

General Information

Mission Statement Update

We have recently updated our Mission Statement as follows:

"To provide equitable recreational opportunities through a culture of learning, growth and well-being in a supportive, welcoming environment."

In addition, we have added our values, goals and learning outcomes to our website which can be found online at the link below.

[Mission Statement Website](#)

Did You Know?

November is National Diabetes Awareness Month

In conjunction with Kent State University Culinary Services, we will be posting recipes, tips and fast facts all month long on our social media accounts. So please keep on eye out for those posts!



Facility News

Facility Hours and Closures

The following are holiday hours and closures for the SRWC this month.

- Thursday, Nov. 11: 8 a.m. - 8 p.m.
- Wednesday, Nov. 24: 5:30 a.m. - 5 p.m.
- Thursday, Nov. 25: Closed
- Friday, Nov. 26: 8 a.m. - 5 p.m.

Also we have posted the Winter Break hours from Sunday, Dec. 19, 2021 - Thursday, Jan. 13, 2022 online.

[Facility Hours Website](#)

SilverSneakers & RenewActive VIP Program

Back by popular demand! 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.

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. There is no limit to participation entry.

Good luck!

Veterans Day - Free Day Pass

In honor of Veterans Day on Thursday, Nov. 11, all active duty and veteran military members and their immediate family can get a free day pass into the SRWC. Please stop in the Pro Shop and present your military ID or other proof to get the free day pass. We thank you for your service!

Pickleball

Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong. It is played with a paddle and a plastic ball with holes. You can play as doubles or singles



and can be enjoyed by all ages and skill levels

Starting Monday, Nov. 15, court 4 in the Sports Arena will be setup for pickleball from 8:30 a.m. - 12 p.m. each day, Monday - Friday. Equipment is available for checkout at the Equipment Issue desk on the lower level of the SRWC.

Campus Kitchen Food Drive

Nov 1 - Nov. 18

The Student Recreation Council is collecting non-perishable food, such as canned goods, boxed cereals and peanut butter. Look for the collection bins at the Ice Arena, Tri-Rec and SRWC. Thank you for your support.



Programs and Events



Friday, Nov. 26 from 10:30 a.m. - 12 p.m.

Burn off those extra calories and get a jump start to the rest of winter break with a free 45-minute High Intensity Post-Turkey Training class. The first 10 to register will qualify to receive a free Yoga mat and the second 10 will qualify to receive a free coffee mug or blender bottle. (Items will be reserved for pick-up only)

Online
Registration

Safety Certification Classes

All aquatics certifications are taught by American Red Cross-certified instructors. Please note that participation in a certification class does not guarantee certification. All skills related to the certification must be properly demonstrated (as defined by course outline) in order to receive certification.

CPR/AED for the Professional Rescuer

All classes are 9 a.m. - 2 p.m.

- Saturday, Nov. 6
- Sunday, Nov. 14
- Saturday, Nov. 20

Cost:

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

Hands Only CPR

All classes are 2:30 - 3:30 p.m.

- Saturday, Nov. 6
- Sunday, Nov. 14
- Saturday, Nov. 20

Cost:

- Student: \$15
- Member: \$30
- Non-member: \$45

Meditations Across Campus

Thursdays from 4:30 - 5 p.m.

Curious about what meditation is and how it might be able to help you? Kent State of Wellness is offering Meditation Across Campus, an opportunity to join in with other members of the Kent State community for

Babysitting

All classes are 9 a.m. - 6 p.m.

- Sunday, Nov. 21
- Saturday, Dec. 11

Cost:

- Student/Member: \$35
- Non-member: \$45

free, facilitated meditation sessions with drop-in times available at different locations throughout the Kent Campus. Studies have shown that meditation helps to reduce stress and anxiety, can help to alleviate depression, improves cognition and reduces distractions, among several other benefits. Register for the days/times that work best for you, then drop in as many or as little times as you need.

Click on the link below for additional information.

Online
Registration

Adult Mental Health First Aid Course

**Wednesday, Nov. 17
8 a.m. - 4:30 p.m.**

The Kent State University Center for Public Policy and Health will be offering two Adult Mental Health First Aid courses to KSU students, faculty, and staff. The course is an evidence-based training that teaches people to identify, understand, and respond to signs of mental illness and substance use disorders. For more information, please visit www.kent.edu/mhsu/MHFA.

Online
Registration

Introduction to Climbing Clinic Mondays & Tuesdays from 5:30 - 8 p.m.

This two-and-a-half hour program covers the basics of indoor climbing including equipment, bouldering, top rope climbing and belaying with an ATC and GriGri device. This program sets up an individual with no prior experience to take our belay test which is required when purchasing a climbing wall membership. Pre-registration IS REQUIRED.

Online
Registration

Pool Beginner Kayak Sessions

Thursdays at 7 p.m.

New kayakers can come learn kayaking skills. Participants may bring their own boats via the loading dock stairs and back

Lifeguarding

Must attend all of the following:

- Monday, Nov. 29 - Thursday, Dec. 2 from 5 - 9 p.m.
- Friday, Dec. 3 from 5 - 8 p.m.
- Saturday, Dec. 4 from 12 - 6 p.m.

Cost:

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

Click on the link below for additional information.

Safety Certification
Website



Public Ice Skating Sessions

Come to a public skating session at the Kent State Ice Arena. **Advance tickets must be purchased online. Walk up admission sales will not be available.** Dates and times for November are as follows:

- Sunday, Nov. 7 from 2:35 - 4:35 p.m.
- Sunday, Nov. 14 from 2:10 - 4:10 p.m.
- Sunday, Nov. 21 from 1 - 3 p.m.
- Friday, Nov. 26 from 2 - 4 p.m. and 8 - 10 p.m.
- Saturday, Nov. 27 from 2 - 4 p.m. and 8 - 10 p.m.
- Sunday, Nov. 28 from 2:35 - 4:35 p.m.

Click on the link below for additional information.

Public Skating
Website

Archery Clinic

**Friday, Dec. 3 from 6 - 8 p.m. or
Saturday, Dec. 11 from 1 - 3 p.m.**

entrance as long as the boats are FULLY CLEANED before entering the pool. If you don't own a boat, one can be provided for you to use. Pre-registration IS REQUIRED by the Wednesday before each program.

**Online
Registration**



Come learn to shoot archery with our Adventure Center staff. We will teach you the basics and play fun archery games. Contact Angela at actrips@kent.edu with any questions. Pre-registration IS REQUIRED

Location: SRWC Multi-purpose gym

Cost: \$5

Difficulty: Level 1. No experience necessary, mild physical exertion

Online Registration

