

# KROC CENTER

WINTER 1 RECREATION GUIDE • JAN. 3–FEB. 19, 2022



RAY & JOAN  
**KROC**  
CORPS COMMUNITY CENTER  
GRAND RAPIDS, MI

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Grand Rapids, MI 49507  
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[GrKrocCenter.org](http://GrKrocCenter.org)  
[Facebook.com/GrKrocCenter](https://www.facebook.com/GrKrocCenter)

## FACILITY HOURS

NEW HOURS!

Monday–Friday..... **5:30 AM–8 PM**  
Saturday..... **7 AM–1 PM**  
Sunday..... **CLOSED**  
**New Years Eve (Friday, Dec. 31) .....6 AM–3 PM**  
**New Years Day (Saturday, Jan. 1) .....CLOSED**

## CHILD WATCH

NEW HOURS!

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)\*

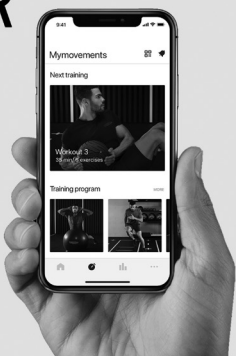
Monday–Thursday ..... **8:30–10:30 AM and 5:30–7:30 PM**  
Friday ..... **8:30–10:30 AM**  
Saturday ..... **8:30–10:30 AM**

\*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. The game room is open to children ages 5–11 who are checked into Child Watch during evening hours, M–Th, 5:30–7:30.

Reserve your space up to 48 hours in advance through your online member account. See [GrKrocCenter.org](http://GrKrocCenter.org) for details.

## IMPROVE YOUR TRAINING EXPERIENCE

Download the  
myKroc Wellness App



## news & important dates

### ➔ \$0 REGISTRATION CONTINUES

Do you know someone looking to start their wellness journey in 2022? We're helping to make things simple by waiving the registration fee on all NEW memberships for a limited time. That's up to a \$50 value! And, there's never a long-term contract at the Kroc, so it's easier than ever to Get Into It. See the Welcome Desk or [GrKrocCenter.org](http://GrKrocCenter.org) for more details and to sign up.

### ➔ WINTER 2 PROGRAM SESSION

Information and registration for our Winter 2 program session can be found throughout the Kroc Center or at [GrKrocCenter.org](http://GrKrocCenter.org). Here are important dates to remember:

- **Registration Opens:** January 10, 2022
- **Registration Deadline:** February 15, 2022
- **Winter 2 Session Begins:** February 21, 2022

Watch for a new program guide coming soon. Guides will be available at the Welcome Desk and [GrKrocCenter.org](http://GrKrocCenter.org).

### ➔ NEW KROC CENTER BUILDING HOURS

As the Kroc Center continues to strive to serve our members as effectively as possible, we are pleased to announce that we are returning to our pre-COVID opening time for the New Year! **As of January 3, 2022, we will be back to opening at 5:30 AM Monday-Friday, and 7:00 AM on Saturday.** In addition, we are adding Child Watch service on **Saturday mornings from 8:30 to 10:30 AM.** We continue to regularly evaluate other changes to hours and services. We appreciate your support and pray that trends keep moving in the right direction!

### ➔ JOIN THE KROC KREW!

Have you ever thought about becoming a bigger part of the Kroc Center family? Would you be interested in getting your membership for FREE? We are currently hiring in a wide variety of positions throughout the Kroc, including:

- Lifeguard
- Welcome Desk Lead
- Group Exercise Instructor
- Personal Trainer
- Fine Arts Instructor
- Music Instructor
- And more!

You can check out all our current openings at [GrKrocCenter.org/jobs](http://GrKrocCenter.org/jobs), and submit an application online. We can't wait to have you as part of the Kroc Krew!

# GYMNASIUM

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

# 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	4–7:45 PM POOL & HOT TUB CLOSED	4–4:55 PM RIVER WALKING, LAP SWIM & HOT TUB  5–7:45 PM FAMILY SWIM & HOT TUB	4–7:45 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 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. Available to ages 16+ (or 12+ with a Teen Fit Permit.) 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+ (or 12+ with a Teen Fit Permit.) 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.

## FAMILY DROP-IN ART

Join us each week for two hours 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. Children under the age of 12 must be accompanied by an adult on a Kroc Center membership plan.

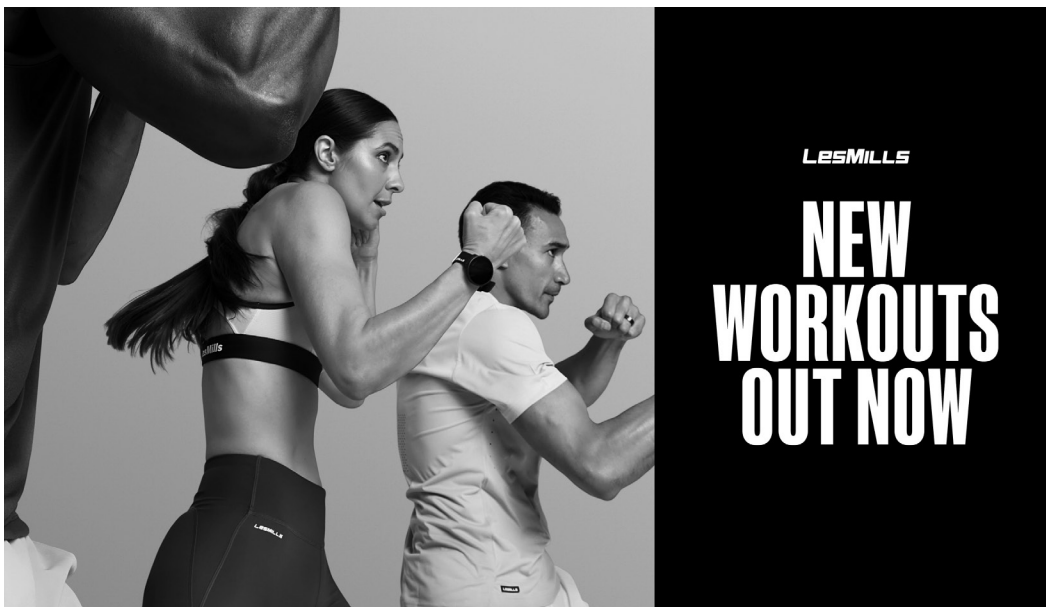
**Thursdays, 5:30–7:30 PM**  
**\$3 Members | \$5 Non-members**  
**(for class supplies)**

- January 6 .....Canvas Painting
- January 13 .....Watercolor Painting
- January 20 .....Drawing with Charcoal
- January 27 ..... Printmaking
- February 3 .....Canvas Painting
- February 10 ..... Air Dry Clay
- February 17 ..... Paper Weaving

# 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.

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



LES MILLS

**NEW  
WORKOUTS  
OUT NOW**

## 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.