

AQUATICS SCHEDULE

SUMMER 1 SESSION • JUN. 6–JUL. 23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6–8:55 AM LAP SWIM & HOT TUB \$3 NM	6–9:55 AM LAP SWIM & HOT TUB \$3 NM	6–8:55 AM LAP SWIM & HOT TUB \$3 NM	6–8:55 AM LAP SWIM & HOT TUB \$3 NM	6–8:55 AM LAP SWIM & HOT TUB \$3 NM	7–7:55 AM LAP SWIM & HOT TUB \$3 NM
9–11:55 AM ZERO DEPTH & RIVER WALKING \$3 NM	9–11:55 AM RIVER WALKING \$3 NM	9–11:55 AM ZERO DEPTH & RIVER WALKING \$3 NM	9–11:55 AM RIVER WALKING \$3 NM	9–11:55 AM ZERO DEPTH & RIVER WALKING \$3 NM	8–11 AM POOL & HOT TUB CLOSED 11–11:55 AM LAP SWIM & HOT TUB \$3 NM
11 AM–12:55 PM LAP SWIM & HOT TUB \$3 NM	11 AM–12:55 PM LAP SWIM & HOT TUB \$3 NM	10 AM–12:55 PM LAP SWIM & HOT TUB \$3 NM	10 AM–12:55 PM LAP SWIM & HOT TUB \$3 NM	10 AM–12:55 PM LAP SWIM & HOT TUB \$3 NM	12–12:55 PM ZERO DEPTH, RIVER WALKING, LAP SWIM & HOT TUB \$3 NM
1–8 PM POOL & HOT TUB CLOSED	1–6:15 PM POOL & HOT TUB CLOSED 6:15–7:15 PM LAP SWIM & HOT TUB \$3 NM	1–4 PM POOL CLOSED 4–4:55 PM RIVER WALKING, LAP SWIM & HOT TUB \$3 NM 5–7:45 PM FAMILY SWIM & HOT TUB	1–6:15 PM POOL & HOT TUB CLOSED 6:15–7:15 PM LAP SWIM & HOT TUB \$3 NM	1–4 PM POOL CLOSED 4–4:55 PM RIVER WALKING, LAP SWIM & HOT TUB \$3 NM 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.
- **Zero-Depth Area** – A great area for families with small children to splash and play. This area features a zero-depth entry, water features and small slides for lots of family fun. Children aged 6 and under must have an adult (16+) within arm’s reach in the water at all times.

POOL-READY GUIDELINES



SHOES OFF



SWIMSUIT ON



SHOWER OFF



SWIM

aquatics TEEN FIT PERMIT

This add-on to the fitness Teen Fit Permit allows youth age 12-15 the to exercise during lap swim or river walking times. Nine to eleven year olds may also take this training which allows parent supervision poolside instead of in the water.

To sign up for this **FREE** class, let your fitness trainer know or email the aquatics manager.

GET THE MOST FROM YOUR KROC CENTER MEMBERSHIP WITH OUR **MOBILE APP**

- Sign up for group activities, drop-in fitness classes and aquatics activities
- Register for program sessions
- Manage your account

Search for Grand Rapids Kroc Center in the App Store or on Google Play.

FITNESS SCHEDULE

SUMMER 1 SESSION • JUN. 6–JUL. 23

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
A 6–7 AM BODYFLOW VIRTUAL	B NEW TIME! 6:15–6:45 AM GRIT Strength VICTORIA	A 6–6:30 AM LES MILLS SPRINT PATRICK	B 6–6:30 AM SH'BAM VIRTUAL	A 6–6:30 AM LES MILLS CORE VIRTUAL	B 6–7 AM BODYCOMBAT PATRICK	A 6–6:45 AM CYCLE PATRICK	B 6–7 AM BODYFLOW VIRTUAL	A 6–6:30 AM LES MILLS SPRINT ROTATION		B NEW TIME! 7:30–8:30 AM SH'BAM VIRTUAL	
A 7:15–8:15 AM BODYCOMBAT VIRTUAL		B 7–7:30 AM LES MILLS GRIT Athletic VIRTUAL		A 7:15–7:45 AM SH'BAM VIRTUAL		B 7–7:30 AM LES MILLS GRIT Strength VIRTUAL		B 6:45–7:15 AM LES MILLS GRIT Athletic VIRTUAL		A 8–8:30 AM LES MILLS SPRINT ROTATION	
B 9–10 AM SPRINT/BODYPUMP ROTATION		B 9–10 AM YOGA NANCY	A NEW TIME! 9–10 AM SH'BAM VIRTUAL	B 9–10 AM BODYFLOW* HEIDI *THROUGH JUNE 15 (SEE BELOW)		B 9–9:45 AM BOOT CAMP NANCY		B 9–10 AM SPRINT/BODYPUMP ROTATION		B 9–10 AM BODYPUMP ROTATION	
A 10–10:30 AM LES MILLS CORE VIRTUAL		M 9–9:30 AM TAI CHI CHRIS	M 9:30–10 AM GERI FIT CHRIS	A 10–10:30 AM LES MILLS GRIT Cardio VIRTUAL		M 9–9:30 AM TAI CHI CHRIS	M 9:30–10 AM GERI FIT CHRIS	A 9:30–10:30 AM BODYFLOW VIRTUAL		A 10:15–11:15 AM YOGA/BODYFLOW ROTATION	
W 10–11 AM DRUM FIT CHRIS	A 10:15–11:15 AM BODYCOMBAT VIRTUAL	G 10:15–10:45 AM SENIOR FIT NANCY		W 10–11 AM DRUM FIT CHRIS	A 10:15–10:45 AM LES MILLS CORE VIRTUAL	G 10:15–10:45 AM SENIOR FIT NANCY		B 10:15–11:15 AM BODYCOMBAT VIRTUAL			
W 11 AM–12 PM DRUM FIT CHRIS	B 11–11:45 AM SENIOR YOGA NANCY		W 11 AM–12 PM DRUM FIT CHRIS		B 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 LES MILLS CORE VIRTUAL		B 12–12:30 PM BODYCOMBAT VIRTUAL		B 12–12:45 PM BODYPUMP 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 Athletic VIRTUAL		B NEW TIME! 4–4:45 PM SH'BAM VIRTUAL		B 4–4:30 PM LES MILLS CORE VIRTUAL		EXPRESS CLASSES	
A 5:15–5:45 PM LES MILLS SPRINT VIRTUAL		B 5:30–6 PM LES MILLS CORE KRISTY		A 5:30–6 PM ZAZZY ZUMBA MARGARITA		B 5:45–6:45 PM CYCLE STRENGTH KRISTY		B 4:30–5:30 PM SH'BAM VIRTUAL		NEW TIME!	
A 6–7 PM ZUMBA MARGARITA/KARINE		A 6:15–6:45 PM CYCLE KRISTY		B 6–7 PM BODYPUMP ROTATION		A 6:15–7:15 PM BODYCOMBAT VIRTUAL		B 6–6:30 PM LES MILLS GRIT Cardio VIRTUAL			
B 6–7 PM BODYPUMP ANITA		B 6:15–7 PM LES MILLS GRIT Strength VICTORIA		A 6:15–7:15 PM YOGA MEGAN				A 6:30–7 PM LES MILLS SPRINT VIRTUAL			

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



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+
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TEEN FIT PERMIT

Sign up for our FREE half-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.

CLASS LOCATION KEY

- A** = Studio A
- B** = Studio B
- G** = Gymnasium
- W** = WPAC
- M** = Music Room

GYMNASIUM SCHEDULE



SUMMER 1 SESSION • JUN. 6–JUL. 23

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		6–9 AM OPEN GYM MEMBERS ONLY		6–8 AM OPEN GYM MEMBERS ONLY		6–9 AM OPEN GYM MEMBERS ONLY		6–8 AM OPEN GYM MEMBERS ONLY		7 AM–1 PM OPEN GYM MEMBERS ONLY	
8–10 AM PICKLEBALL (16+)		9–10 AM CLOSED FOR PROGRAMMING		8–10 AM PICKLEBALL (16+)		9–10 AM CLOSED FOR PROGRAMMING		8–10 AM PICKLEBALL (16+)			
10 AM–6 PM OPEN GYM MEMBERS ONLY		10:15–10:45 AM SENIOR FIT (16+) \$3 NM				10:15–10:45 AM SENIOR FIT (16+) \$3 NM					
		11 AM–8 PM OPEN GYM MEMBERS ONLY		10 AM–8 PM OPEN GYM MEMBERS ONLY		11 AM–8 PM OPEN GYM MEMBERS ONLY		10 AM–8 PM OPEN GYM MEMBERS ONLY			
6–7 PM ZUMBA (7+) \$9 NM (MOVED TO STUDIO A)		4–8 PM DROP-IN VOLLEYBALL MEMBERS ONLY				4–8 PM DROP-IN VOLLEYBALL 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.

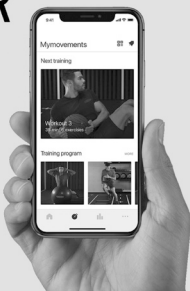
All activities EXCEPT for Open Gym require advance registration. Registration opens 48 hours before the listed start time of the activity (24 hours for insurance users). Once an activity has started, online registration is no longer enabled – you must check with the Welcome Desk to see if space is available.

Here is additional information for specific activities listed above:

- **Open Gym** – These times are designed to be welcoming to all ages. (Kids under 12 must be supervised by an adult at all times.) No full-court basketball may be played during Open 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.
- **Drop-In 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.

IMPROVE YOUR TRAINING EXPERIENCE

Download the myKroc Wellness App



Registration NOW OPEN!

SWIM

VOLLEYBALL

SOCCER

AND MORE!

This summer, the Kroc Center is offering week-long sports camps in partnership with FCA (Fellowship of Christian Athletes.)

Visit GrKrocCenter.org for more info!