October 2022

Fall Semester Facility Hours
Friday, Aug. 19 - Saturday, Dec. 17, 2022

Warren 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.

Fall Break Hours
Thursday, Oct. 13: 5:30 a.m. - 7 p.m.
Friday, Oct. 14: 5:30 a.m. - 7 p.m.
Saturday, Oct. 15: 7 a.m. - 5 p.m.

Click on the link below for specific area hours.

Facility Hours Webpage

Now Accepting Active & Fit and Silver & Fit Memberships
We are happy to announce that we have expanded our membership options to people who qualify under the following programs.

Active & Fit
The Active & Fit program provides its members with fitness options to empower them to get fit. The Active & Fit program is provided by American Specialty Health Fitness, Inc. Members will need to register on www.ActiveandFit.com. Members can find our facility under the "Find a fitness center near you" section and by selecting Premium category on their webpage. Members are still responsible for parking fees.

Active & Fit Webpage

Silver & Fit
The Silver & Fit exercise and healthy-aging program is provided by American Specialty Health. Silver & Fit is a fitness program designed specifically for older adults. You may get access to Silver & Fit as a Medicare beneficiary through many insurance companies’ Medicare Advantage and Supplement plans. If you meet the eligibility requirements, you just need to be enrolled in a Medicare Advantage or Medicare Supplement plan

Silver & Fit Webpage

University Power Testing: Saturday, Oct. 8
Kent State University is conducting university electrical systems power testing on Saturday, Oct. 8, 2022, which includes the Beverly J. Warren Student Recreation and Wellness Center, Tri-Rec and the Kent State Ice Arena. Intermittent power losses may be experienced throughout the day. We appreciate your patience and apologize for any inconvenience that this may cause to your visit.

SilverSneakers & Renew Active VIP Program
Congratulations to Elaine Alexander, our September 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.

Mental Health Awareness Month
October is Mental Health Awareness Month at Kent State University! Although not consistent with the National Health Observance calendar, this month was chosen as the need for mental health support peaks during October. This designation will continue to highlight Mental Illness Awareness Week during the first week of October while providing an opportunity for non-clinical campus partners to showcase their shared commitment to increasing mental health awareness. This month will also serve as a broad reminder of the support, training, and resources available throughout the year.

In addition to the programs and activities during the month, you can nominate a student, faculty or staff that went above and beyond to promote mental health and well-being for the Mental Health Champion Award. The nomination deadline is Friday, Oct. 28. Additional information regarding Mental Health Awareness Month and the Mental Health Champion Award can be found on the University Health Services website.
that includes the Silver & Fit fitness benefit. Check your eligibility with Silver & Fit on their webpage. Members are still responsible for parking fees.

**Silver & Fit Webpage**

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**Mental Health Awareness Month Webpage**

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**Programs and Events**

**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.

**Semester Schedule:**
Sunday, Aug. 28 - Saturday, Dec. 17

**Fall Break Modified Schedule**
Thursday, Oct. 13 - Sunday, Oct. 16

**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)

**Fitness Special Events**

- **Double Down Tuesdays Glow Spin Series**
  Dates and Times: Tuesday, Oct. 11 from 8:30 - 9:30 p.m.

- **Spivi Virtual Spinning**
  Dates & Times: Thursday, Oct. 20 from 5:15 - 6 p.m.

- **Spin & Shavasana Series**
  Dates & Times: Wednesday, Oct. 19 from 5:15 - 6:45 p.m.

- **Belay and Namaste**
  Date & Time: Tuesday, Oct. 18 from 6 - 8 p.m.

- **Haunted Halloween Glow Ride**
  Date & Time: Monday, Oct. 31 from 9 - 9:45 p.m.

**Adventure Center Trips**

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

- **Day Hike at Fort Hill Earthworks Trail**
  Date & Time: Saturday, Oct. 8 from 1 - 4 p.m.
  Location: Fort Hill Earthworks Trail - meet at the SRWC.
  Cost: $10

- **Fall Break Outdoor Climbing Trip**
  Date & Time: Friday, Oct. 14 - Sunday, Oct. 16
  Location: Ohiopyle State Park, PA - meet at the SRWC
  Cost: $80 Student, $90 Non-student

**Outdoor Skills Clinics**

- **Introduction to Climbing Clinics**
  Dates & Times: Mondays & Tuesdays, Aug. 29 - Dec. 13
  5:30 - 8 p.m.
  Cost: Free

- **Pool Beginner Kayak Sessions**
  Dates & Times: Thursdays, Sept. 1 - Dec. 15 from 7 - 9 p.m.
  Cost: $7

- **Archery Clinic**
  Date & Time:
  Wednesday, Oct. 19 from 6 - 8 p.m.
  Wednesday, Oct. 26 from 6 - 8 p.m.
  Saturday, Nov. 5 from 1 - 3 p.m.
  Location: SRWC Multipurpose Gym
  Cost: $5

**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)
Fitness Instructional Programs

Sign up now for Session 2!

Full program descriptions are available online.

Muay Thai Kick Boxing (Levels 1 & 2)

Dates & Times:
Tuesdays, 6 - 7 p.m.
Session 2: Oct. 25 - Nov. 29
Cost:
Student $25, Member $35, Non-member $45

Adult Ballet (Levels 1 & 2)

Dates & Times:
Mondays, 6:45 - 7:45 p.m.
Session 2: Oct. 24 - Nov. 28
Cost:
Student $25, Member $35, Non-member $45

BOGA Yoga

Dates & Times:
Tuesdays, 6 - 7 p.m.
Session 2: Oct. 25 - Nov. 29
Cost:
Student $25, Member $35, Non-member $45

Fitness Certification

Group Fitness Instructor Certification Prep Course
Information Session:
Monday, Oct. 10 from 5 - 6 p.m.

Course Dates & Times:
1-day Workshop on Saturday, Oct. 22 from 8 a.m. - 5 p.m. and 8-week Prep Course on Mondays, Oct. 24 - Dec. 5 from 5 - 7 p.m.

Cost:
Student $0, Member $25, Non-member $35

Outdoor Equipment Rental

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) 672-7625 to speak to an Adventure Center staff member. Equipment rentals for boating, backpacking, car camping and other miscellaneous items.

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 sessions
Tuesdays/Thursdays: Oct.11 - Nov. 3

Levels
Preschool 1 - 3
Parent/Child
Level 1 - 6
Adult

Cost:
Student/Member: $46
Non-student/Non-member: $55

Golden Splash Youth Swim Team

Regular Season

Dates and Times:
Monday, Wednesday, Friday from Oct. 3, 2022 - Mar. 17, 2023
11 and under: 5:15 - 6:15 p.m.
12 and over: 6:20 - 7:20 p.m.

Cost:
11 and under:
Student $220, Member $220, Non-member $250
12 and over:
Student $310, Member $310, Non-member $330

Kent State Farmers' Market

Tuesday, Oct. 25 from 4 - 7 p.m.
Risman Plaza - Student Green

Kent State University has partnered with Haymaker Farmers' Market to bring a farmer's market to the Kent campus. The Kent State Farmers' Market provides students with opportunities to learn about the local farming community, select fresh produce and connect with the broader Kent community.
Koru Mindfulness & Meditation Training
Discover how to incorporate mindfulness skills and meditation into your life to better manage stress during a free, four-week, 75-minute mindfulness class. Classes are facilitated by trained Koru Mindfulness instructors. Participants have access to the free e-book through the University Library.

**Dates & Times:**
- Thursdays, Oct. 6 - 27, 3:45 - 5 p.m., Aero./Eng. Building, Rm. 214
- Thursdays, Oct. 27 - Nov. 17, 3:45 - 5 p.m., SRWC, Studio 2
- Mondays, Oct. 24 - Nov. 14, 12:15 - 1:30 p.m., Williamson House, Conference Room
- Thursdays, Nov. 3 - Dec. 1, 12 - 1:15 p.m., Aero./Eng. Building, Rm. 214

Meditation Across Campus
Free, facilitated, 30-minute meditation sessions, open to all members of the Kent State community.

**Dates & Times:**
- Aug. 25 - Thursday, Dec. 8
  - Mondays, 4:15 - 4:45 p.m.
  - Tuesdays, 12 - 12:30 p.m.
  - Wednesdays, 10:15 - 10:45 a.m.
  - Wednesdays, 12 - 12:30 p.m.
  - Wednesdays, 4:15 - 4:45 p.m. (virtual)

For additional information, please go to our website link below.

Wellness Wednesdays
Free weekly event for students every Wednesday in the Mall in the Student Recreation and Wellness Center during the academic year providing wellness education, interactive activities, and giveaways.

Stop by anytime between 3 - 5 p.m., participants do not need to be present the entire time.

Oct. 5: World Card Making Day
Oct. 12: No Program
Oct. 19: Emotional Wellness & Balance
Oct. 26: Health Literacy Month
Nov. 2: Stress Happens

Fresh Check Day
An uplifting mental health promotion and suicide prevention event for college students that aims to create an approachable and hopeful atmosphere where students are encouraged to engage in dialogue about mental health. Event includes interactive expo booths, peer-to-peer messaging, support of multiple campus departments and groups, free food, entertainment, exciting prizes and giveaways.

Safety Certifications
First Aid/CPR/AED
**Date and Time:**
- Saturday, Oct. 22 from 12 - 5 p.m.
- Saturday, Nov. 5 from 12 - 5 p.m.
**Cost:**
- Student: $70, Member: $75, Non-member: $85

CPR/AED for the Professional Rescuer
**Date and Time:**
- Sunday, Oct. 23 from 9 a.m. - 5 p.m.
- Sunday, Nov. 6 from 9 a.m. - 5 p.m.
**Cost:**
- Student: $75, Member: $80, Non-member: $90

Intramural Sports
The following Intramural Sports programs are open to Kent State students, faculty and staff.

**7-on-7 Flag Football League**
**Registration:** Sept. 19 - Oct. 5
**Cost:** $100

**7-on-7 Soccer League**
**Registration:** Sept. 19 - Oct. 5
**Cost:** $100

**6-on-6 Volleyball League**
**Registration:** Oct. 17 - Nov. 2
**Cost:** $70

**5-on-5 Indoor Soccer League**
**Registration:** Oct. 17 - Nov. 2
**Cost:** $60

Learn to Skate Lessons
Sign up now for skating lessons that will begin in October! Additional program information including policies, program descriptions and online registration instructions are available on our website.
**Cost:** $140/person.

**Saturdays**
- Oct. 8 - Nov. 19 (no class on Oct. 29)
**Date & Time:**
Thursday, Oct. 6, 11 a.m. - 2 p.m.,
Design Innovation Hub

**Kent State of Well-being Programs Webpage**

**Skating Programs Webpage**