

RecWell News: September 2025

SRWC Hours

Fall Semester Hours

Sunday, Aug. 17 - Saturday, Dec. 13

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.

Facility Hours Webpage

Want to be in our Member Spotlight?

We're excited to celebrate our amazing members through various marketing efforts, and we'd love to feature you! If you're interested in being spotlighted, please take a moment to fill out our Member Spotlight Survey by clicking the link provided. Members that submit the survey will be entered into our quarterly raffle prize drawing.

Member Spotlight Survey

Birthday PartiesSRWC and Ice Arena

Looking for a unique way to celebrate your birthday? Host your party at the SRWC or the Kent State Ice Arena! We offer a variety of exciting options to make your special day truly unforgettable.

Explore the links below for more details about each unique celebration package.

Birthday Party Webpage

SilverSneakers & Renew Active VIP Program

*Congratulations to Bob Duesing, our
August 2025 Winner!*

SilverSneakers and Renew Active members: Pick up your VIP Card at the Welcome Desk and have it punched by staff each time you visit the SRWC. Once your card is full (10 punches), write your name, phone number, and email on the back, and drop it in the box for a chance to win \$25 credited to your account! Please note: punches are limited to one per day, and winners are eligible to win once per calendar year.

Get Your Personalized Brick Today!

We are thrilled to announce the launch of our Kent State Recreation and Wellness Services Personalized Brick Campaign; decorative bricks purchased during the campaign will be displayed on the walkway of the SRWC building. We encourage you to support this campaign by purchasing a brick for \$150 to commemorate your Kent State legacy or honor friends, relatives or colleagues.

Proceeds from this campaign will benefit the Recreational Services Support Fund, which will help us expand access to our programs and services, enhance facilities and equipment and ensure that the SRWC remains a cornerstone of student and community support for years to come.

Personalized Brick Webpage

Biking in Kent Survey

The City of Kent recently submitted an application to the League of American Bicyclists to renew its Bicycle Friendly Community (BFC) status. As part of the review process, the League is asking for your input about bicycling in the City of Kent through an online survey.

This survey is open to anyone familiar with or interested in bicycling in the community. We want to hear from residents, local area bicyclists, and bike advocates about your experiences and perceptions of bicycling in the community. Your input will help the League and the City to better understand current bicycling conditions and

Whether you bike every day or on occasion, we encourage you to complete the survey. It only takes a few minutes to complete and will be **open until October 5th, 2025**. Follow the link below to access the survey!

Bike Survey Link

Programs and Events

Climbing Wall

Patrons must first gain access to the SRWC (through an existing membership or purchase of a guest pass) to participate in the climbing options.

Free Try Climb Fridays: 3 climbs up the wall

Fall Semester Hours:

Monday, Aug. 18 - Friday, Dec. 12

Tuesdays & Wednesdays: 5 – 8 p.m. (Climbing Wall members only)

Friday: 5 – 8 p.m. (Climbing Wall members and Free Try Climbers)

Outdoor Skills Clinics

Introduction to Climbing and Belaying Clinic

This two-and-a-half hour program covers the basics of indoor climbing including equipment, bouldering, top rope climbing, and belaying with an ATC and Gri-gri device. This program sets up an individual with no prior experience to take our belay test which is required when purchasing a climbing wall membership.

Date & Time: Every other Mondays & Thursdays, Aug. 18 - Dec. 4 from 5:30 - 8 p.m.

Location: SRWC Climbing Wall

Cost: \$4

[Register Online](#)

Pool Kayak Clinics

New kayakers can come learn kayaking skills. Participants may bring their own boats via the loading dock stairs and back entrance as long as the boats are FULLY CLEANED before entering the pool. If you don't own a boat, one will be provided for you to use. Contact adventurecenter@kent.edu with any questions. Pre-registration IS REQUIRED by the Wednesday before each program.

Date & Time:

Thursdays, Aug. 21 - Dec. 4 from 7 - 9 p.m.

Location: SRWC Lap pool

Cost: \$7

[Register Online](#)

Adventure Trips

Cuyahoga River Kayak Trip

This trip will be held locally on the Cuyahoga River. We will meet at the Student Recreation and Wellness Center (or you can meet us at Kramer Fields—just let us know ahead of time!) From there, we will paddle to Brust Park in Munroe Falls. We will then take the shuttle back to the Student Recreation and Wellness Center. A staff member will be with you on the water for the entire trip. The trip is 4.0 miles long, is beginner friendly, and no prior experience is needed.

Date & Time: Sunday, Sept. 7 from 2 - 5 p.m.

Group Exercise Classes (Group X)

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.

Fall Semester Schedule:

Sunday, Aug. 17 - Friday, Dec. 12

Group X Membership

Must have an SRWC membership (semester or longer) to purchase a Group X membership.

Visit our website for specific pricing and class schedules.

Group X Webpage

FitWell Instructional Programs

Blue & Gold Boxing

Whether your stepping into the "ring" for the first time or looking to sharpen your combos, Blue & Gold Boxing is a 12-week program designed to build strength, confidence, and serious skills. Each week adds new techniques and challenges through progressive, system - so you'll keep leveling up, no matter your starting point. Expect boxing drills, heart-pumping workouts, and a crew that cheers you on every step (and jab) of the way. It's fitness. It's focus. It's fun. And it's for everyone.

Learn real technique: jabs, hooks, footwork & more
Boost your endurance, power, and coordination
Train in a supportive, high-energy community

Dates & Times:

Tuesdays, Sept. 2 - Dec. 2 from 7 - 8:30 p.m. (no class on 11/11 or 11/25)

Thursdays, Sept. 4 - Dec. 4 from 7 - 8:30 p.m. (no class on 10/2 or 11/27)

Cost: Student \$60, Member \$70, Non-member \$80

* Participants can bring their own boxing gear or purchase through the class registration or the FitWell desk.

[Register Online](#)

Adult Ballet

Grace meets strength in this 12-week ballet course designed for beginners and those building on the basics. You'll learn foundational ballet techniques, improve posture and body alignment, and develop strength, flexibility, balance, and endurance—all in a supportive, encouraging environment. No previous dance experience? No problem! With little to no equipment needed, this class offers a fun, full-body

Location: Cuyahoga River in downtown Kent - meet at the SRWC

Cost: \$30

[Register Online](#)

Full Moon Float

Here's your chance to enjoy a beautiful sunset, relax in nature, and let your worries drift into the night as we paddle into the sunset on a peaceful and serene lake right down the road from Kent. Transportation is provided. We will meet at the Student Recreation and Wellness Center (or you can meet us at Wingfoot Lake, just let us know ahead of time!). Contact actrips@kent.edu with any questions.

Date & Time: (weather permitting)

Thursday, Sept. 4 from 7 - 10 p.m.

Friday, Sept. 5 from 7 - 10 p.m.

Saturday, Sept. 6 from 7 - 10 p.m.

Location:

Wingfoot Lake State Park Boat Launch – meet at the SRWC

Cost: \$35

[Register Online](#)

Lake Stand Up Paddleboarding Trip

We will be going to West Branch State Park for a beginner-friendly stand up paddleboard float. There is beautiful scenery, wildlife, and fresh air to take in while on the water. We will provide introduction to paddleboarding before we get on the water, going over lake safety, paddling strokes & more!

Date & Time: Sunday, Sept. 13 from 2 - 5 p.m.

Location: West Branch State Park - meet at the SRWC

Cost: \$30 Students, \$35 Non-students

[Register Online](#)

West Branch State Park Climbing Trip

Just opened in the fall of 2023, West Branch offers great beginner-friendly climbing. The fee includes transportation, equipment, meals, and instruction.

Date & Time: Saturday, Sept. 6 from 10:30 a.m. - 5:30 p.m.

Location: West Branch State Park - meet at the SRWC

Cost: \$40 Students, \$45 Non-students

[Register Online](#)

Day Hike at Cuyahoga Valley National Park

Been wanting to visit the nearest national park to Kent, OH? Join us on a day hike around Cuyahoga Valley National Park!

Date & Time: Sunday, Sept. 14 from 2 - 5 p.m.

Location: Cuyahoga Valley National Park - meet at the SRWC

Cost: \$10

[Register Online](#)

Hocking Hills Camping Trip

Want to explore Hocking Hills State Park in beautiful southern Ohio? Join us in some hiking, exploring waterfalls, and camping while it's still warm out! Hocking Hills provides a variety of recreational opportunities in a splendid natural setting. Towering cliffs, waterfalls and deep hemlock-shaded gorges lure the hiker and naturalist and serve as a backdrop to popular facilities and accommodation.

Date & Time: Friday, Sept. 19 - Sunday, Sept. 21

Location: Hocking Hills State Park - Meet at the SRWC

Cost: \$110

[Register Online](#)

workout that moves at your pace. Come plié, tendu, and rise to the challenge this fall!

Dates & Times: Tuesdays, Sept. 2 - Dec. 2 from 5:30 - 6:30 p.m. (no class on 11/11 or 11/25)

Cost: Student \$60, Member \$70, Non-member \$80

[Register Online](#)

Mini Movers Youth Dance

Wiggle, giggle, jump and jive - Mini Movers is where the fun comes alive! This high-energy dance class is perfect for kids ages 5 - 9 who love to move, groove, and use their imagination. Over 12 weeks, dancers will explore the basics of ballet and creative movement through themed activities, fun choreography, and expressive games. These classes teach movement, coordination, creativity, and imagination. They are also excellent introductions to Jazz and Ballet. Every class is an adventure that helps young movers grow strong, focused, and full of joy. No dance experience needed - just bring your energy and your imagination!

Dates & Times: Wednesdays, Sept. 10 - Dec. 3 from 5:30 - 6:30 p.m. (no class Nov. 26)

Cost: \$60

[Register Online](#)

Next Step Youth Dance

Next Step is a 12-week dance class designed just for teens ages 10 - 13 who want to build confidence, learn new moves, and have a blast doing it! Each class teaches the foundations of ballet and jazz with choreography, helping dancers improve coordination, flexibility, and musicality. With a focus on self-expression and exploration, this class is perfect for both beginners and those looking to sharpen their skills in a fun, supportive space. No experience? No problem! Just bring your energy and style!

Dates & Times: Wednesdays, Sept. 10 - Dec. 3 from 6:45 - 7:45 p.m. (no class on 11/26)

Cost: \$60

[Register Online](#)

All That Jazz: A 4-Part Jazz Workshop Series

Ready to jazz things up? All That Jazz is a 4-part workshop series where each class explores a different jazz dance style - bringing variety, musicality, and flair to your dance journey. From the theatrical charm of Broadway Jazz to the fierce energy of Jazz Funk, this series invites you to step outside your comfort zone, discover new grooves, and build a strong technical foundation along the way. Whether you're new to jazz or a seasoned dancer looking to spice up your repertoire, each class is designed to be welcoming, fun, and full of bold movement and self-expression. Open to all levels - bring your unique style and come ready to move!

Dates & Times: Fridays from 5:30 - 6:30 p.m.

Class 1 - Sept. 12

Class 2 - Oct. 10

Class 3 - Oct. 24

Class 4 - Nov. 7

Cost: Student \$15, Member \$20, Non-member \$25

[Register Online](#)

In Motion: A 3-Part Contemporary Workshop Series

In Motion is a 3-part contemporary workshop series designed to connect dancers to their bodies, emotions, and artistic vibe. Each class will expand on choreography and guided improvisation, giving you space to strengthen technique, explore creativity, and express yourself through movement. Whether you're sliding across the floor in lyrical flow or finding freedom in spontaneous, music-driven improvisation, In Motion

Registration

Outdoor Rental Center

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) 672-2803 or email actrips@kent.edu to speak to an Adventure Center staff member.

A complete list of equipment and pricing is available on our website.

Kayaking & Paddleboarding Equipment Rental
Backpacking & Camping Equipment Rental
Sports & Yard Games Equipment Rental

Outdoor Rental Center Webpage

Learn to Swim Lessons

Session 1: Mon./Weds. - Sept. 8 - Oct. 1

Levels

Preschool (Levels 1 - 3)

Parent Child

Levels 1 - 5

Adult

Costs:

Early \$: By Sept. 1

Student \$55, Member \$70, Non-member \$80

Late \$: Sept. 2 - 7

Student \$65, Member \$80, Non-member \$90

[Register Online](#)

Saturdays: Sept. 6 - Nov. 8

Levels

Preschool (Levels 1 - 3)

Parent Child

Levels 1 - 5

Adult

Costs:

Early \$: By Sept. 2

Student \$55, Member \$70, Non-member \$80

Late \$: Sept. 3 - 5

Student \$65, Member \$80, Non-member \$90

[Register Online](#)

Learn to Swim Webpage

Adapted Aquatics Private Lessons

This is an individualized lesson in a group setting. Prior to the start of this lesson, we will organize a meet and greet for your swimmer to meet the instructor and set up goals for the lessons. This program is designed for swimmers with physical, cognitive, developmental, and neurological disabilities.

Please contact Lizzy Buckholt to schedule.

Cost:

\$150 per session (8 classes)

invites you to be bold, be present, and move with intention. Open to all levels - come as you are, move how you feel. Socks or barefoot + comfy clothes encouraged!

Dates & Times: Fridays from 5:30 - 6:30 p.m.

Class 1 - Sept. 19

Class 2 - Oct. 17

Class 3 - Nov. 14

Cost: Student \$15, Member \$20, Non-member \$25

[Register Online](#)

FitWell Instructional Programs Webpage

Yoga Workshops

Yoga Glow Workshop

Come shine with us! Get ready for a cozy, creative evening that soothes your soul and lights your glow - inside and out. You'll start by mixing and pouring your very own custom-scented candle, choosing fragrances that reflect your vibe. While your candle sets, you'll roll out your mat and flow through a relaxing, multilevel yoga class. Expect gentle movement, mindful breath work, and a whole lot of good energy. Whether you're here for the scent, the stretch, or the shine, you'll leave glowing from head to toe.

Date & Time: Tuesday, Sept. 16 from 5:45 - 7:15 p.m.

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

[Register Online](#)

Paint & Grow Yoga Workshop

Get grounded, get creative, and grow something beautiful - inside and out. Step into a peaceful, plant-filled space where art meets mindfulness. In this soul-soothing workshop, you'll start by painting your very own flower pot, then pot up a vibrant houseplant to brighten your home (and your day!). Once your green creation is set to grow, you'll flow through a gentle, multilevel yoga class - leaving you refreshed, recharged, rooted in calm.

Date & Time: Monday, Sept. 22 from 5:30 - 7:30 p.m.

Cost: Student \$15, Member \$20, Non-member \$25

[Register Online](#)

Public Skating

Looking to go ice skating at the Kent State Ice Arena? Public Skating admission sales will begin 30-minutes prior to the session start time. We accept credit and debit card payments only (Visa, MC, Discover). No cash sales. No outside food is permitted.

Dates & Times:

Saturday, Sept. 6: 6 - 7:30 p.m.

Saturday, Sept. 13: 7:30 - 9 p.m. (Special Effect Lights)

Sunday, Sept. 21: 12:45 - 2:15 p.m.

Saturday, Sept. 27: 5 - 6 p.m.

Sunday, Sept. 28: 1 - 2:30 p.m.

Cost:

General Admission - \$14

KSU Student - \$10

KSU Faculty/Staff - \$12

Senior Citizen - \$12

Veteran/Active Military - \$12

5 and Under (with adult) - \$8

Public Skating Webpage

Safety Certifications

All aquatics certifications are taught by American Red Cross-certified instructors. Please note that participation in a certification class does not guarantee certification. All skills related to the certification must be properly demonstrated (as defined by course outline) in order to receive certification. Participants must successfully complete all skills and score an 80% or better on each written test in order to be certified. Certificates will be emailed as a PDF from the American Red Cross within 10 days of completion of the class. Class will start promptly at the designated time. Participants who are more than 10 minutes late will not be permitted to enter the class.

CPR/AED Professional Rescuer (Blended Learning)

Dates & Times: Saturday, Sept. 13: 10 a.m. - 5 p.m.

Cost: Student \$85, Member \$90, Non-member \$95

[Register Online](#)

Custom Safety Courses

We offer Custom Safety Courses for the following programs:

Adult and Pediatric First Aid, CPR/AED

Hands Only CPR

CPR/AED for the Professional Rescuer

Lifeguarding and Administering Emergency Oxygen

Water Safety Instructor

Babysitter Training

and more upon request!

Courses can be hosted at the SRWC or we can travel to your location based on your schedule! Please contact Lizzy Buckholt at dbuckhol@kent.edu for more information.

Safety Certification Webpage

Fitness Consultations

Stop by our Fitness and Wellness Desk on the lower floor at the base of the main stairs to discuss the following programs.

FitWell Desk Hours:

Monday - Thursday: 8 a.m. - 12 p.m. and 4 - 8 p.m.

Friday: 8 a.m. - 2 p.m.

Free Equipment Orientations

Learn how to safely and effectively use the cardio and strength equipment in our facility during this free orientation session. Our trained staff will guide you through proper techniques, adjustments, and tips to help you feel confident and get the most out of your workouts. Great for beginners or anyone needing a refresher! Register online for scheduled sessions or contact the Fitness and Wellness Services Desk at 330-672-0485.

Body Composition Testing

Our assessors will use a seven-site skinfold measurement to calculate your body composition and determine your body fat and lean mass.

Cost: Student \$10, Member \$11, Non-member \$13

Exercise Prescription

Your custom-designed fitness plan will be tailored to your assessment results and personal goals, featuring recommendations for strength, cardio, and flexibility

Learn to Skate Lessons

The format of a 60-minute Learn to Skate class* is as follows: 30 minutes of lesson time and 30 minutes of supervised practice. Practice time is vital to the progress of a skater. More time on the ice means more opportunities to refine skating skills, develop muscle memory, and confidence.

Fall Session

Dates & Times: Saturdays, Oct. 4 - Nov. 22
9 - 10 a.m.

Snowplow Sam

Basic 1

Basic 1 & 2

Basic 3

Basic 4

Basic 5

Basic 6

Pre-Free Skate

10:10 - 11:10 a.m.

Snowplow Sam

Basic 1

Basic 1 & 2

Basic 3

Adult 1 & 2

Adult 3 & 4

Cost: \$200

[Register Online](#)

Jumpstart Class

Jumpstart Classes are offered as small group sessions (2-4 skaters), designed to serve two key purposes: to provide supplemental training, allowing skaters to concentrate on mastering their most challenging skills and to help skaters prepare for seamless entry into our Learn to Skate Program. There is a minimum of 2 skaters and a maximum of 4 skaters in each class. Participants register for a minimum of 4-30-minute classes. Participants must be members of the current LTS session to participate in a Jumpstart Class on LTS practice time. Participants whose Jumpstart Class is on a public session are responsible for the cost of their public session admission.

Dates & Times:

Classes take place during the LTS practice time or on a public session. A minimum of one-week advance notice is required to arrange your class.

Classes canceled by the skater 24 hours in advance will be rescheduled if time is available

Late arrivals and no-shows will be forfeited.

Cost:

Four (4), 30-minute classes: \$60 plus cost of skating sessions per skater.

Participants are responsible for paying for the public sessions and/or LTS sessions during which there are receiving their Jumpstart lessons.

For more information or to register, please email

[Juliann Montemayor](#).

Learn to Skate Webpage

Learn to Play Hockey

This program is designed for beginner hockey players, ages 5 - 11 years old, who want to learn the fundamentals of hockey without making a full season commitment or purchasing full equipment. Children must complete a Hockey Prep or Basic 1 Learn to

training.

Cost: Student \$20, Member \$23, Non-member \$25

Fitness Assessment

This program offers a comprehensive evaluation of your overall fitness level, helping you understand your current status and future potential. A specialized MicroFit Youth Assessment is also available for ages 13–17.

Cost: Student \$26, Member \$29, Non-member \$32

**Fitness Consultation
Webpage**

Skate program before enrolling into LTPH. The following skills will be taught on a regular basis: stick handling, puck control, passing, shooting, and skating skills. Full equipment is encouraged. Free rental hockey equipment is available and can be checked out per set. The format of the class is as follows: 40 minutes of instruction followed by 10 minutes of specific organized games to further develop the skills taught during class.

Dates & Times: Sunday, Oct. 5- Nov. 23 from 8:50 - 9:50 a.m.

Cost: \$200

[Register Online](#)

**Learn to Play Hockey
Webpage**



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

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