

# 2022 SUMMER PROGRAMS!

## Session 1

### REGISTRATION DATES:

Registration Opens	Monday, April 25
Registration Deadline	Tuesday, May 31
Summer Session 1 Begins	Monday, June 6
Summer Session 1 Ends	Saturday, July 23

Late registration may be available if space permits. The Kroc Center reserves the right to close enrollment at the deadline, and class placement is not guaranteed.



Register for classes on the Kroc **Online Membership Portal** at [GrKrocCenter.org](http://GrKrocCenter.org) or on the **Kroc Center App!**

## HEALTH & WELLNESS

Train with small group to meet your goals with support and encouragement of others and a certified trainer. This is a great option for those who are looking for an effective, high quality workout. **No classes July 4.**

Class	Summer Session 1	Time	Ages	Members	Non-members
<b>Small Group Personal Training</b>	Mondays, Jun. 6–Jul. 18	10–11 AM	16+	\$62	\$97

Learn Hustle dance moves from different eras. Line dancing is a form of dance in which memory and execution come together. Dancers learn basic steps, rhythms and routines choreographed to music, thereby improving memory and balance.

Class	Summer Session 1	Time	Ages	Members	Non-members
<b>Intro to Line Dancing</b>	Thursdays, Jun. 9–Jul. 14	9–10 AM	16+	\$30	\$42

# ARCHERY

You will learn how to “hit the target”, proper use and care of equipment, and try exciting archery games to improve your skills. We have small class sizes to insure individualized instruction with NASP Certified Instructors. All equipment is provided for you to use during the class.

Class	Summer Session 1	Time	Ages	Members	Non-members
Intro to Archery	Mondays, Jun. 6–Jul. 23	4:15–5 PM	7–12	\$60	\$75
		5:15–6 PM	13+	\$60	\$75
	Saturdays, Jun. 11–Jul. 16	9–9:45 AM	7–12	\$60	\$75
		10–10:45 AM	13+	\$60	\$75

This class allows you to develop your skills at your own pace working with NASP Certified Instructors. Participants will have the opportunity to compete with other archers in virtual tournaments. This class is for those who have completed the Level 1 beginner class or have permission from the instructor to enroll. All equipment is provided.

Class	Summer Session 1	Time	Ages	Members	Non-members
Advanced Archery	Mondays, Jun. 6–Jul. 23	6:15–7 PM	8+	\$60	\$75
	Saturdays, Jun. 11–Jul. 16	11–11:45 AM	8+	\$60	\$75

# ADULT AQUATICS

Class	Summer Session 1	Time	Ages	Members	Non-members
Adult Learn to Swim	Tuesdays, Jun. 7–Jul. 12	5:30–6:15 PM	13+	\$48	\$69
	Saturdays, Jun. 11–Jul. 16	11–11:45 AM	13+	\$48	\$69
Adult Swim Lessons: The Basics	Mondays, Jun. 6–Jul. 18	6:30–7:15 PM	13+	\$48	\$69
Adult Swim Lessons: Improving Skills and Strokes	Saturdays, Jun. 11–Jul. 16	8–8:45 AM	13+	\$48	\$69
Adult Swim Lessons: Intro to Lap Swim	Tuesdays, Jun. 7–Jul. 12	6:30–7:15 PM	13+	\$48	\$69
Aqua Stretch & Tone	Tuesdays, Jun. 7–Jul. 12	10–10:55 AM	16+	\$38	\$59
	Thursdays, Jun. 9–Jul. 14	9–9:55 AM	16+	\$38	\$59
Water Aerobics	Wednesdays, Jun. 8–Jul. 13	9–9:55 AM	16+	\$38	\$59
Advanced Water Aerobics	Mondays, Jun. 6–Jul. 18	9–9:55 AM	16+	\$38	\$59
River Walking	Fridays, Jun. 10–Jul. 15	11–11:55 AM	16+	\$38	\$59
Aqua PiYo	Mondays, Jun. 6–Jul. 18	10–10:55 AM	16+	\$38	\$59
	Fridays, Jun. 10–Jul. 15	9–9:55 AM	16+	\$38	\$59

# WATERPARK LIFEGUARD TRAINING (Blended)

This course provides participants with the necessary knowledge and skills to become professional lifeguards. Lifeguard candidates will learn how to prevent, recognize and respond to aquatic emergencies and provide care for breathing, cardiac and first aid emergencies until emergency medical services personnel can take over. Upon successful completion of a practical skills test and a score of 80% or higher on the written exams, participants will receive a two-year Waterpark Lifeguard/First Aid/CPR/AED certification. Scholarships may be available for individuals that agree to work at the Kroc Center. Online coursework is required prior to attending the in-person portion of the class. Please visit the Online Member Portal or Kroc Center App for additional class descriptions and prerequisites.

Class	Summer Session 1	Time	Ages	Members	Non-members
Waterpark Lifeguard Training (Blended) <small>(Participant must attend all three classes.)</small>	Friday, June 10	4 PM–8 PM	15+	\$190	\$190
	Saturday, June 11	8 AM–6 PM			
	Sunday, June 12	8 AM–4 PM			

# FINE ARTS & EDUCATION

Students of all ages will try printmaking in many forms in this six week class. Screenprinting and block printing as well as stenciling and papermaking will all be included. Any children under 12 must also have an adult participant registered that is over the age of 16. Children over 12 may be registered in pairs with other children over 12. \*Price listed is per person.

Class	Summer Session 1	Time	Ages	Members	Non-members
<b>Family Print Workshop</b>	Thursdays, Jun. 9–Jul. 14	5:30–6:15 PM	5+	\$35	\$55

Students of all ages will try many clay techniques building functional and decorative projects in this 6 week class. Any children under 12 must also have an adult participant registered that is over the age of 16. Children over 12 may be registered in pairs with other children over 12. \*Price listed is per person.

Class	Summer Session 1	Time	Ages	Members	Non-members
<b>Family Clay Workshop</b>	Tuesdays, Jun. 7–Jul. 12	5:30–6:30 PM	5+	\$40*	\$60*



Join us in our studio for a time of creating and exploring. Enjoy working with other creatives to make fun projects throughout the session. Come as you are, as a newbie or seasoned artist to play with clay. Materials and tools provided, clay is limited per student based on the session. Projects will be fired and glazed to be picked up the week after class ends.

Class	Summer Session 1	Time	Ages	Members	Non-members
<b>Open Clay Studio</b>	Saturdays, Jun. 11–Jul. 16	9:30–11:30 AM	16+	\$45	\$65

Join our small group music lessons with one of our wonderful music instructors. Students will work together and independently to learn or perfect current skills, technique and knowledge of their chosen instrument. All skill levels welcome.

Class	Summer Session 1	Time	Ages	Members	Non-members
<b>Music Lessons–Piano</b>	Thursdays, Jun. 9–Jul. 14	4:30–5 PM	7–17	\$30	\$40
<b>Music Lessons–Drums</b>	Thursdays, Jun. 9–Jul. 14	5:10–5:40 PM	7–17	\$30	\$40
<b>Music Lessons–Guitar</b>	Tuesdays, Jun. 7–Jul. 12	5:10–5:40 PM	16+	\$30	\$40
	Thursdays, Jun. 9–Jul. 14	6:30–7 PM	7–15	\$30	\$40
<b>Music Lessons–Ukulele</b>	Tuesdays, Jun. 7–Jul. 12	4:30–5 PM	16+	\$30	\$40
	Thursdays, Jun. 9–Jul. 14	5:50–6:20 PM	7–15	\$30	\$40

Calling all actors, actresses and stage crew! This workshop is a fun all-around intro to theater. Students will learn both on–and off–stage basics, then perform for friends and family on the final night of class!

Class	Summer Session 1	Time	Ages	Members	Non-members
<b>Youth Theater Workshop</b>	Thursdays, Jun. 9–Jul. 14	5–6 PM	8–14	\$25	\$45


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# BABYSITTER TRAINING




Build your babysitting résumé with this American Red Cross class. Students gain the knowledge and confidence to care for children and learn to respond to emergencies and illnesses with first aid. They also learn how to administer and become certified in CPR and other appropriate care, recognize safety and hygiene issues, care for infants and communicate with parents. Pizza lunch and snack are provided.

Class	Summer Session 1	Time	Ages	Members	Non-members
<b>Babysitter Training</b>	Saturday, July 9	9 AM–4 PM	11+	\$90	\$120



Kroc Tots is for children age 3-5 who want to explore their creativity and learn about being active in unique ways. Staff will keep kids moving and learning while using many of the features available at the Kroc, all through a spiritual lens. One snack will be provided each day. \*Child must be potty-trained to attend.



<b>Dates (Weekly, M–F)</b>	June 13–August 19
<b>Time</b>	1–4 PM
<b>Ages</b>	3–5*
<b>Members</b>	\$80/week
<b>Non-members</b>	\$95/week

# MARTIAL ARTS

This class is taught in partnership with Tae Park Tae Kwon Do by certified instructor Russell Williams, and overseen by Junior Grand Master Robert Barss, a seventh degree Dan Black Belt. Optional tournaments, uniforms, and belt testing may be available directly through Tae Park Tae Kwon Do, but are not included in this program fee. The option to purchase a uniform as well as more information on tournaments and belt testing will be discussed the first night of class. **No classes July 4.**

Class	Summer Session 1	Time	Ages	Members	Non-members
<b>Tae Kwon Do-Youth</b>	Tuesdays & Thursdays, Jun. 7–Jul. 21	4:45–6 PM	7–14	\$47	\$66
<b>Tae Kwon Do-Adult</b>	Thursdays & Saturdays, Jun. 9–Jul. 23	6:15–7:30 PM Th & 10–11:30 AM Sat.	13+	\$47	\$66

The Kroc Center has partnered with the Godai Judo Club to teach students basic grappling and self-defense techniques, as well as the rules of competitive judo. Classes are led by a nationally certified, Fourth Degree black belt judo instructor. Optional tournaments may be available through Godai Judo but are not included with this program fee. Students are required to wear a Gi (uniform). First-time students will be given information on purchasing a Gi the first night of class.

Class	Summer Session 1	Time	Ages	Members	Non-members
<b>Judo-Youth</b>	Mondays & Wednesdays, Jun. 6–Jul. 20	5:30–6:30 PM	7–12	\$38	\$59
<b>Judo-Adult</b>	Mondays & Wednesdays, Jun. 6–Jul. 20	6:30–7:45 PM	13+	\$38	\$59