April 2022

Facility Hours and Closures
Friday, Jan. 14 - Friday, May 13, 2022
Click on the link below for specific area hours.

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.

Upcoming Special Hours
Correction from previous email - we will be open on Sunday. April 10 for normal hours.
We will be closed on Sunday, Apr. 17 for the Easter holiday.

Friday, Apr. 22: 5:30 a.m. - 6:30 p.m.
(Student Staff Appreciation)

Facility Hours Website

SilverSneakers & Renew Active VIP Program

Congratulations to Patricia Kieft, the March 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.

There will be ONE winner drawn each month from the box. Winning card must have participant’s name on it AND 10 punches to win. Winners are only eligible once per year. There is no limit to participation entry.

Fitness Equipment Survey
We are conducting a quick fitness equipment survey to gather your input and feedback on the fitness equipment at the SRWC. We appreciate your honest feedback and the survey should take less than 5 minutes to complete.

Fitness Equipment Survey Link

Programs and Events

10th Annual Black Squirrel 5k Walk/Run and 1-mile Walk/Run
Saturday, April 9, 2022
$20 (5k) and $10 (1-mile)

Please join us for our annual spring race which will take place on Saturday, Apr. 9, 2022. The race, named after Kent State University’s unofficial mascot, will be available for anyone to participate. Additional information on the race website link.
**PEAK Summer Camp Returns**
We are excited to offer our weekly themed camps for the 20th year. PEAK Summer Camp is designed for children 6 - 15 years of age and is accredited by the American Camp Association. Additional information available online.

---

**Group X Classes**
**Sunday, Jan. 16 - Friday, May 13**
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.

**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)

**Learn to Swim Lessons**
**Tuesday/Thursday sessions: Apr. 5 - 28**
We have levels for Preschool 1 - 3, Level 1 - 5, and Adult Basic and Enhanced.

Cost is $46 for students/members and $55 for non-students/non-members. Pricing for children 4 and under will be based on parent/guardian membership status. Pricing for children 5 and older will be based on their membership status.

---

**CPR/AED for the Professional Rescuer**
All classes are from 9 a.m. - 5 p.m.
Saturday, Apr. 9
Sunday, Apr. 10
Saturday, Apr. 23
Saturday, May 7

- **Student:** $60
- **Member:** $75
- **Non-member:** $90

**Lifeguarding**
Friday, Apr. 29 from 5 - 8 p.m. and Saturday, Apr. 30 - Sunday, May 1 from 9 a.m. - 6 p.m.

- **Student:** $170
- **Member:** $185
- **Non-member:** $200

---

**Dare 2 Tri**
**Duathlon/Triathlon Semester Challenge**

Now is your chance to experience a little of what it is like to be a duathlon/triathlon athlete. Compete anytime, anywhere, at your own pace. Participate in all three triathlon events or just pick two of the three for a duathlon. The event is self-paced and runs throughout the 2022 spring semester. All registrants will receive a t-shirt and once you complete your event, you will earn an award.

**Distances:**
Swim: 2.4 miles  
Bike: 112 miles  
Run: 26.2 miles

**On-going registration through Apr. 16**  
Triathlon $20: All 3 events  
Duathlon $15: 2 of the 3 events

---

**Meditation Across Campus**

Are you feeling stressed out from all the recent adjustments you've had to make this semester? Is news about the coronavirus pandemic leaving you anxious? Kent State of Well-being is hosting free facilitated online meditation sessions. Meditation sessions last 30 minutes and are open to all members of the Kent State community. There is no obligation to attend. You can choose when you decide to participate.

Thursdays from 4:30 - 5 p.m. (virtual)  
No class on Mar. 31

---

**CPR and Lifeguarding Online Registration**

**Adventure Center**
**Trips, Events & Skills Clinics**

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

**Introduction to Climbing Clinic**
Mondays & Tuesdays from 5:30 - 8 p.m.  
Jan. 17 - Apr. 26  
SRWC Climbing Wall  
Free

**Pool Beginner Kayak Sessions**
Thursdays from 7 - 9 p.m.  
Jan. 20 - Apr. 28  
SRWC Lap pool  
$7

**New River Gorge Outdoor Climbing Trip**
Friday, Apr. 8 - Sunday, Apr. 10  
New River Gorge, West Virginia - meet at the SRWC.  
$100

**Black Squirrel Classic-O**

**Spring Orienteering Event**
Sunday, Apr. 10 from 11:30 a.m. - 2:30 p.m.  
$10 pre-registration for NEOOC members  
$15 non-members

**West Virginia Backpacking Trip * **
Friday, Apr. 15 - Sunday, Apr. 17  
Spruce Knob/ Seneca Creek, West Virginia - meet at the SRWC.  
$90

**Full Moon Float Trip**
Friday, Apr. 15 from 6:30 - 9:30 p.m.  
Saturday, Apr. 16 from 6:30 - 9:30 p.m.  
Wingfoot Lake State Park Boat Launch Area  
$35

**Earth Day River Clean Up**
Friday, Apr. 22 from 12 - 5 p.m.  
Cuyahoga River at Tannery Park  
Free

**Logtown Climbing Trip**
Sunday, April 24 from 10:30 a.m. - 6:30 p.m.  
Lisbon, OH - meet at the SRWC.  
$40

**Hocking Hills Camping Trip * **
Friday, Apr. 29 - Sunday, May 1  
Hocking Hills State Park - meet at the SRWC.  
$80

**Cuyahoga River Kayak Trip**
Sunday, May 1 from 2 - 5 p.m.  
Saturday, May 7 from 2 - 5 p.m.  
Sunday, May 8 from 2 - 5 p.m.  
Cuyahoga River - meet at the SRWC.  
$30

* Program is part of the TREK program

---

**T.R.E.K. KSU**
**Trips, Recreation, Explore, Kent State**

Register to get your hiking stick, a TREK KSU medallion and coupon code for $5 off Adventure Center trips. Earn additional medallions by participating in specific programs as well as track your own personal treks as part of the program. Any outdoor treks can count! Go online for more specific information on treks, pricing and registration options.

---

**Online Trip**

---

**Online Registration**

---

---
Division of Mental Health and Substance Use
April Programs & Services

TRAININGS

AID (virtual)
Apr. 4 from 11 a.m. – 12 p.m.

Mental Health First Aid (virtual)
Apr. 8 from 9:30 a.m. - 4 p.m.

Mental Health First Aid (in-person, Kent)
Apr. 12 from 8 a.m. - 4 p.m.

Kognito & QPR
24/7 on our website!

ACTIVE MINDS @ KSU

VAR Training
Apr. 7 from 6 – 6:45 p.m. in Moulton 317

General Meeting
Apr. 12 from 6 – 6:45 p.m. in Moulton 317

Stigma & Mental Health
Apr. 21 from 6 – 6:45 p.m. in Moulton 317

General Meeting
Apr. 26 from 6 – 6:45 p.m. in Moulton 317

U GOODS

Spring Fling: Photobooth Activity with FAB
Apr. 28 from 6 - 8 p.m. at Risman Plaza

To register for any of the above events and trainings, please visit our website link below.

Mental Health and Substance Use Website

Counseling and Psychological Services
April Programs and Services

Building Better Boundaries
Thursdays, Apr. 14 & 28 from 11 a.m. – 12:30 p.m.

Letting Go of Perfectionism
Mondays, Apr. 4 and 18 from 4 – 5 p.m.

The Procrastination Trap
Thursday, Apr. 7 from 1 - 2:30 p.m.
Wednesday, Apr. 20 from 10:30 a.m. – 12 p.m.

Building a Satisfying Life: Balancing Have-To’s and Want-To’s
Monday, Apr. 18 from 1 – 2:30 p.m.

Sleep 101
Thursday, Apr. 7 from 4 – 5 p.m.
Tuesday, Apr. 19 from 11 a.m. 12 p.m.

Components of Assertive Communication
Wednesday, Apr. 6 from 3:30 – 5 p.m.

#Anxiety Toolbox
Tuesdays through May 10 from 4 – 5 p.m.

Art of Coping
Thursdays through May 12 from 2:30 – 4 p.m.

Empowering Students in Recovery
Mondays through May 9 from 5 – 7 p.m.

For more information and to register, visit kent.edu/caps/group-counseling