wednesdays, 4:15 - 4:45 p.m. (virtual)

**Meditation Across  
Campus Webpage**



### Vitalant Blood Drive

Dates & Times: All events are from 1 - 5:30 p.m. in the SRWC Seminar Rooms  
Wednesday, Sept. 20 and Thursday, Sept. 21

Register online using link below and use **group code U5025**

**Vitalant Blood Drive  
Registration Webpage**

### Kent State Farmer's Market

Tuesday, Sept. 19 from 4 - 7 p.m.  
Student Center Green - Risman Plaza

**Farmer's Market  
Webpage**



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

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