# Friday, January 11

## Student Leadership Retreat

Our Retreat offers an opportunity for student organization leaders to network and learn about the features available to YSU’s registered organizations. Advance registration is required (330-941-3575).

**8am–1:30pm | Chestnut Room, Kilcawley Center**

*Sponsored by Student Activities*

# Saturday, January 12

## Spinning Certification

This workshop and test will give you a 2-year certification as a SPINNING instructor to lead classes in any of the 35,000+ Official SPINNING Facilities worldwide. Upon completion, you will be eligible to take the Assessment test online at your convenience. With continuing education, certification can be maintained for a lifetime.

**8am–5pm | Rec Center, Spinning Studio**

*Sponsored by Campus Rec*

# Sunday, January 13

## Rec Center Open

## Club Sports Officer Retreat

Club Sport officers join together to engage and participate in an interactive discussion about fundraising, recruiting new members, risk management and building a positive club culture.

**1:30–3:30pm | Rec Center**

*Sponsored by Campus Rec*

## RHA Presents: Game Night

Do you think you know your friends? Let’s play and see. Team up with your roommate and friends to have a great time at the RHA game night.

**7–9pm | Multipurpose Room, Cafaro House**

*Sponsored by Housing & Residence Life*

# Monday, January 14

## Semester Kick-off Party

Join us for food, games & dancing to start the semester right!

**5–7pm | The Hub, Kilcawley Center**

*Sponsored by Student Activities*

# Monday, January 14 through Friday, January 18

## Welcome Back Week

Join Student Activities for a variety of events to start 2019 in style!

# Monday, January 14 through Thursday, January 17

## Meet the Trainers

Interested in training with a partner or a small group of friends? What about meeting 1-on-1 with a certified Personal Trainer to develop a fitness program to reach your exercise goals? Come speak with our certified personal trainers to discuss your fitness goals. Free prizes will be randomly awarded!

**Monday, Jan 14: 11am–1pm**

**Tuesday, Jan. 15: 12–2pm**

**Wednesday, Jan 16: 11am–1pm**

**Thursday, Jan. 17: 12–2pm**

**All at the Strength and Conditioning Area, Rec Center**

*Sponsored by Campus Recreation*

# Monday, January 14 and Tuesday, January 15

## Ask the Nutritionist

The Campus Rec’s licensed nutritionist is here to help you! Join her for a table talk and learn all there is to know about proper nutrition and a healthy lifestyle!

**Monday, Jan 14: 11am–1pm**

**Tuesday, Jan. 15: 12–2pm**

**All at the Lobby, Rec Center**

*Sponsored by Campus Recreation*

# Tuesday, January 15

## New Year, New Goals

We’ll help you set your goals for the new year!

**10am–2pm | Lariccia Lounge, Kilcawley Center**

*Sponsored by Student Activities*

## Giant Eagle Penguin Pickup Sign Up Party

Come and sign up for a Giant Eagle account for our new grocery pickup service. Win prizes and free giveaways.

**10am–2pm | The Cove, Kilcawley Center**

*Sponsored by Kilcawley Center*

# Tuesday, January 15 through Thursday, January 17

## Organization Fair

If you are looking for ways to get involved on campus, visit one of these fairs and decide which organization is the best fit for you.

**11am–1pm | Lower Arcade, Kilcawley Center**

*Sponsored by Student Activities*

# Wednesday, January 16

## Welcome Back Dinner

Keep your resolutions on track and enjoy comfort foods with a healthy twist!

**4–8pm | Christman Dining Commons**

Sponsored by YSU Dining by Chartwells

## Trivia Night

Test your knowledge!

**6–8pm | Republic Pizzeria, Lincoln Avenue**

*Sponsored by Student Activities*

## Club Sports Recruitment Fair

Did you enjoy participating in competitive sports while a high school student? Have you considered being involved in intercollegiate sports here at YSU? Visit our Club Sports Recruitment Fair to learn more! You can meet with the officers and other team members of our current clubs. See when they practice, where they travel, and get a feel for the group you might like to join.

**11am–1pm | The Cove, Kilcawley Center**

*Sponsored by Campus Rec*

# Thursday, January 17

## Video Game Night

Come enjoy some free food while playing some of your favorite video games. Stations will be set up throughout the Rec Center for your enjoyment!

**5–9pm | Lobby, Rec Center**

*Co-Sponsored by First Year Student Services & Campus Recreation.*

## MLK Observance

Celebrate the life and work of Dr. Martin Luther King, Jr. as well as recognize the service leadership in our community.

Guest speaker COL. RICHARD “dick” TOLIVER, USAF, RET.

Tuskegee Airmen Protégé | Air Force Veteran in Blue - Pioneering Combat Pilot | Arizona Veterans Hall of Fame

**12:30–1:30pm | Chestnut Room, Kilcawley Center**

*Sponsored by Student Experience*

**Men’s Basketball**

YSU vs. Wright State

**7pm • Beeghly Center**

## Open Mic Night

Sing your heart out!

**7–9pm | The Hub, Kilcawley Center**

*Sponsored by Student Activities*

# Friday, January 18

## Winter Mix

Create your own special cocoa mix to take home!

**10am–1pm | The Cove, Kilcawley Center**

*Sponsored by Student Activities*

## Giant Eagle Penguin Pickup Sign Up Party

Come and sign up for a Giant Eagle account for our new grocery pickup service. Win prizes and free giveaways.

**10am–2pm | The Cove, Kilcawley Center**

*Sponsored by Kilcawley Center*

**Track and Field YSU College Invitational**

**12pm • WATTS**

**Swimming & Diving**

YSU Quad Meet

**5pm • Beeghly Natatorium**

**Women’s Basketball**

YSU vs. Wright State

**7pm • Beeghly Center**

## Winter Games

Gather a team and rep your squad at the 1st annual Winter Games for scooter soccer and more!

**7–10pm | Stambaugh Gyms *(Inside the Stadium)***

*Co-sponsored by Housing & Residence Life and Campus Recreation*

# Saturday, January 19

## Last Day for Textbook Refunds

Last day for refunds, don’t forget your receipt!

**10am–6pm | YSU Barnes & Noble Bookstore**

*Sponsored by Barnes & Noble Bookstore*

**Swimming & Diving**

YSU Quad Meet

**5pm • Beeghly Natatorium**

**Men’s Basketball**

YSU vs. Northern Kentucky

**6pm • Beeghly Center**

# SUNDAY, January 20

**Women’s Basketball**

YSU vs. Northern Kentucky

**1pm • Beeghly Center**

# Monday, January 21

## Martin Luther King, Jr. Day

University Closed

## Rec Center Open

**10am–8pm**

## MLK Day of Service

Make your day off a day on! Sign up to volunteer in the Student Activities Office.

**8:30am–12pm**

*Co-sponsored by Student Activities and YNDC*

# January 22–25

## IFC Recruitment Week

Each day the Interfraternity Council fraternities will have an event or activity to help you narrow down your options of which fraternity to join. Check out our website for activities and make sure you register online at [www.ysu.edu/greeklife](http://www.ysu.edu/greeklife)!

*Sponsored by Student Activities*

# Tuesday, January 22

## Adulting 101: How to Land a Job

**7–7:45pm | Lariccia Lounge, Kilcawley Center**

*Co-sponsored by Student Experience and Housing & Residence Life*

## Black Greek 101

Learn the meaning behind the letters including the creation and purpose of Black Greek organizations. Hear how to join one of these chapters. This session is for Non-Greeks only.

**7–8:30pm | Ohio Room, Kilcawley Center**

*Sponsored by Student Activities*

## Intro to Climbing/Bouldering

One of our Certified Climbing Wall Instructors will guide you in an interactive, hands-on clinic where you will learn about gear, moves, types of climbing, and other essentials. The session will end with free-climb time and climbing games!

**7–10pm | Climbing Wall, Rec Center**

*Sponsored by Campus Recreation*

# January 22–March 8

## Group X Classes

Our numerous formats are offered throughout the day to allow you to choose classes which are interesting to you and will fit into your schedule.

Visit rec website ysu.edu/reccenter for times.

**Aerobics Studio/SPINNING Studio, Rec Center**

*Sponsored by Campus Recreation*

# Wednesday, January 23

## Adulting 101: How to Land a Job

**12–12:45pm | Lariccia Lounge, Kilcawley Center**

*Co-sponsored by Student Experience and Housing & Residence Life*

## Meet the Greeks

Come to this session to learn about what fraternities and sororities do on a day-to-day basis and find out the meaning behind the letters.

**7–9pm | Chestnut Room, Kilcawley Center**

*Sponsored by Student Activities*

# Thursday, January 24

## Clearance Flash Sale!

One day only, all clearance an additional 50% off!

**8am–6:30pm | YSU Barnes & Noble Bookstore**

*Sponsored by Barnes & Noble Bookstore*

## Giant Eagle Penguin Pickup Begins at YSU

Convenient and free on-campus grocery pick up! Order and pay for your groceries online from the Churchill Commons Giant Eagle in Liberty. On Mondays and Thursdays, pick up your groceries at the Cove in Kilcawley Center.

Call The Cove for more information.330-941-2287

**The Cove, Kilcawley Center**

## Guest Speaker MC Lyte

**8pm Chestnut Room**

# Friday, January 25

## Mercy Health Dental Van

Exams, cleanings, fillings, extractions, X-rays. Call for appointment: 330-941-3489.

*Sponsored by Mercy Health Student Health Center*

## Penguin Nights Winter Wonderland

Huge Prizes, Not Your Granny’s Bingo, Iceless Skating Rink, Giant Polar Bear Slide, Free Food

**10pm–2am | All over Kilcawley Center**

*Sponsored by Kilcawley Center with Pepsi and YSU Student Activities*

# Saturday, January 26

## Police Physical Fitness Assessment Testing

This certification valid for 1 year. For specific test offerings and other details, see ysu.edu/reccenter

**Registration at 7:30am. Testing begins at 8am | Lobby, Rec Center**

*Sponsored by Campus Recreation*

## Pilates Mat Level 1 Instructor

This certification teaches fitness professionals the basic biomechanics and philosophical principles of Pilates exercise. Learn a series of Pilates mat exercises which are designed to improve muscular strength and flexibility, balance, posture and overall well-being. Learn to incorporate Pilates exercises into both a one-on-one or group format. Training includes hands-on practical sessions and requires passing a written exam to receive ISCA Pilates Mat Level I Instructor Certification. For more information, see ysu.edu/reccenter.

**8am–5pm | Rec Center**

*Sponsored by Campus Recreation*

## Penguin Parent Day

Penguin Parents are invited to bring their penguin chicks to campus for a FREE day of fun for kids and parents alike!

**11:30am–2pm | Chestnut Room, Kilcawley Center**

*Sponsored by Student Activities*

**Women’s Basketball**

YSU vs. Cleveland State

**1pm • Beeghly Center**

# Monday, January 28

## Multicultural Monday!

Join Student Diversity Council in celebrating our diverse student population!

**4–6pm | Lariccia Lounge, Kilcawley Center**

*Sponsored by Student Activities*

# Tuesday, January 29

## Superfood Tuesday

Try this month’s superfood at lunch and dinner.

**10:30am–8pm | Christman Dining Commons**

*Sponsored by YSU Dining by Chartwells*

## Adulting 101: Professionalism in the Workplace

**7–7:45pm | Lariccia Lounge, Kilcawley Center**

*Co-sponsored by Student Experience and Student Activities*

## Intramural Registration Deadline

**6pm Online at imleagues.com**

# Wednesday, January 30

## Adulting 101: Professionalism in the Workplace

**12–12:45pm | Lariccia Lounge, Kilcawley Center**

*Co-sponsored by Student Experience and Student Activities*

## IFC Fraternity 101

Are you curious to know what fraternities here at YSU are all about? Well this is the place to find the answers! Additionally, hear about the steps to joining one of these chapters.

**7–8pm | Bresnahan 1&2, Kilcawley Center**

*Sponsored by Student Activities*

# Thursday, January 31

## Try Slacklining

Similar to tightrope walking, slacklining tests your balance and coordination while balancing on webbing a few feet above the ground. Adventure Rec staff will be on hand to show you how and keep you safe.

**6–8pm | Climbing Wall, Rec Center**

*Sponsored by Campus Recreation*

**Women’s Basketball**

YSU vs. Oakland

**7pm • Beeghly Center**

# Friday, February 1

## Federal Frenzy Face Off

Watch YSU bands battle it out for your vote! The winner will secure a spot on the Federal Frenzy lineup!

**7–10pm • Westside Bowl, 2617 Mahoning Avenue**

*Sponsored by Penguin Productions*

# Saturday, February 2

## YSU Bouldering Competition

Compete and have fun with climbers from other universities on more than 45 climbing routes. T-shirts, raffles, and mini-comps! Climbers of all skill levels are welcome to participate in this highly anticipated annual event hosted by YSU.

**11am–2:30pm YSU Climbing Wall**

*Sponsored by Campus Recreation*

**Track and Field**

YSU Mid-Major Invitational

**10am • WATTS**

## African Marketplace

An opportunity to be immersed in black culture and heritage at YSU and in Youngstown while

**12–4pm Stambaugh Gymnasium**

*Sponsored by Student Activities*

**Women’s Basketball**

YSU vs. Detroit Mercy

**1pm • Beeghly Center**

## Greek Formal

Celebrating unity between chapters, members of the Greek System and their guests dress to the occasion in formal attire for a night of dinner and dancing.

**7–10pm DeBartolo Stadium Club, Stambaugh Stadium**

*Sponsored by Student Activities*

## Livin’ Y

Open House event for residents filled with a themed night of fun!

**9–11pm Residence Hall TBA**

*Sponsored by Housing and Residence Life*

# February 3 through March 3

## Basketball League

Bring your skills to the Intramural hardwood. Dribble into spring’s most popular sport. This semester we will offer a 5 on 5 basketball league played on Sundays. This league has a six-week regular season followed by a playoff tournament. This league is open to all YSU students. Students are free to make their own team or join the league as a free agent. Free agents can be picked up by anyone until the registration deadline; after the deadline, the remaining free agents will be made into a Free Agent Team and get to participate in the league. Get your teams ready and look for a competitive league with jaw dropping plays and non-stop action. Help us make this season a slam-dunk. Register at imleagues.com.

**12:30pm Rec Center**

*Sponsored by Campus Recreation*

# Monday, February 4

## Healthy Stress Eating

FREE Food! Come learn some tips and ways on how to stress eat…the healthy way. Course will be led by YSU human ecology students.

**5–7pm Lobby, Rec Center**

*Sponsored by Campus Recreation*

## Co-Rec Volleyball Monday League

Intramural Volleyball is easily one of YSU IM’s most competitive sports. Register early (minimum 6 players / at least 3 women). This league has a 6-week regular season followed by a playoff tournament. We now offer Monday and Thursday leagues. Make your own team or join the league as a free agent. Free agents can be picked up by anyone until the registration deadline; after the deadline, the remaining free agents will be made into a Free Agent Team. Register at imleagues.com.

**7pm Stambaugh Gym**

*Sponsored by Campus Recreation*

# Tuesday, February 4

## Chinese New Year

**4–8pm Christman Dining**

*Sponsored by YSU Dining by Charwells*

## Club Sports Officer Meetings

Officer-specific meetings provide an opportunity for member leadership to receive area updates, discuss upcoming events, and brainstorm innovative club processes.

**5:30–6:30pm • Hynes Room (2068), Kilcawley Center**

*Sponsored by Campus Recreation*

## Arena Football League

Test your football skills with this new game invented by YSU Intramurals. This IM sport has the feel of a regular football game but with a faster pace and more scoring. Earn points from everything from touchdowns to first downs to sacks. You’re never out of the game with this high scoring, fast-paced sport. Register at imleagues.com.

**7pm Stambaugh Gym**

*Sponsored by Campus Recreation*

**Adulting 101: Does Your Digital Footprint Make the Right Impression?**

**7–7:45pm Lariccia Lounge, Kilcawley Center**

*Co-sponsored by Student Experience and Housing & Residence Life*

**IFC Fraternity 101**

Are you curious to know what fraternities at YSU are all about? This is the place to find the answers! Additionally, hear about the steps to joining one of these chapters.

**7– 8pm Bresnahan 1&2, Kilcawley Center**

*Sponsored by Student Activities*

# Wednesday, February 5

**Adulting 101: Does Your Digital Footprint Make the Right Impression?**

**12–12:45pm Lariccia Lounge, Kilcawley Center**

*Co-sponsored by Student Experience and Housing & Residence Life*

**Meditation and Mindfulness**

Take time for yourself and enjoy the practice of being completely in the moment, in an open, aware, non-judgmental, and relaxed way. Mindfulness and meditation is a practice of self-discipline that can lead to a sense of well-being and an open acceptance of life.

**6:30–7:30pm Meditation Studio, Rec Center**

*Sponsored by Campus Recreation*

**Co-Rec Short Field Soccer League**

A co-rec fan favorite among American and International students alike. This league has all the action of a full soccer game compacted onto one shortened field. Teams consist of five players with a minimum of two women on the field. With our smaller field there are no offside calls and the game is played at a fast pace that is sure to get the competitive spirit kicking! Make your own team or join the league as a free agent. Free agents can be picked up by anyone until the registration deadline; after the deadline, the remaining free agents will be made into a Free Agent Team and get to participate in the league. Register at imleagues.com.

**7pm • WATTS**

*Sponsored by Campus Recreation*

# Thursday, February 7

**Organize Your Life**

Are you always losing keys, phone, etc.? Stop by the Rec Center Lobby to learn some tips on how to keep yourself organized this year. Sponsored by Staples! Register at

ysu.edu/reccenter.

**12–2pm • Lobby, Rec Center**

*Sponsored by Campus Recreation*

**Concert Series**

Our series continues with emerging artists. Grab your friends and come out for a good time!

**8–10pm • The Hub, Kilcawley Center**

*Sponsored by Penguin Productions*

**Co-Rec Volleyball Thursday League**

Intramural Volleyball is easily one of YSU IM’s most competitive sports. Register early (minimum 6 players / at least 3 women). This league has a 6-week regular season followed by a playoff tournament. We now offer Monday and Thursday leagues. Make your own team or join the league as a free agent. Free agents can be picked up by anyone until the registration deadline; after the deadline, the remaining free agents will be made into a Free Agent Team. Register at imleagues.com.

**7pm • Stambaugh Gym**

*Sponsored by Campus Recreation*

**Men’s Basketball**

YSU vs. Milwaukee

**7pm • Beeghly Center**

# Friday, February 8

**Silent Rave**

Party to the Sounds of the DJ and come in your neon colors!

**8–11pm • Ohio Room, Kilcawley Center**

*Sponsored by Housing & Residence Life*

# Saturday, February 9

**Men’s Basketball**

YSU vs. Green Bay

**6pm • Beeghly Center**

**College Night Ski and Snowboard**

Ski or snowboard under the lights at Brandywine Ski Resort during their late night ski. Price includes lift tickets, transportation, and snacks. Bring your own gear, or rent at a discounted rate of $15.

**Leaving on Feb 8 from the Rec Center at 6pm Returning on Feb 9 at 2am**

*Sponsored by Campus Recreation*

# Monday, February 11

**Penguin Women Recognition Nomination Invitation**

Nominate an outstanding female faculty member, advisor, student leader, or staff member to receive an award during the Penguin Women Recognition Lunch! Nomination are due on March 8 at 5pm.

*Sponsored by Student Activities*

# Tuesday, February 12

**Step Afrika!**

African American Dance Company dedicated to the tradition of stepping.

See above.

**6–8pm Chestnut Room, Kilcawley Center**

*Sponsored by Housing & Residence Life*

*Co-sponsored by Bitonte College of Health and Human Services, Student Activities and SALSA*

**E-Gaming**

Try your hand at our new E-Gaming leagues. Game system will be in sections of Xbox One and PS4. League play will be four weeks plus playoff and championship dates. Games will be played online at your own game station. Results of games will be sent via email to admin for submission. ***Register now to solidify your spot at ysu.edu/reccenter***.

**7pm From Your Home!**

*Sponsored by Campus Recreation*

**Adulting 101: Road Trip on a Budget**

**7–7:45pm Lariccia Lounge, Kilcawley Center**

*Sponsored by Student Experience*

*Co-sponsored by Housing & Residence Life*

# Wednesday, February 13

**Adulting 101: Road Trip on a Budget**

**12–12:45pm Lariccia Lounge, Kilcawley Center**

*Sponsored by Student Experience*

*Co-sponsored by Housing & Residence Life*

**Galentines Dinner**

Reservations required to dine in style with your pals! Visit our website for more information.

**4–8pm Christman Dining Commons**

*Sponsored by YSU Dining by Chartwells*

**Black Greek 101**

Learn the meaning behind the letters including the creation and purpose of Black Greek organizations. Hear how to join one of these chapters. This session is for Non-Greeks only.

**7–8:30pm • Ohio Room, Kilcawley Center**

*Sponsored by Student Activities*

# Thursday, February 14

**I Love YSU Day**

Share the love & show your appreciation for the Penguins who make a difference in your life!

**10:30am–1pm The Cove, Kilcawley Center ‘**

*Sponsored by Student Activities*

**Men’s Basketball**

YSU vs. IUPUI

**7pm • Beeghly Center**

# Saturday, February 16

**Guinathon**

YSU’s dance marathon brings together YSU students and the Youngstown community to generate support for Akron Children’s Hospital Mahoning Valley and Children’s Miracle Network Hospitals. Stay tuned for details.

**Police Physical Fitness Assessment Testing**

Certification valid for 1 year! Tests offered: 1.5 mile run, 300 meter run, One minute Sit-Up, One minute Push-Up, 1 RM free-weight bench press (under discretion of department standards), Vertical leap test. Testing is offered in packages of 1, 4 and 6 options. Pre-Registration ONLY. No Day of Registration will be accepted. Cost: $30 for 1 test, $85 for 4 tests and $100 for all six tests

**Registration: 7:30am. Testing begins at 8am • Lobby, Rec Center**

*Sponsored by Campus Recreation*

**Men’s Basketball**

YSU vs. UIC

**6pm • Beeghly Center**

# Sunday, February 17

## Women’s Basketball

YSU vs. Milwaukee

**1pm • Beeghly Center**

# TUESDAy, February 19

## Adulting 101: Loans, Leases and Money Management

**7–7:45pm • Lariccia Lounge, Kilcawley Center**

*Sponsored by Student Experience*

*Co-sponsored by Student Activities*

# Wednesday, February 20

## Adulting 101: Loans, Leases and Money Management

**12–12:45pm • Lariccia Lounge, Kilcawley Center**

*Sponsored by Student Experience*

*Co-sponsored by Student Activities*

## Nothing But Heart

Fun, games and knowledge about heart health.

**12–1:30pm • Lower Level Arcade Area, Kilcawley Center**

*Sponsored by Housing & Residence Life*

## Order of Omega Scholarship Dinner

Order of Omega presents this event honoring Greek Life members that made the honor roll and demonstrated academic excellence. Guests will enjoy desserts and research presentations by Greek Life students. Attendees are encouraged to bring a faculty member of their choice, so that the academic community can see the excellent work done by Greek Life students.

**7–9pm • Ohio Room, Kilcawley Center**

*Sponsored by Student Activities*

# Friday, February 22

## Mercy Health Dental Van

**Exams, cleanings, fillings, extractions, X-rays. Call for appointment: 330-941-3489.**

*Sponsored by Mercy health student health center*

# Saturday, February 23

## I am Not Your Negro Film Screening

The film explores the history of racism in the USA through Baldwin’s reminiscences of civil rights leaders Medgar Evers, Malcolm X, and Martin Luther King, Jr, as well as his personal observations of American history.

**12:30–4pm • Youngstown Public Library, East Branch**

*Sponsored by Student Activities*

*Co-sponsored by YSU Black Alumni Chapter*

## Track and Field

Horizon League Championships

**3pm • WATTS**

## Livin’ Y

Open House event for residents filled with a themed night of fun!

**9–11pm • Residence Hall TBA**

*Sponsored by Housing & Residence Life*

# SUNDAY, February 24

## Track and Field

Horizon League Championships

**12pm • WATTS MONDAY, February 25**

# Monday, FEBRUARY 25 – March 2

## The Great Rec Race

## Strength & Conditioning Area, Rec Center

Compete against other YSU students, faculty and staff in this challenging self-paced race. Run a 5k and cycle 10 miles on the track and bicycles during the week and the best times will be recorded. Whoever completes the race at the fastest time at the end of the week will win and be crowned the rec race champion.

**FEBRUARY 25 – March 2 (NIRSA Week)**

## Mini Golf Madness

Putt, putt, Go! Come play the crazy world of mini golf on a wacky course and have a wild time!

**12–4pm • Rec Center: Court C**

*Sponsored by Campus Recreation*

## American Red Cross Adult CPR/AED with First Aid Option

Upon completion of the online portion, skills will be reviewed and checked in person. Participants who successfully complete the course will be certified in Adult CPR and AED for 2 years. A first aid option is also available for an additional $15 and an additional 30 minutes onto the course. Participants must complete blended learning portion online prior to training or they cannot be certified.

**3:30–4:30pm • Rec Center**

*Sponsored by Campus Recreation*

## Multicultural Monday!

Join Student Diversity Council in

Celebrating our Diverse Student Population!

**4–6pm • Lariccia Lounge**

*Sponsored by Student Activities*

# TUESDAY, February 26

Bench Press Competition

Bench press your body weight in our mini-combine style bench press competition. Participants will have to try to bench their body weight or a percentage of their body weight.

**12–4pm • S&C Area, Rec Center**

*Sponsored by Campus Recreation*

## Club Sports Expo

Join our Expo for some showcase gaming. Meet Club Sports members.

**5–7pm • Rec Center**

*Sponsored by Campus Recreation*

## Grocery Bingo

Play Bingo, Win Groceries!

**5–8pm • Christman Dining Commons**

*Sponsored by YSU Dining by Chartwells*

## Adulting 101: What’s in Your Emergency Kit?

**7–7:45pm • Lariccia Lounge, Kilcawley Center**

*Sponsored by Student Experience*

# WEDNESDAY, February 27

## Adulting 101: What’s in Your Emergency Kit?

**12–12:45pm • Lariccia Lounge, Kilcawley Center**

*Sponsored by Student Experience*

*Co-sponsored by Campus Recreation*

## Table Tennis Tournament

Whether you know the game as Table Tennis or Ping-Pong, the widely accepted International rules make the sport the most popular activities offered. The students who sign up to participate in this competition have come to expect the fast-paced action and high-level play that makes this an Intramural favorite. Serve up a winner and register today. Register at imleagues.com.

**5pm • The Cove, Kilcawley Center**

*Sponsored by Campus Recreation*

## Billiards Tournament

Come take your shot at YSU Intramurals Tournaments. Double elimination 8-ball tournament. Register at imleagues.com.

**5pm • The Cove, Kilcawley Center**

*Sponsored by Campus Recreation*

# Thursday, February 28

## Intro to Outdoor Photography with Peter Zelinka

YSU alumnus and self-described “nomadic nature photographer”, Peter Zelinka, will be talking about his outdoor photography expeditions, demonstrating gear, and teaching basics on outdoor photography and photography expeditions. Check out his work at peterzelinka.com

**3–5pm • Room 2069, Kilcawley Center**

*Sponsored by Campus Recreation*

# friday, MARCH 1

## Try Slacklining

Similar to tightrope walking, slacklining tests your balance and coordination while balancing on webbing a few feet above the ground. Adventure Rec staff will be on hand to show you how and keep you safe.

**6–8pm • YSU Climbing Wall, Rec Center**

*Sponsored by Campus Recreation*

# Saturday, MARCH 2

## Men’s Basketball

YSU vs. Cleveland State

**6pm • Beeghly Center**

## Livin’ Y

Open House event for residents filled with a themed night of fun!

**9–11pm • Residence Hall TBA**

*Sponsored by Housing & Residence Life*

# monday, MARCH 4

## Body Positive Day

Students are welcome to stop by and decorate travel mirrors with positive messages and snap a photo with a message of positivity about themselves.

**10am–2pm • Lower Arcade, Kilcawley Center**

*Sponsored by Student Activities*

# TUESDAY, MARCH 5

## Hanne Blank: Our Bodies, Our Selves

Join us as we hear from noted author and scholar, Hanne Blank, about the intersection of bodies, self, and culture.

**5–7pm • James Gallery**

*Sponsored by Student Activities*

*Co-sponsored by The Women and Gender Studies Department*

## Club Sports Officer Meetings

Officer-specific meetings provide an opportunity for member leadership to receive area updates, discuss upcoming events and innovative club processes.

**5:30–6:30pm • Hynes Room (2068), Kilcawley Center**

*Sponsored by Campus Recreation*

## Adulting 101: Thrifting for Wardrobe and Life Essentials

**7–7:45pm • Lariccia Lounge, Kilcawley Center**

*Sponsored by Student Experience*

*Co-sponsored by Housing & Residence Life*

# WEDNESDAY, MARCH 6

## Adulting 101: Thrifting for Wardrobe and Life Essentials

**12–12:45pm • Lariccia Lounge, Kilcawley Center**

*Sponsored by Student Experience*

*Co-sponsored by Housing & Residence Life*

# Thursday, MARCH 7

## Sista2Sista

In celebration of International Women’s Month, this is a time to gather and form community for all women and supporters.

**7–11pm • Multipurpose Room, Cafaro House**

*Sponsored by Housing & Residence Life*

## Concert Series

Our series continues with emerging artists. Grab your friends and come out for a good time!

**8–10pm • Westside Bowl, 2617 Mahoning Avenue**

*Sponsored by Penguin Productions*

# FRIDAY, MARCH 8

## Fish Fridays

Try our Fish Friday’s special.

**March 8 - April 12 • 4– 8pm Christman Dining Commons**

*Sponsored by YSU Dining by Chartwells*

## Penguin Women Recognition Nomination Deadline

Nominations for the Penguin Women Leadership Awards are due! All nominees and nominators are invited to the Award luncheon on March 22.

**5pm • Online Form**

*Sponsored by Student Activities*

## Rec Center

**Closes 6pm**

# MONDAY, March 11 through 15.

## Spring Break

## Group X Classes

Our numerous formats are offered throughout the day to allow you to choose classes which that interest you and fit your schedule. See our special spring break schedule on our website.

**ysu.edu/reccenter. Visit rec website for times Aerobics Studio/SPINNING STUDIO • Rec Center**

Rec Center Hours**:**

**10am–8pm, Monday through Thursday • 10am–6pm, Friday**

# monday, MARCH 11

## Spring Break Staycation

Programs will include paintball, ninja warrior gym, and a hike! Cost varies based on activity.

**March 11-18**

*Sponsored by Campus Recreation*

## Paintball

Everything you need is included in the cost including protective equipment, marker, 500 paintballs, transportation, and pizza. Participants must use the marker provided; personal markers will not be allowed.

**4–8pm • Rec Lobby traveling to Dimension Paintball in New Waterford, OH**

*Sponsored by Campus Recreation*

# WEDNESDAY, MARCH 13

## Play CLE- Spring Break Staycation

The longest indoor zip line in Ohio, one of the largest ninja courses in the

Entire Midwest, ropes courses, obstacle courses and climbing walls, not to

Mention a full kitchen! Your trip will include transportation, pizza, and

3 hours of activity time.

**1–9pm • Meeting at the Rec Lobby traveling to Play CLE in Avon, OH**

*Sponsored by Campus Recreation*

# friday, MARCH 15

McConnell’s Mill State Park Hike- Spring BreakStaycation

Beat cabin fever with a 6 mile moderate hike through McConnell’s Mill State Park. Transportation and lunch will be provided.

Registration and costs for all of these trips at

https://store.reccenter.ysu.edu/Course/Search.aspx.

**10am–4pm • Meeting at the Rec Lobby traveling to McConnell’s Mill State Park**

*Sponsored by Campus Recreation*

# Monday, MARCH 18 to APRIL 17

## Group X Classes

Our numerous formats are offered throughout the day to allow you to choose classes which are interesting to you and will fit into your schedule.

**Visit the Rec website for times ysu.edu/reccenter • Aerobics Studio/SPINNING Studio, Rec Center**

*Sponsored by Campus Recreation*

# monday, march 18 to march 22

## Women’s Health Week

*Sponsored by Campus Recreation*

# monday, MARCH 18

## Free Massage

Try a free relaxation massage.

**12–4pm • Meditation Room, Rec Center**

*Sponsored by Campus Recreation*

## St. Patick’s Day Dinner

Come celebrate and enjoy traditional Irish cuisine!

**4–8pm • Christman Dining Commons**

*Sponsored by YSU Dining by Chartwells*

## Movement & Movie

Come for the Group X, stay and watch Ocean’s 8 in the Aerobics studio at the Rec Center. FREE for YSU students and Rec Center Members

**Group X Class: 5:15–6:15pm**

**Movie: 6:30–8:30pm • Aerobics Studio, Rec Center**

*Sponsored by Campus Recreation*

## Grand Opening Wick Primary Care at YSU

**Time TBA • Corner of Wick and Lincoln**

# tuESDAY, MARCH 19

## Women’s Health Week Health Fair

Come gain valuable knowledge and creative posters, tips and giveaways regarding health information geared toward women.

**10am–2pm • Lobby, Rec Center**

*Sponsored by Campus Recreation*

## Adulting 101: Surviving Your Quarter-Life Crisis

**7–7:45pm • Lariccia Lounge, Kilcawley Center**

*Sponsored by Student Experience*

*Co-sponsored by Campus Recreation*

## March Madness Watch Party

Participate in creating a bracket for March madness for your chance to win the grand prize.

**7–11pm • The Cove, Kilcawley Center**

*Sponsored by Housing & Residence Life*

## Intramural Soccer Registration Deadline

**Online at imleagues.com by 6pm**

*Sponsored by Campus Recreation*

# WEDNESDAy, MARCH 20

## Adulting 101: Surviving Your Quarter-Life Crisis

**12–12:45pm • Lariccia Lounge, Kilcawley Center**

*Sponsored by Student Experience*

*Co-sponsored by Campus Recreation*

## Softball

YSU vs. Kent State (DH)

**3pm • Covelli Sports Complex**

## Self Defense Clinic

Learn how to defend yourself from attackers with a martial arts twist in this interactive clinic taught by Mercy Health Chief of Police and martial arts instructor Ryan Bonacci. Registration/Price: Drop-In/FREE for YSU students and Rec Center members. Register at ysu.edu/reccenter.

**5–7pm • Basketball Court C, Rec Center**

*Sponsored by Campus Recreation*

# Thursday, MARCH 21

## Hip Hop Dance Clinic

**5:30–7:30pm • Aerobics Studio, Rec Center**

*Sponsored by Campus Recreation*

# Friday, MARCH 22

## Mercy Health Dental Van

Exams, cleanings, fillings, extractions, X-rays.

**Call for appointment: 330-941-3489.**

*Sponsored by Mercy Health Student Health Center*

## Softball

YSU vs. Oakland

**3pm • Covelli Sports Complex**

## Baseball

YSU vs. Oakland

**5pm • Eastwood Field**

## Murder Mystery

Solve the case and treat yourself to tasty desserts!

**7– 9pm • Presidents Suite, Kilcawley Center**

*Sponsored by Student Activities*

# Saturday, march 23

## Police Physical Fitness Assessment Testing

Certification valid for 1 year! Tests offered: 1.5 mile run, 300 meter run, One minute Sit-Up, One minute Push-Up, 1 RM free-weight bench press (under discretion of department standards), Vertical leap test. Testing is offered in packages of 1, 4 and 6 options. Pre-Registration ONLY. No Day of Registration will be accepted. Cost: $30 for 1 test, $85 for 4 tests and $100 for all six tests

**Registration at 7:30am. Testing begins at 8am • Lobby, Rec Center**

*Sponsored by Campus Recreation*

## Softball

YSU vs. Oakland (DH)

**1pm • Covelli Sports Complex**

## Baseball

YSU vs. Oakland /

**3pm • Eastwood Field**

## Livin’ Y

Open House event for residents filled with a themed night of fun!

**9–11pm • Residence Hall TBA**

*Sponsored by Housing & Residence Life*

# Sunday, march 24

## Baseball

YSU vs. Oakland

**1pm • Eastwood Field**

# March 25 – 30

## YSU Serves Week

How will you serve Youngstown?

Visit ysu.edu/studentactivities for a list of volunteer

Opportunities this week. #ysuserves

*Sponsored by Student Activities*

# monday, march 25

## Volunteer Fair

Interested in learning about service opportunities in the Youngstown area? Stop by to meet with representatives from service agencies & student organizations.

**11am–1pm • Lower Arcade, Kilcawley Center**

*Sponsored by Student Activities*

## American Red Cross Adult CPR/AED with First Aid Option

Upon completion of the online portion, skills will be reviewed and checked in person. Participants who successfully complete the course will be certified in Adult CPR and AED for 2 years. A first aid option is also available for an additional $15 and an additional 30 minutes onto the course. Participants must complete blended learning portion online prior to training or they cannot be certified.

**3:30– 4:30pm • Rec Center**

*Sponsored by Campus Recreation*

## Multicultural Monday!

Join Student Diversity Council in celebrating our diverse student population!

**4–6pm • Lariccia Lounge, Kilcawley Center**

*Sponsored by Student Activities*

# tuESDAY, march 26

## Superfood Tuesday

Try this month’s superfood at lunch and dinner.

**10:30am–8pm • Christman Dining Commons**

*Sponsored by YSU Dining by Chartwells*

## Softball

YSU vs. Akron (DH)

**3pm • Covelli Sports Complex**

# WEDNESDAY, March 27

## Softball

YSU vs. St. Bonaventure (DH)

**3pm • Covelli Sports Complex**

## Baseball

YSU vs. Pittsburgh

**5pm • Eastwood Field**

## Table Tennis Tournament

Whether you know the game as Table Tennis or Ping-Pong, the widely accepted International rules make the sport the most popular activities offered. Register at imleagues.com.

**5pm • The Cove, Kilcawley Center**

*Sponsored by Campus Recreation*

## Billiards Tournament

Come take your shot at YSU Intramurals Tournaments. Double elimination 8-ball tournament. Register at imleagues.com.

**5pm • The Cove, Kilcawley Center**

*Sponsored by Campus Recreation*

## 11 on 11 Soccer League

This intramural league puts your soccer skills to the ultimate test. It is one of our most competitive sports and if you are a soccer player, you don’t want to miss out. Register at imleagues.com.

**Games begin at 7pm • Farmers Field**

*Sponsored by Campus Recreation*

# Thursday, march 28

## Badminton Tournament

YSU IM is proud to host a double elimination badminton tournament. This event is open to all YSU students with a valid YSU ID. Deadline to register March 28th at 7pm, on www.imleagues.com.

**First games begin at 7pm • Stambaugh Gyms**

*Sponsored by Campus Recreation*

## Try Slacklining

Similar to tightrope walking, slacklining tests your balance and coordination while balancing on webbing a few feet above the ground. Adventure Rec staff will be on hand to show you how and keep you safe.

**6–8pm • YSU Climbing Wall**

*Sponsored by Campus Recreation*

# Friday, march 29

## Penguin Nights at the Beach

Live Band Karaoke, Dance Party, Free Food, carnival Games, Huge Prizes,Not Your Granny’s Bingo,Treasure Island Obstacle Course and a Mechanical Surfboard

**10pm–2am • All over Kilcawley Center**

*Sponsored by Kilcawley Center*

*Co-sponsored with Pepsi and YSU Student Activities*

## Student Organization Spotlight

## Roquacade

Benefit concert hosted by Sigma Chi Fraternity. Local bands from the Youngstown area perform to raise funds for the Huntsman Cancer Foundation, enabling them to continue their life saving work.

**5pm-10pm • Suzie’s Dogs & Drafts**

# saturday, march 30

## Greeks in the Streets

The fraternities and sororities are doing their part by donating their time volunteering to help with a community service project. Their hope is to add additional service hours to count toward #YSUServes during National Volunteer Week.

**7:30am–12:30pm**

*Sponsored by Student Activities*

*Co-sponsored by Mill Creek Metroparks and Youngstown Neighborhood Development Corporation*

## Family Day at the Rec Center

Come bring the little ones to enjoy various Rec Center activities including climbing the rock wall, playing basketball and cornhole.

**11am–5pm • Rec Center**

*Sponsored by Campus Recreation*

# tuesday, april 2

## Club Sports Officer Meetings

Officer-specific meetings provide an opportunity for member leadership to receive area updates, discuss upcoming events, and brainstorm innovative club processes.

**5:30–6:30pm • Hynes 2068, Kilcawley Center**

*Sponsored by Campus Recreation*

## Family Bowling Night

Sign up in the student activities office to reserve your spot!

**6–8pm • Camelot Lanes**

*Sponsored by Student Activities*

# WEDNESDAY, april 3

## Baseball

YSU vs. Kent State

**5pm • Eastwood Field**

# FridayDAY, april 5

## Baseball

YSU vs. UIC

**5pm • Eastwood Field**

# saturday, april 6

## Student Organization Spotlight

## Relay for Life

Join us as we honor those we have lost to cancer and celebrate those who have survived.

**1-7pm • Farmers National Bank Field**

## Livin’ Y

Open House event for residents filled with a themed night of fun!

**9–11pm • Residence Hall TBA**

*Sponsored by Housing & Residence Life*

# Sunday, april 7

## Baseball

YSU vs. UIC

**1pm • Eastwood Field**

# tuESDAY, april 9

Mental Health Advocacy Training

**10am–3pm • Chestnut Room, Kilcawley Center**

*Sponsored by Student Government Association*

## Spoons Tournament

Enjoy the nostalgia of card games with your pals!

**1–4pm • YSU Barnes & Noble**

*Sponsored by Student Activities*

# WEDNESDAY, april 10

## Quickstart Your Kayak

A brief introduction to paddling a kayak. A minimal paddle skill set is presented and practiced, allowing students to safely and comfortably maneuver on still water. YSU Students $25, Faculty/Staff Members $30, Alumni /Affiliate Members $35, Non-Andrews Member $45

**4–7pm • Beeghly Natatorium**

*Sponsored by Campus Recreation*

## Baseball

YSU vs. Toledo

**5pm • Eastwood Field**

# ThurSDAY, april 11

## 3 on 3 Volleyball Tournament

This Indoor 3 on 3 Volleyball tournament is FREE. Your team can be co-ed or all the same gender. Deadline to register is Thursday, April 11 at 6pm, on imleagues.com

**First games begin at 7 pm • Gyms B and C, Stambaugh Stadium**

*Sponsored by Campus Recreation*

# friday, april 12

## Softball

YSU vs. Cleveland State

**3pm • Covelli Sports Complex**

# saturday, april 13

## Women’s Golf

YSU Spring Invitational

**9am • Youngstown Country Club**

## Softball

YSU vs. Cleveland State (DH)

**1pm • Covelli Sports Complex**

## Greek Sing

Greek Sing, the annual song-and-dance event featuring Youngstown State University fraternity and sorority students, is at Stambaugh Auditorium on Fifth Avenue just north of campus. The event is open to the public. The 67th annual competition is the culmination of all YSU Greek activities for the academic year and will include group and open class performances.

**6–10pm • Stambaugh Auditorium**

*Sponsored by Student Activities*

## Livin’ Y

Open House event for residents filled with a themed night of fun!

**9–11pm • Residence Hall TBA**

*Sponsored by Housing & Residence Life*

# Tuesday, april 16

## Softball

YSU vs. Wright State

**3:00pm • Covelli Sports Complex**

## 3 on 3 Basketball Tournament

One-day 3 on 3 Intramural tournament. This tournament will be open to any YSU student with a valid YSU ID. Deadline to register Tuesday, April 16th at 6pm, on imleagues.com

**First games begin at 7pm • Gyms A and B, Stambaugh Stadium**

*Sponsored by Campus Recreation*

# WEDNESDAY, APRIL 17

## Grad Central

Graduating seniors, this is your one stop shop! Pick up your cap and gown, schedule time with Financial Aid, and select your class ring. It’s time to celebrate you!

**YSU Barnes & Noble Bookstore**

## Softball

YSU vs. Wright State (DH)

**3pm • Covelli Sports Complex**

## Premium Night

Receive a made-to-order steak for $5 extra in flex, Pete’s, or cash!

**4–8pm • Christman Dining Commons**

*Sponsored by YSU Dining by Chartwells*

# thurSDAY, APRIL 18

## Baseball

YSU vs. Northern Kentucky

**6pm • Eastwood Field**

# FRIDAY, APRIL 19

## Baseball

YSU vs. Northern Kentucky

**5pm • Eastwood Field**

# saturDAY, APRIL 20

## Baseball

YSU vs. Northern Kentucky

**1pm • Eastwood Field**

# monDAY, APRIL 22

## Listening Party

Preview the bands performing at Federal Frenzy!

**7–9pm • Stone Fruit Coffee, 131 Lincoln Avenue**

*Sponsored by Penguin Productions*

# tuESDAY, APRIL 23

## Baseball

YSU vs. Ohio

**6pm • Eastwood Field**

# WEDNESDAY, APRIL 24

## Stop Food Waste Day

Join us in making a pledge to reduce food waste!

**4–8pm • Christman Dining Commons**

*Sponsored by YSU Dining by Chartwells*

## International Recreation Night

Each semester, participants are invited to learn about and try their hand at a diverse selection of featured events. Past events include: gaga ball, rugby, rock climbing, ping pong, soccer, disc golf and volleyball. We welcome requests and suggestions for future events, too! Drop In/FREE for YSU students and Rec Center Members

**5–7pm • Heritage Park**

*Sponsored by Campus Recreation*

# Thursday, APRIL 25

## 2 v 2 Beach Volleyball Tournament

YSU Intramurals’ toughest sport to play–a Doubles Beach Volleyball Tournament. This two-day 2 on 2 tournament is sure to excite players and spectators alike. Deadline to register is April 25 at 4pm, on www.imleagues.com.

**First games begin at 5pm • Heritage Park Sand Court on Elm St.**

*Sponsored by Campus Recreation*

## Try Slacklining

Similar to tightrope walking, slacklining tests your balance and coordination while you balance on webbing a few feet above the ground. Adventure Rec staff will be on hand to show you how and keep you safe.

**6–8pm • YSU Climbing Wall**

*Sponsored by Campus Recreation*

## Student Awards Banquet

The Annual Student Awards Banquet recognizes current students, staff members, and organizations for academic excellence and overall achievement during the academic year. Tickets are required for attendees.

**6–9pm • Chestnut Room, Kilcawley Center**

*Sponsored by Student Activities*

# FriDAY, APRIL 26

## Mercy Health Dental Van

Exams, cleanings, fillings, extractions, X-rays**.**

**Call for appointment: 330-941-3489**.

*Sponsored by Mercy Health Student Health Center*

## Softball

YSU vs. UIC

**3pm • Covelli Sports Complex**

## Walk a Mile in Her Shoes

Our Interfraternity Council is sponsoring Walk a Mile in Her Shoes. For the event, men literally walk one mile in women’s high-heel shoes to raise awareness in their community about the serious causes and effects of sexual violence and raise money for rape-crisis centers and domestic violence shelters.

**6–8pm • WATTS**

*Sponsored by Student Activities*

# saturDAY, APRIL 27

## Endure for the Cure

Participate in this challenging obstacle course race of roughly 2 miles. The race is comprised of testing your strength and endurance with obstacles within Stambaugh Stadium that is sure to challenge participants of all skill levels. Obstacles APRIL include tire flipping, warped wall, dummy drags, stadium steps and many, many more! See the Rec Center website for more information at ysu.edu/reccenter.

**Registration and sign-in begins at 9am and the first heat begins at 10am • Rec Center Awning**

*Sponsored by Campus Recreation*

## Baseball

YSU vs. St. Bonaventure

**12pm • Eastwood Field**

## Federal Frenzy

We’re closing down the streets & throwing a party for all of youngstown! Nine hours of live music & good times inside, outside & all around Federal Street

**2–11pm • Downtown Youngstown**

*Sponsored by Penguin Productions*

## Softball

YSU vs. UIC (DH)

**3pm • Covelli Sports Complex**

# monDAY, APRIL 29

## American Red Cross Adult CPR/AED with First Aid Option

Upon completion of the online portion, skills will be reviewed and checked in person. Participants who successfully complete the course will be certified in Adult CPR and AED for 2 years. A first aid option is also available for an additional $15 and an additional 30 minutes onto the course. Participants must complete blended learning portion online prior to training or they cannot be certified.

**3:30–4:30pm • Rec Center**

*Sponsored by Campus Recreation*

## Multicultural Monday End of the Year Celebration!

Join Student Diversity Council in celebrating our diverse student population!

**4–6pm • Lariccia Lounge, Kilcawley Center**

*Sponsored by Student Activities*

# WEDNESDAY, may 1

## Field Day

Relive the best part of your elementary school days and take a study break!

**1–4pm • Outside Maag Library (Cancellation if Inclement Weather)**

*Sponsored by Student Activities*

## Baseball

YSU vs. Eastern Michigan

**6pm • Eastwood Field**

# Friday, may 3

## End of Year Picnic

Join Housing & Residence Life and Chartwells at Christman for some gourmet food.

**10:30am–2pm • Christman Dining Commons**

*Sponsored by Housing & Residence Life*

*Co-sponsored by Chartwells*

## Track & Field

Horizon League Championships

**1pm • Covelli Sports Complex**

## Baseball

YSU vs. Wright State

**6pm • Eastwood Field**

# SaturDAY, may 4

## Minimalist May Community Rummage Sale

Community members can donate unwanted goods; proceeds to benefit Angels for Animals.

**10am– 2pm • University Courtyard - Courtyard Area between Building 100 & Building 200**

*Sponsored by University Courtyard Apartments*

## Baseball

YSU vs. Wright State

**3pm • Eastwood Field**

## Track & Field

**4pm • Covelli Sports Complex**

# sunday, may 5

## Track & Field

**10am • Covelli Sports**

## Baseball

YSU vs. Wright State

**1pm • Eastwood Field**

## Stress Me Not

Don’t stress it’s almost over! Let us provide some quick, easy fun to minimize your stress. Smash it don’t stress it!

**7–9pm • Multipurpose Room, Cafaro House**

*Sponsored by Housing & Residence Life*

# monDAY, may 6

## Relaxation Week Massages

Try a massage that will help you relax during the stresses of finals week.

**10am–2pm • Meditation Studio, Rec Center**

*Sponsored by Campus Recreation*

## Midnight Breakfast

Join Student Experience for a super special Late Night breakfast to help you through finals week. It’s going to be yummy!

**10pm–12am • Chestnut Room, Kilcawley Center**

*Sponsored by the Division of Student Experience and Chartwells*

# tuESDAY, may 7

## Puppy Palooza

Studies have shown that petting dogs can reduce stress! So come relieve some end-of-the-semester stress and play with adorable puppies or kittens with Campus Rec staff.

**10am–2pm • Awning, Rec Center**

*Sponsored by Campus Recreation*

## Club Sports Officer Meetings

Officer-specific meetings provide an opportunity for member leadership to receive area updates, discuss upcoming events, and brainstorm innovative club processes.

**5:30–6:30pm • Hynes 2068, Kilcawley Center**

*Sponsored by Campus Recreation*

# thursDAY, may 9

## Grad Cap Decorating

Put your crafting skills to good use to get ready for the big day!

**2–5pm • The Cove, Kilcawley Center**

*Sponsored by Student Activities*

# saturDAY, may 11

## Commencement

## Police Physical Fitness Assessment Testing

The certification would be valid for 1 year! Test offered: 1.5 mile run, 300 meter run, One minute Sit-Up, One minute Push-Up, 1 RM free-weight bench press (under discretion of department standards), Vertical leap test. Testing is offered in packages of one, four and six options. Pre-Registration ONLY. No Day of Registration will be accepted. Cost: $30 for 1 test, $85 for 4 tests and $100 for all six tests. Register at ysu.edu/reccenter.

**Registration at 7:30am. Testing begins at 8am • Lobby, Rec Center**

*Sponsored by Campus Recreation*