

KROC CENTER

FALL 1 RECREATION GUIDE • SEPT. 13–OCT. 30, 2021



RAY & JOAN
KROC
CORPS COMMUNITY CENTER
GRAND RAPIDS, MI

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GrKrocCenter.org
[Facebook.com/GrKrocCenter](https://www.facebook.com/GrKrocCenter)

FACILITY HOURS

Monday–Friday..... 6 AM–8 PM
Saturday..... 7 AM–1 PM
Sunday..... CLOSED

CHILD WATCH

Child Watch provides supervised care for up to two hours per each open shift. A guardian must stay on campus during this time. This service is complimentary for guests with Kroc Center family memberships, or \$3 per hour, per child, for other members, payable at the Welcome Desk. Attendance is first come, first served.

CHILD WATCH HOURS (AGES 3 MONTHS – 11 YEARS)*

Monday–Thursday..... 8:30–10:30 AM and 5:30–7:30 PM
Friday..... 8:30–10:30 AM

*Child Watch is being offered by **reservation only** and reservations must be made before your desired shift begins. Child Watch may close early if there are no reservations entered for that shift.

GAME ROOM HOURS (AGES 6–11)**

Thursday..... 5:30–7:30 PM

The game room is being offered by **reservation only and reservations must be made before your desired shift begins. Game room may close early if there are no reservations entered for that shift. The game room is open to children ages 6–11 who are checked into Child Watch.

Reserve your space up to 48 hours in advance through your online member account. See GrKrocCenter.org for details.

news & important dates

LES MILLS LAUNCH PARTY

Saturday, September 18: 9–11 AM

Join us as we launch new releases of BODYPUMP and BODYCOMBAT, and showcase other Les Mills classes such as BODYJAM, BODYFLOW, and LES MILLS GRIT. Everyone who attends will be entered to win a door prize. This is a members-only event. Registration will be available online and on the mobile app starting Monday, September 13.

FALL 2 PROGRAMS

It's time to get ready for the next program session. Here are important dates to remember:

- **Registration Opens:** September 27
- **Registration Deadline:** October 26
- **Fall 1 Session Begins:** November 1

As a reminder, many youth programs are FREE for family memberships as part of our Active Families promotion through the end of the year. **Pick up a program guide at the Welcome Desk or GrKrocCenter.org.**

GET THE MOST FROM YOUR KROC CENTER MEMBERSHIP WITH OUR

MOBILE APP

- Check in with your phone - no keyfob card necessary
- Sign up for group activities and drop-in fitness classes
- Register for program sessions
- Manage your account



Search for Grand Rapids Kroc Center on your Apple or Android device.

Visit GrKrocCenter.org or stop by the Welcome Desk to learn more about how to use the mobile app or the registration website.



GYMNASIUM

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
NORTH	SOUTH	NORTH	SOUTH	NORTH	SOUTH	NORTH	SOUTH	NORTH	SOUTH	NORTH	SOUTH
6-8 AM OPEN GYM MEMBERS ONLY		6-8 AM OLDER ADULT BASKETBALL (40+) MEMBERS ONLY		6-8 AM OPEN GYM MEMBERS ONLY		6-8 AM OLDER ADULT BASKETBALL (40+) MEMBERS ONLY		6-8 AM OPEN GYM MEMBERS ONLY		7-10 AM OPEN GYM MEMBERS ONLY	
8-10 AM PICKLEBALL (16+) \$3 NM		8-10 AM OPEN GYM MEMBERS ONLY		8-10 AM PICKLEBALL (16+) \$3 NM		8-10 AM OPEN GYM MEMBERS ONLY		8-10 AM PICKLEBALL (16+) \$3 NM			
10 AM-12 PM OPEN GYM MEMBERS ONLY		10:15-10:45 AM SENIOR FIT (16+) \$3 NM		10 AM-12 PM OPEN GYM MEMBERS ONLY		10:15-10:45 AM SENIOR FIT (16+) \$3 NM		10 AM-12 PM OPEN GYM MEMBERS ONLY		10 AM-1 PM FAMILY GYM (ALL AGES) MEMBERS ONLY	
		11 AM-12 PM OPEN GYM MEMBERS ONLY				11 AM-12 PM OPEN GYM MEMBERS ONLY					
12-1 PM LUNCH BASKETBALL (16+) MEMBERS ONLY		12-1 PM LUNCH BASKETBALL (16+) MEMBERS ONLY		12-1 PM LUNCH BASKETBALL (16+) MEMBERS ONLY		12-1 PM LUNCH BASKETBALL (16+) MEMBERS ONLY		12-1 PM LUNCH BASKETBALL (16+) MEMBERS ONLY			
1-4 PM OPEN GYM MEMBERS ONLY		1-4 PM OPEN GYM MEMBERS ONLY		1-4 PM OPEN GYM MEMBERS ONLY		1-4 PM OPEN GYM MEMBERS ONLY		1-5 PM OPEN GYM MEMBERS ONLY			
4-6 PM TEEN B-BALL (12-15 YRS) MEMBERS ONLY	4-6 PM OLDER ADULT B-BALL (40+) MEMBERS ONLY	4-6 PM TEEN VOLLEYBALL (12-15) MEMBERS ONLY		4-6 PM TEEN B-BALL (12-15 YRS) MEMBERS ONLY	4-6 PM OLDER ADULT B-BALL (40+) MEMBERS ONLY	4-6 PM TEEN VOLLEYBALL (12-15) MEMBERS ONLY		5-8 PM FAMILY GYM (ALL AGES) MEMBERS ONLY			
6-7 PM ZUMBA (7+) \$9 NM		6-8 PM ADULT VOLLEYBALL (16+) MEMBERS ONLY		6-8 PM ADULT BASKETBALL (16+) MEMBERS ONLY		6-8 PM ADULT VOLLEYBALL (16+) MEMBERS ONLY					

GYMNASIUM ACTIVITY GUIDELINES

Please refer to age limits above, in addition to all posted guidelines for activities in the gymnasium. There are currently no requirements for face coverings or physical distancing for indoor activities. However, please avoid visiting the Kroc Center if you are feeling sick or have had a possible exposure to COVID-19.

All activities EXCEPT for Open Gym require advance registration. Registration opens 48 hours before the listed start time of the activity (24 hours for insurance users). Once an activity has started, online registration is no longer enabled – you must check with the Welcome Desk to see if space is available.

Here is additional information for specific activities listed above:

- **Basketball** – Half- or full-court play is available depending on the number of players registered. If no players have checked in for a session 30 minutes after the scheduled start time, remaining time may be used for open gym.
- **Family Gym** – These times are designed to be welcoming to all ages, especially young children. (Kids under 12 must be supervised by an adult at all times.) No full-court basketball may be played during Family Gym.
- **Pickleball** – Doubles or singles play is available. Paddles and balls may be checked out, or bring your own. If no players have checked in for a session 30 minutes after the scheduled start time, remaining time may be used for open gym.
- **Volleyball** – All skill levels welcome. If no players have checked in 30 minutes after the scheduled start time, remaining time may be used for open gym.
- **Drop-In Fitness Classes** – Some classes take place in the gymnasium to allow for higher capacity. Please see the fitness schedule on the back page for more information.

MONSTER
FAMILY NIGHT AT THE KROC
MASH
It's BACK!

FRIDAY, OCTOBER 29
5-7 PM



AQUATICS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6–8:55 AM LAP SWIM & HOT TUB	6–8:55 AM LAP SWIM & HOT TUB	6–8:55 AM LAP SWIM & HOT TUB	6–8:55 AM LAP SWIM & HOT TUB	6 AM–11:55 PM LAP SWIM & HOT TUB	7–7:55 AM LAP SWIM & HOT TUB
9–11:55 AM RIVER WALKING & HOT TUB	9–11:55 AM RIVER WALKING & HOT TUB	9–11:55 AM RIVER WALKING & HOT TUB	9–11:55 AM RIVER WALKING & HOT TUB		8–11:55 AM POOL & HOT TUB CLOSED
10–11:55 AM LAP SWIM	10–11:55 AM LAP SWIM	10–11:55 AM LAP SWIM	10–11:55 AM LAP SWIM	10–11:55 AM RIVER WALKING & HOT TUB	12–12:45 PM RIVER WALKING, LAP SWIM & HOT TUB
12–4 PM CLOSED FOR CLEANING AND PROGRAMMING					
4–7:45 PM RIVER WALKING, LAP SWIM & HOT TUB	4–8 PM POOL & HOT TUB CLOSED	4–4:55 PM RIVER WALKING, LAP SWIM & HOT TUB 5–7:45 PM FAMILY SWIM & HOT TUB	4–8 PM POOL & HOT TUB CLOSED	4–4:55 PM RIVER WALKING, LAP SWIM & HOT TUB 5–7:45 PM FAMILY SWIM & HOT TUB	

AQUATICS CENTER ACTIVITY GUIDELINES

There are currently no requirements for face coverings or physical distancing for indoor activities. However, please avoid visiting the Kroc Center if you are feeling sick or have had a possible exposure to COVID-19.

Kroc Center pool equipment is available for use, or you may bring your own. Lifejackets or other flotation devices MUST have a visible U.S. Coast Guard certification.

All activities EXCEPT for the hot tub require advance registration. Registration opens 48 hours before the listed start time of the activity (24 hours for insurance users). Once an activity has started, online registration is no longer enabled – you must check with the Welcome Desk to see if space is available.

Here is additional information for specific activities and areas of the Aquatics Center listed above:

- **Family Swim** – All areas, including the splash pad, water basketball area, lazy river, and toddler play area, may be used during family swim. The giant waterslide may be available as staffing permits. Children aged 6 and under must have an adult (16+) within arm’s reach in the water at all times. Children aged 7-11 must have an adult in the water with them. Once a child passes a swim test, supervision may be pool-side.
- **Hot Tub** – The hot tub is available for ages 12+ anytime the pool is open, except as indicated on the schedule above. Please follow the posted restrictions for users with certain health conditions, capacity and time limits, etc.
- **River Walking** – Walking against the current provides a good, low-impact workout. Reservations start at the top of each hour during the indicated times on the schedule above. If you are not in the water 15 minutes after the beginning of the hour, your remaining time may be given to another user.
- **Lap Swim** – Where indicated above, the lap pool is open for ages 16+. Lap swim reservations start at the top of each hour during the indicated times on the schedule above. If you are not in the water 15 minutes after the beginning of the hour, your remaining time may be given to another user.

ADULT DROP-IN ART STUDIO

Join us each week for a full hour of creative time. Practice a new skill or make fun projects to take home. We will have a new grab box of materials for each participant to explore and project examples to inspire. Ages 16+.

NEW DAY & TIME!

Thursdays, 5:30–6:30 PM

\$3 Members | \$5 Non-members
(for class supplies)

- September 16Outdoor Canvas Painting
- September 23 Watercolor painting
- September 30Outdoor Canvas Painting
- October 7Clay Leaves
- October 14..... Papercrafts
- October 21..... Printmaking
- October 28.....Macramé

FITNESS

All drop-in classes are \$9 for insurance members with the exception of Drum Fit, Senior Yoga, Senior Tai Chi, and Senior Fit which are \$3 each.

FREE FITNESS ORIENTATIONS

Need an overview of the fitness floor? We can help! Free fitness orientations are offered every **Mon. & Wed. from 6-7 PM** and **Fri. & Sat. from 9-10 AM**.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
A 6:05-7:05 AM BODYFLOW VIRTUAL	B 6:15-6:45 AM GRIT Strength VIRTUAL	B 6:15-6:45 AM LES MILLS SPRINT PATRICK	A 6:05-6:35 AM LES MILLS CORE VIRTUAL	B 6:15-7:15 AM BODYPUMP VIRTUAL	A 6:05-6:35 AM LES MILLS CORE VIRTUAL	B 6:05-6:50 AM CYCLE PATRICK	A 6:05-7:05 AM BODYFLOW VIRTUAL	A 6:05-6:35 AM LES MILLS CORE VIRTUAL	B 6:15-7:15 AM BODYCOMBAT MARGARITA	A 7:30-8:30 AM BODYCOMBAT VIRTUAL	
A 7:15-8:15 AM BODYCOMBAT VIRTUAL		B 7-8 AM BODYPUMP VIRTUAL		B 7:30-8:30 AM BODYCOMBAT VIRTUAL		B 7-7:30 AM LES MILLS GRIT Strength VIRTUAL		A 6:45-7:15 AM LES MILLS GRIT Athletic VIRTUAL		B 8-8:30 AM LES MILLS SPRINT ROTATION	
B 9-10 AM SPRINT/BODYPUMP HEIDI		B 9-10 AM YOGA NANCY	A 9-10 AM BODYPUMP VIRTUAL	B 9-10 AM BODYFLOW HEIDI	A 9-10 AM BODYPUMP VIRTUAL	B 9:15-10:15 AM GRIT Strength KATOLO	A 9-9:30 AM LES MILLS CORE VIRTUAL	B 9-10 AM SPRINT/BODYPUMP HEIDI		B 9-10 AM BODYPUMP ROTATION	
A 10-10:30 AM LES MILLS CORE VIRTUAL		B 10:15-11:15 AM BODYCOMBAT VIRTUAL	G 10:15-10:45 AM SENIOR FIT NANCY	B 10-10:30 AM LES MILLS CORE VIRTUAL		B 10:15-11:15 AM BODYCOMBAT VIRTUAL	G 10:15-10:45 AM SENIOR FIT NANCY	A 9:30-10:30 AM BODYFLOW VIRTUAL		B 10:15-11:15 AM BODYFLOW VIRTUAL	
W 10-11 AM DRUM FIT CHRIS					W 10-11 AM DRUM FIT CHRIS					B 10:15-11:15 AM BODYCOMBAT VIRTUAL	
		A 11-11:45 AM SENIOR YOGA NANCY		A 11:30 AM-12:30 PM SENIOR TAI CHI CHRIS		A 11-11:45 AM SENIOR YOGA NANCY					
B 12-12:30 PM BODYCOMBAT VIRTUAL	B 12-12:30 PM LES MILLS SPRINT VIRTUAL	B 12-12:30 PM BODYCOMBAT VIRTUAL	B 12-12:30 PM BODYCOMBAT VIRTUAL	B 12-12:30 PM LES MILLS GRIT VIRTUAL	B 12-12:45 PM BODYFLOW VIRTUAL	EXPRESS CLASSES					
B 4-4:45 PM BODYFLOW VIRTUAL	B 4-4:45 PM BODYPUMP VIRTUAL	B 4-4:30 PM LES MILLS GRIT VIRTUAL	B 4-4:45 PM BODYCOMBAT VIRTUAL	A 4-4:30 PM LES MILLS CORE VIRTUAL	EXPRESS CLASSES						
	B 5:30-6:30 PM CYCLE STRENGTH KRISTY	A 5:30-6 PM GRIT Strength VIRTUAL	B 5:30-6:30 PM BODYCOMBAT MARGARITA	B 5:30-6:30 PM LES MILLS BODYPUMP KRISTY			B 5:30-6 PM LES MILLS GRIT Strength VIRTUAL				
G 6-7 PM ZUMBA MARGARITA	B 6-7 PM BODYPUMP ANITA	A 6:30-7:30 PM BODYPUMP VIRTUAL		A 6:15-7:15 PM BODYFLOW HEIDI	A 6:15-7:15 PM BODYCOMBAT VIRTUAL	B 6:45-7:15 PM LES MILLS CORE KRISTY					
A 6:30-7:30 PM BODYFLOW VIRTUAL		B 6:45-7:15 PM LES MILLS GRIT Athletic VIRTUAL						A 6:30-7:30 PM BODYCOMBAT VIRTUAL			

..... *coming soon!*



Download the myKroc Wellness app to access hundreds of workouts, track your progress, and connect with others through fun fitness challenges!

Some of the benefits include:

- Personalized training programs built around your unique wellness goals
- Simple integration with equipment in the Kroc TechnoZone, plus connections to fitness trackers and data from other apps
- Import your measurements from the Kroc's InBody scanners and track changes over time
- ...and much more!

Stop by the Kroc Center Fitness Desk or schedule an appointment to learn more about using the app to unlock your potential.

FITNESS CLASS AGE GUIDELINES

OPEN TO AGES 7+*

*Ages 7-11 must be supervised by an adult. (No Teen Fit Permit required for ages 12-15)

OPEN TO AGES 12+**

**Ages 12-15 require a Teen Fit Permit

OPEN TO AGES 16+

TEEN FIT PERMIT

Sign up for our FREE one-hour training course and learn equipment safety, fitness floor manners and proper use of machines.

Youth age 12-15 are required to have a Teen Fit Permit to use the fitness floor.