March 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.

Spring Break
Sunday, Mar. 27: Closed
Monday, Mar. 28 - Friday, Apr. 1; 5:30 a.m. - 7 p.m.
Saturday, Apr. 2: 8 a.m. - 3 p.m.

Facility Hours Website

Summit St. Cafe Hours
Monday - Saturday
10 a.m. - 6 p.m.

March is Women's History Month
History helps us learn who we are, but when we don't know our own history, our power and dreams are immediately diminished. Recognizing the achievements of women in all facets of life – science, community, government, literature, art, sports, medicine – has a huge impact on the development of self-respect and new opportunities for girls and young women.

The impact of women’s history might seem abstract to some, and less pressing than the immediate struggles of working women today. But to ignore the vital role that women’s dreams and accomplishments play in our own lives would be a great mistake. We draw strength and inspiration from those who came before us – and those remarkable women working among us today. They are part of our story, and a truly balanced and inclusive history recognizes how important women have always been in American society.

Women’s History Month Schedule of Events

SilverSneakers & Renew Active VIP Program
Congratulations to Rick Newton, the February 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.

SPIN Campus Launch
Kent State University partners with SPIN to provide shared eBikes and eScooters that are available on campus and within the City of Kent for use by students, faculty, staff, and the community. Approximately 100 eBikes and 100 eScooters will be available starting in Monday, Mar. 7.

$10 Free Credit
use code KENTSTATE
New riders only
Valid until April 30, 2022
Download the SPIN app today!
As we gear up to start riding, complete a safety quiz on biking and scooting on campus and receive $5 promotional ride credit AND a free helmet!

SPIN KSU Website

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Programs and Events

**10th Annual Black Squirrel 5k Walk/Run and 1-mile Walk/Run**
Saturday, April 9, 2022
$25 (5k) and $15 (1-mile)

**New for 2022!**
1-mile race option
Team Competition - top 3 finishers on each team will add time to get total time.

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.

Black Squirrel Race Website

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**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.

Registration opens on Monday, Mar. 7.

PEAK Summer Camp Website

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**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

**Learn to Swim Lessons**
Tuesday/Thursday sessions
Mar. 1 - 24
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.

Learn to Swim Website
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

Fitness Instructional Programs
Self Defense
Wednesdays, 5:15 - 6:15 p.m.
Mar. 16 - Apr. 27 (no class on Mar. 30)
Student $25, Member $35, Non-member $45

Muay Thai Kick Boxing (Levels 1 & 2)
Wednesdays, 6:15 - 7:15 p.m.
Mar. 16 - Apr. 27 (no class on Mar. 30)
Student $25, Member $35, Non-member $45

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.

Adventure Center
Trips and Outdoor 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

Rock Climbing Technique Clinic
Wednesday, Mar. 2 from 6 - 8 p.m.
SRWC Climbing Wall
$5

Archery Clinic
Saturday, Mar. 5 from 1 - 3 p.m.
Wednesday, Mar. 16 from 6 - 8 p.m.
SRWC Multi-purpose gym
$5

Charity Climb-a-thon
Sunday, Mar. 6 from 3 - 7 p.m.
SRWC Climbing Wall
$0

Bedford Reservation Hiking Trip **
Thursdays from 4:30 - 5 p.m. (virtual)
No class on Mar. 31

Koru Mindfulness and Meditation Training
Open your mind. Manage your stress! Discover how to incorporate mindfulness skills and meditation into your life to better manage stress during a free, four-week, 75-minute mindfulness class at Kent State University.

Tuesdays
Feb. 15 - Mar. 8 from 10:30 a.m. - 12 p.m. (virtual)

Wednesdays
Feb. 23 - Mar. 16 from 5:30 – 7 p.m. (virtual)

Koru Website

TREK KSU Website

Online Registration

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.

Division of Mental Health and Substance Use March Programs

TRAININGS

AID (in-person, Kent Campus)
Mar. 8 from 11 a.m. – 12 p.m.

AID (virtual)
Mar. 15 from 2 – 3 p.m.

Kognito & QPR
24/7 on our website!

ACTIVE MINDS @ KSU

VAR Training
Mar. 1 from 6 – 6:30 p.m. in Moulton 317

General Meeting
Mar. 8 from 6 – 6:45 p.m. in Moulton 317
Faculty member Maria Jacobs talking about her publications and mental health experience.

Sleep & Mental Health
Mar. 17 from 6 – 6:45 p.m. in Moulton 317

General Meeting
Mar. 22 from 6 – 6:45 p.m. in Moulton 317

U GOODS

Stuff-A-Plush w/ FAB at Winter Blast
Saturday, Mar. 5 from 7 – 11 p.m. at the Kent State Ice Arena

Counseling and Psychological Services March Programs and Services

Building Better Boundaries
Thursdays, Mar. 3 & 17 from 11 a.m. – 12:30 p.m.

Letting Go of Perfectionism
Monday, Mar. 21 from 4 – 5 p.m.

The Procrastination Trap
Thursday, Mar. 10 from 11:30 a.m. – 1 p.m.
Wednesday, Mar. 23 from 1 – 2:30 p.m.

Building a Satisfying Life: Balancing Have-To's and Want-To’s
Monday, Mar. 21 from 1 - 2:30 p.m.

Meditation in the Wild: Practical Meditation Practices that Target Anxiety & Depression
Tuesday, Mar. 8 from 3:30 – 5 p.m.

Sleep 101
Wednesday, Mar. 9 from 2 – 3 p.m.
Monday, Mar. 21 from 10 – 11 a.m.

Self-Care: Build Your Stress Survival Kit
Wednesday, Mar. 9 from 10 – 11:30 a.m.
Wednesday, Mar. 23 from 3 – 4:30 p.m.

Components of Assertive Communication
Thursday, Mar. 3 from 3:30 – 5 p.m.

#Anxiety Toolbox
Every Tuesday from 4 – 5 p.m.
Mental Health & Self Care Trivia Night w/ FAB
Friday, Mar. 18 from 7 – 8:15 p.m. in KIVA
(and via Zoom)

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

Mental Health and Substance Use Website

Art of Coping
Every Thursday from 2:30 – 4 p.m.

Empowering Students in Recovery
Every Monday from 5 – 7 p.m.

For more information and to register, visit the CAPS website link below.

CAPS Website