January 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.

Monday, Jan. 17 (MLK Jr. Day)
8 a.m. - 8 p.m.

Facility Hours Website

Holiday Giving Trees - Thank You!!!
We want to thank our exceptional Kent State community for your amazing support and generosity with our 2021 Holiday Giving Trees. They were a tremendous success and your efforts are truly appreciated by us and the three local organizations. Below is a breakdown of how our community gave back:

Portage County
Gifts for all 36 residents, plus numerous other wish list items such as craft supplies and slipper socks.

One of a Kind Pets
Over 120 various pet supply items to include food and treats, pet toys, leashes, blankets, towels and cleaning supplies.

Children’s Advantage
20 gift cards for either teens (12) or family dinners (8).

SilverSneakers & RenewActive VIP Program
Congratulations to Rhonda Mitchell, the December 2021 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.

Programs and Events

Group X Demo Week
Sunday, Jan. 16 - Saturday, Jan. 29
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
Sessions begin Jan. 29.
We have levels for Preschool 1 - 3, Parent/Child, 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. Parking passes are not included with registration and can be purchased in the SRWC Pro Shop for $11/month. Please check our website for specific class dates and times.

Learn to Swim Website
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 a Virtual Group X membership can also access the Caravan Wellness app.

Dare 2 Tri
Virtual Duathlon/Triathlon Challenge
Have you ever wanted to participate in a duathlon or a triathlon but didn’t want to commit to training for a one-day event? Now is your chance to experience a little of what it is like to be a duathlon / triathlon athlete. Feel the thrill of competing anytime, anywhere, at your own pace. You can choose to 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. Upon registration, you will receive a link to a form to submit your progress. Weekly participant progress updates will also be available online. 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, Jan. 15
Sunday, Jan. 16
Saturday, Feb. 5
Saturday, Feb. 12

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

Skating and Hockey Programs
Want to learn how to skate, play hockey or get better at skating? We have many skating level options including Tots, Hockey Prep, Basic 1 - 6, Adult 1 - 4 and Learn to Play Hockey. Sign up now for our next session of classes begins Saturday, Jan. 15, 2022.

Please click on the links below for specific class days and times as well as information about registering online.

Online Registration

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.
**T.R.E.K. KSU**

**Trips, Recreation, Explore, Kent State**

Do you love exploring the outdoors? Do you need a good fresh air break every now and then? Do you want to discover local hiking trails? If you answered yes to any of these questions, we have a great program for you!

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. Upon registration, you will receive a hiking stick with a Kent State University TREK medallion along with a $5 coupon code towards KSU Adventure Center treks. 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! As you participate in the treks, use our TREKker form to keep count of the total number of miles you’ve trekked. Go online for more specific information on treks, pricing and registration options.

**TREK KSU Website**

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**Welcome New Assistant Director, Kent State of Well-being**

With great excitement, we would like to welcome Meghan Factor-Page as the new Assistant Director, Kent State of Well-being. Meghan is a proud two-time Kent State University Alum with a Master's degree in Higher Education Administration and Student Personnel and a Bachelor's degree in School Health Education. Meghan has been a full-time employee at Kent State since 2009, starting in Student Success Programs and most recently in the Kent Student Center and Involvement- where she advised Undergraduate Student Government and oversaw Leadership Development and Fraternity and Sorority Life.

**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**
Jan. 27 - Apr. 28 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)

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**Online Registration**

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**Snowshoeing Clinic * **

Saturday, Jan. 29 from 3 - 5 p.m.
Meet at the SRWC.
Free

**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

* Part of the T.RE.K KSU program

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**Koru Website**

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