February 2022

Spring Semester
Facility Hours and Closures
Friday, Jan. 14 - Friday, May 13, 2022
The following are the upcoming facility hours and closures. Please click on the links 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.

Facility Hours Website

SilverSneakers & Renew Active VIP Program
Congratulations to Ken Moir, the January 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.

Guest Pass Sales at Welcome Desk
You can now purchase a day or guest pass at the Welcome Desk when the Pro Shop is closed using a credit/debit card. Please no cash sales at the Welcome Desk.

Summit St. Cafe Opening Soon!
University Culinary Services will be opening the Summit Street Cafe in February with specific operating hours currently being finalized. Their menu will include grab 'n go items such as bottled beverages, snacks, bars, salads and sandwiches.

Black History Month
Black History Month, or National African American History Month, is an annual celebration of achievements by Black Americans and a time for recognizing the central role of African Americans in U.S. history. Dr. Carter G. Woodson founded the Association for the Study of Negro Life, which initiated the first variation of Black History month, titled Negro History Week in 1926 during the second week of February. In 1970 according to the Kent Stater, Kent State University began observance of Black History Month, however, it was not until 1976 that every president designated the month of February as Black History Month.

Checkout the website link below for a complete schedule of events and activities.

Black History Month Website

Programs and Events
National Recreational Sports and Fitness Day
Tuesday, Feb. 22, 2022
Every year, on the day commemorating the founding of the National Intramural-Recreational Sports Association (NIRSA) - February 22, 1950 - we remember the vision set in motion by Dr. William Wasson and his esteemed colleagues at the first NIRSA Conference: To celebrate health, activity, competition, and inclusivity.

Will you join us in celebrating recreational sports and fitness? We will be posting a complete schedule of activities, social media contests and promotional giveaways on our website soon!

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

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 below.

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)

Virtual Group X Membership
KSU students, faculty and staff, and community that do not have an active semester membership can purchase a Virtual Group X Membership for $40/semester. KSU students, faculty and staff with
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

CPR/AED for the Professional Rescuer
All classes are from 9 a.m. - 5 p.m.
Saturday, Feb. 5
Saturday, Feb. 12
Cost:
Student: $60
Member: $75
Non-member: $90

Fitness Certifications
CPR Online Registration
Skating and Hockey Programs
Pre-registration IS REQUIRED for all programs. Full program descriptions are available online.

Adventure Center
Trips and Outdoor Skills Clinics
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

Archery Clinic
Wednesday, Feb. 2 from 6 - 8 p.m.
SRWC Multi-purpose gym
$5

Skiing Day Trip at Brandywine
Saturday, Feb. 12 from 10 a.m. - 6 p.m.
Brandywine Ski Resort - meet at the SRWC.
$90

Snowshoeing Day Hike *
Saturday, Feb. 19 from 1 - 4 p.m.
Cuyahoga Valley National Park - meet at the SRWC.
$15
T.R.E.K. KSU
Trips, Recreation, Explore, Kent State
The Adventure Center and Employee Wellness are partnering to encourage you to get outdoors by taking part in our T.R.E.K. KSU program. Register to get your hiking stick, a TREK KSU medallion and coupon code for $5 off Adventure Center trips.

You can 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!

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)

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

Counseling and Psychological Services
February Programs and Services

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

Letting Go of Perfectionism
Mondays, Feb. 7 and 21 from 4 – 5 p.m.

The Procrastination Trap
Wednesday, Feb. 23 from 10 – 11:30 a.m.

Building a Satisfying Life: Balancing Have-To’s and Want-To’s
Monday, Feb. 14 from 1 - 2:30 p.m.

Meditation in the Wild: Practical Meditation Practices that Target Anxiety & Depression
Friday, Feb. 11 from 9 – 10:30 a.m.
Tuesday, Feb. 22 from 3:30 – 5 p.m.

Sleep 101
Tuesday, Feb. 8 from 3 – 4 p.m.
Thursday, Feb. 24 from 1 – 2 p.m.

Self-Care: Build Your Stress Survival Kit

Division of Mental Health and Substance Use
February Programs

Trainings
AID: Feb. 24th 11a-12p EST (online)
Kognito & QPR: 24/7 online

Active Minds @ KSU
VAR Training: Feb. 3 from 6 - 6:30 p.m. (online)
General Meeting with the CARES Center: Feb. 8 from 6 - 6:45 p.m. (online)
Self-Love Event: Feb. 17 from 6 - 6:45 p.m.
General Meeting: Feb. 22 from 6 - 6:45 p.m. (online)

**U Goods**
Be My Valentine w/ FAB: Feb. 11 from 7 - 10 p.m. (Second Floor Market of the Student Center)

Talking to Me to Myself: Feb. 22 from 7 - 8 p.m. (online)

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

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**Mental Health and Substance Use Website**

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**CAPS Website**

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