

2023 WINTER PROGRAMS

Session 1

REGISTRATION DATES:

Registration Opens	Monday, Nov. 14
Registration Deadline	Tuesday, Dec. 20
Winter Session 1 Begins	Monday, Jan. 2
Winter Session 1 Ends	Saturday, Feb. 18

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 or on the Kroc Center App!

SPORTS

The Salvation Army Kroc Center “Skills and Scrimmage” Saturday clinic provides an atmosphere of fun, friendly competition that allows youth to experience the joy of organized sports while learning valuable basketball skills to increase their basketball abilities.

Class	Winter Session 1	Time	Ages	Members	Non-members
Basketball: Skills and Scrimmage	Saturdays, Jan. 7–Feb. 11	10–11 AM	5–10	\$40	\$65

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	Winter Session 1	Time	Ages	Members	Non-members
Archery 101	Mondays, Jan. 2–Feb. 6	5–5:45 PM	7+	\$60	\$75

This class offers an open archery range where an archery instructor is available to answer questions and assist with archery skills. It is not an instructional class, participants will be given opportunity to practice with access to various archery bows, games and targets. *Participants must have previous archery experience to attend.

Class	Winter Session 1	Time	Ages	Members	Non-members
Open Archery Range	Mondays, Jan. 2–Feb. 6	6–6:45 PM	7+	\$55	\$70

DANCE



Grand Rapids Ballet School believes dance plays an important role in the healthy development of your child. In our 30-minute class, your child will learn musicality, coordination, classroom etiquette, and ballet vocabulary. It also provides an outlet for them to set a goal and learn the discipline to achieve it. And, it's a lot of fun too!

Class	Winter Session 1	Time	Ages	Members	Non-members
Creative Dance	Tuesdays, Jan. 3–Feb. 7	4:30–5 PM	3–5	\$50	\$70

Elementary ballet introduces students to the fundamentals of classical ballet training. Students focus on basic ballet technique and terminology, proper body alignment, and musicality.

Class	Winter Session 1	Time	Ages	Members	Non-members
Elementary Ballet	Tuesdays, Jan. 3–Feb. 7	5:15–5:45 PM	6–8	\$50	\$70

Looking to better your shape? Feeling less limber? Need a lift to your spirits? Adult classes in ballet are an excellent way to stay fit, flexible, and happy. The class focuses on ballet technique, core strength, and muscle coordination. Beyond that, you build self-confidence, grow artistically, and relieve stress too.

Class	Winter Session 1	Time	Ages	Members	Non-members
Beginner Adult Ballet	Tuesdays, Jan. 3–Feb. 7	6–6:45 PM	16+	\$55	\$75

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	Winter Session 1	Time	Ages	Members	Non-members
Babysitter Training	Saturday, February 18	8 AM–4 PM	11+	\$90	\$120

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	Winter Session 1	Time	Ages	Members	Non-members
Waterpark Lifeguard Training (Blended) (Participant must attend all three classes.)	Friday, February 17	4 PM–8 PM	15+	\$190	\$190
	Saturday, February 18	8 AM–6 PM			
	Sunday, February 19	8 AM–4 PM			



Kroc Tots is for children age 3-5 who want to explore their creativity and learn new skills. Kroc Tots participants will be enrolled in the Salvation Army's character building program called "Moonbeams" where they will earn badges as they learn new skills. One snack will be provided each day. *Child must be potty-trained to attend.

Winter Session 1	Time	Ages	Members	Non-members
Mondays, Jan. 2–Feb. 6	9 AM–12 PM	3–5*	\$80	\$95
Tuesdays, Jan. 3–Feb. 7	3–6 PM		\$80	\$95
Wednesdays, Jan. 4–Feb. 8	9 AM–12 PM		\$80	\$95
Fridays, Jan. 6–Feb. 10	9 AM–12 PM		\$80	\$95

FINE ARTS & EDUCATION

Dive into the world of art with your preschool aged child. This class will be full of fun activities that help to foster creativity and exploration for ages 3-5. Your child will learn about shapes and colors as they draw, paint and create with clay. This class is a great opportunity for tots to practice fine motor skills and socialization. **Parent participation is required.**

Class	Winter Session 1	Time	Ages	Members	Non-members
Preschool Art for the Imagination	Thursdays, Jan. 5–Feb. 9	4:30–5 PM	3–5	\$30	\$50

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. Experience the magic of clay by creating projects such as bowls, pots, plates, mugs and more. Clay, glaze and firing are included.

Class	Winter Session 1	Time	Ages	Members	Non-members
Create with Clay! For Kids	Mondays, Jan. 2–Feb. 6	5:30–6:30 PM	6–9	\$40	\$60
	Mondays, Jan. 2–Feb. 6	6:45–7:45 PM	10–15	\$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 and try your hand at the potters wheel. 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	Winter Session 1	Time	Ages	Members	Non-members
Open Clay Studio	Wednesdays, Jan. 4–Feb. 8	5:30–7:30 PM	16+	\$50	\$70
	Saturdays, Jan. 7–Feb. 11	9:30–11:30 AM	16+	\$50	\$70

Our small group music lessons are presented in partnership with the wonderful music instructors from Riverside Guitar School. From music lessons for young kids and their parents, to private lessons for adults of all levels, Riverside Guitar School creates a learning environment that fosters connection, offers knowledge and inspires practice. All skill levels welcome.



Class	Winter Session 1	Time	Ages	Members	Non-members
Music Lessons–Piano	Thursdays, Jan. 5–Feb. 9	4:30–5 PM	7–15	\$35	\$45
	Thursdays, Jan. 5–Feb. 9	5–5:30 PM	7–15	\$35	\$45
Music Lessons–Drums	Thursdays, Jan. 5–Feb. 9	5:30–6 PM	7–15	\$35	\$45
Music Lessons–Guitar	Thursdays, Jan. 5–Feb. 9	6:30–7 PM	7–15	\$35	\$45
Music Lessons–Ukulele	Thursdays, Jan. 5–Feb. 9	6–6:30 PM	7–15	\$35	\$45

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

Class	Winter Session 1	Time	Ages	Members	Non-members
Youth Theater Workshop	Thursdays, Jan. 5–Feb. 9	5–6 PM	8–14	\$30	\$40

The sounds of music can be engaging for a child who is ready to play and explore. Through interactive songs with motions and introduction to a variety of instruments, children can develop beneficial motor and language skills while they enjoy musical play in a social environment. **Parent participation is required.**

Class	Winter Session 1	Time	Ages	Members	Non-members
Music for the Littlest Littles	Wednesdays, Jan. 4–Feb. 8	4:30–5 PM	0–2	\$30	\$50

This class will create opportunities for your child to shine with confidence as they learn how to independently sing and play melodies and rhythms, while also advancing important life skills through motor and language development with engaging songs. **Parent participation is encouraged.**

Class	Winter Session 1	Time	Ages	Members	Non-members
Music for the Littles	Wednesdays, Jan. 4–Feb. 8	5:15–5:45 PM	3–6	\$30	\$50

HEALTH & FITNESS

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.

Class	Winter Session 1	Time	Ages	Members	Non-members
Small Group Personal Training	Mondays, Jan. 3–Feb. 14	10–11 AM	16+	\$62	\$97
	Tuesdays, Jan. 4–Feb. 15	6:30–7:30 PM	16+	\$62	\$97
	Thursdays, Jan. 6–Feb. 17	6:30–7:30 PM	16+	\$62	\$97
	Fridays, Jan. 7–Feb. 18	7–8 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	Winter Session 1	Time	Ages	Members	Non-members
Intro to Line Dancing	Thursdays, Jan. 6–Feb. 17	9–10 AM	16+	\$30	\$42

Battle Ropes provide a super-intense calorie-burning fitness experience. Most Battle Rope exercises are full body, combining strength and cardio. Working with ropes creates a dynamic workout that will leave exhausted and exhilarates from what you have accomplished.

Class	Winter Session 1	Time	Ages	Members	Non-members
Battle Rope Boot Camp	Thursdays, Jan. 6–Feb. 17	6:30–7:30 PM	16+	\$50	\$70

Master the fundamental skills of boxing in a program emphasizing the technique of striking, footwork, coordination, and agility. Participants will build confidence and discipline that can be applied inside and outside the classroom.

Class	Winter Session 1	Time	Ages	Members	Non-members
Boxing	Wednesdays, Jan. 5–Feb. 16	9–10 AM	16+	\$55	\$75

See your strength soar! We'll focus on the three power lifts - squat, bench and dead-lift - stressing technique, tips, and accessory exercises for maximum progress and total body results. Blast past the old you with renewed confidence and strength.

Class	Winter Session 1	Time	Ages	Members	Non-members
Heavy Lifters Club	Mondays, Jan. 3–Feb. 14	7–8 PM	16+	\$46	\$66

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.

Class	Winter Session 1	Time	Ages	Members	Non-members
Tae Kwon Do-Youth	Tuesdays & Thursdays, Jan. 3–Feb. 16	4:45–6 PM	7–14	\$47	\$66
Tae Kwon Do-Adult	Thursdays & Saturdays, Jan. 5–Feb. 18	6:15–7:45 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	Winter Session 1	Time	Ages	Members	Non-members
Judo-Youth	Mondays & Wednesdays, Jan. 2–Feb. 15	5:30–6:30 PM	7–12	\$38	\$59
Judo-Adult	Mondays & Wednesdays, Jan. 2–Feb. 15	6:30–7:45 PM	13+	\$38	\$59

LEARN TO SWIM!



American Red Cross

The Kroc Center is proud to offer the **American Red Cross** Learn-to-Swim program. This progressive lesson program helps children learn the fundamentals of swimming and water safety through the teaching and assessment of critical water skills. Depending on a child's abilities, they may remain at the same Learn-to-Swim level for more than one session.

Registration opens: **Monday, November 14**

Registration deadline: **Tuesday, December 20**

Members \$56 | Non-Members \$86

Please visit the Online Member Portal or Kroc Center App to register.

Class	Winter Session 1	Time	Ages
Parent & Child: Level 1	Tuesdays, Jan. 3–Feb. 7	4:30–5 PM	6–36 months
	Saturdays, Jan. 7–Feb. 11	8–8:30 AM	6–36 months
Parent & Child: Level 2	Mondays, Jan. 2–Feb. 6	5:30–6 PM	18–36 months
	Thursdays, Jan. 5–Feb. 9	6:30–7 PM	18–36 months
Preschool & Parent	Saturdays, Jan. 7–Feb. 11	9–9:30 AM	3–5 years
	Mondays, Jan. 2–Feb. 6	6:30–7 PM	3–5 years
Preschool Level 1	Mondays, Jan. 2–Feb. 6	6:30–7 PM	3–5 years
	Tuesdays, Jan. 3–Feb. 7	5:30–6 PM	3–5 years
	Thursdays, Jan. 5–Feb. 9	4:30–5 PM	3–5 years
	Saturdays, Jan. 7–Feb. 11	11–11:30 AM	3–5 years
	Mondays, Jan. 2–Feb. 6	4:30–5 PM	3–5 years
Preschool Level 2	Tuesdays, Jan. 3–Feb. 7	6:30–7 PM	3–5 years
	Thursdays, Jan. 5–Feb. 9	5:30–6 PM	3–5 years
	Saturdays, Jan. 7–Feb. 11	10–10:30 AM	3–5 years
	Tuesdays, Jan. 3–Feb. 7	4:30–5 PM	3–5 years
Preschool Level 3 & 4 Combo	Saturdays, Jan. 7–Feb. 11	9–9:30 AM	3–5 years
	Mondays, Jan. 2–Feb. 6	4:30–5:15 PM	5–12 years
Level 1: Intro to Water Skills	Mondays, Jan. 2–Feb. 6	5:30–6:15 PM	5–12 years
	Tuesdays, Jan. 3–Feb. 7	6:30–7:15 PM	5–12 years
	Thursdays, Jan. 5–Feb. 9	5:30–6:15 PM	5–12 years
	Saturdays, Jan. 7–Feb. 11	10–10:45 AM	5–12 years
	Mondays, Jan. 2–Feb. 6	5:30–6:15 PM	5–12 years
Level 2: Fundamental Skills	Tuesdays, Jan. 3–Feb. 7	5:30–6:15 PM	5–12 years
	Thursdays, Jan. 5–Feb. 9	4:30–5:15 PM	5–12 years
	Thursdays, Jan. 5–Feb. 9	6:30–7:15 PM	5–12 years
	Saturdays, Jan. 7–Feb. 11	8–8:45 AM	5–12 years
	Mondays, Jan. 2–Feb. 6	4:30–5:15 PM	5–12 years
Level 3: Stroke Development	Tuesdays, Jan. 3–Feb. 7	5:30–6:15 PM	5–12 years
	Thursdays, Jan. 5–Feb. 9	4:30–5:15 PM	5–12 years
	Saturdays, Jan. 7–Feb. 11	9–9:45 AM	5–12 years
	Tuesdays, Jan. 3–Feb. 7	4:30–5:15 PM	5–12 years
Level 4: Stroke Improvement	Saturdays, Jan. 7–Feb. 11	10–10:45 AM	5–12 years
	Saturdays, Jan. 7–Feb. 11	11–11:45 PM	5–17 years

Class descriptions and prerequisites listed on reverse.

PARENT & CHILD/PRESCHOOL LESSONS

PARENT & CHILD: LEVEL 1 (AGES 6 MONTHS-3 YEARS)

You and your child are in the water together. Learn to support your child while they become familiar with the water by blowing bubbles, floating, kicking, and being safe in aquatic environments.

PARENT & CHILD: LEVEL 2 (AGES 18 MONTHS-3 YEARS)

You and your child are in the water together, building on skills from Parent & Child 1. Your child will learn floating, gliding, how to use their arms to swim on their front and back, and water safety. Children do NOT need to complete Parent & Child Level 1 first, but must be comfortable in the water.

PRESCHOOL & PARENT (AGES 3-4)

This class helps children transition to being on their own in swim lessons. Parents join their child for the first three lessons, then watch from the pool deck for the last three. Skills include supported arm and leg actions on front and back, floating, gliding, and breath control.

PRESCHOOL LEVEL 1 – NO PARENT (AGES 3-5)

Familiarizes children with water and teaches basic skills. Helps participants begin to develop positive attitudes and safe practices in and around the water. Participants must be comfortable in the water without a parent.

PRESCHOOL LEVEL 2 (AGES 3-5)

Students learn floating, arm and leg movement, gliding, and breath control, eventually performing these skills independently. This class is equivalent to Learn-to-Swim Level 1. Kids must be comfortable in water without a parent.

PRESCHOOL LEVEL 3 & 4 COMBO (AGES 3-5)

Participants build on their basic swimming skills by increasing repetitions, distances, and times. All skills will be performed independently. This class is equivalent to Learn-to-Swim Level 2: Fundamental Skills. Those who pass this level may register for Learn-To-Swim Level 3 once they turn 5 years old.

LEARN TO SWIM LESSONS

LEVEL 1: INTRO TO WATER SKILLS (AGES 5-12)

This introductory class helps participants become more comfortable in the water. Skills covered include entering and exiting the water, breath control, floating with assistance, arm and leg actions, and water safety.

LEVEL 2: FUNDAMENTAL SKILLS (AGES 5-12)

Participants learn to coordinate arm and leg actions on front and back, floating and gliding so they can be performed without support, increasing distance & duration. PREREQUISITE: Swim two body lengths with support.

LEVEL 3: STROKE DEVELOPMENT (AGES 5-12)

Learn elementary backstroke, breaststroke kick, dolphin kick, scissors kick, rotary breathing, and survival floating. PREREQUISITE: Swim five body lengths on front and back without support.

LEVEL 4: STROKE IMPROVEMENT (AGES 5-17)

Learn breaststroke, butterfly, sidestroke, and open turns. Participants increase distance and stamina for swimming and treading water. PREREQUISITE: Swim 15 yards of elementary backstroke and be familiar with dolphin, breaststroke and scissor kicks.

LEVEL 5 & 6 COMBO: STROKE REFINEMENT (AGES 5-17)

Students refine skills in all six strokes, build endurance, and learn front and back flip turns. PREREQUISITE: Swim 25 yards of front crawl & elementary backstroke, & 15 yards of back crawl, breaststroke, butterfly, & side stroke.



ADULT AQUATICS

Class	Winter Session 1	Time	Ages	Members	Non-members
Adult Learn to Swim	Mondays, Jan. 2–Feb. 6	6:30–7:15 PM	13+	\$56	\$86
	Saturdays, Jan. 7–Feb. 11	11–11:45 AM	13+	\$56	\$86
Adult Swim Lessons: The Basics	Thursdays, Jan. 5–Feb. 9	5:30–6:15 PM	13+	\$56	\$86
Adult Swim Lessons: Improving Skills and Strokes	Saturdays, Jan. 7–Feb. 11	8–8:45 AM	13+	\$56	\$86
Aqua Stretch & Tone	Tuesdays, Jan. 3–Feb. 7	9–9:55 AM	16+	\$48	\$72
	Thursdays, Jan. 5–Feb. 9	9–9:55 AM	16+	\$48	\$72
Water Aerobics	Mondays, Jan. 2–Feb. 6	9–9:55 AM	16+	\$48	\$72
	Wednesdays, Jan. 4–Feb. 8	9–9:55 AM	16+	\$48	\$72
River Walking	Fridays, Jan. 6–Feb. 10	11–11:55 AM	16+	\$48	\$72
Aqua PiYo	Fridays, Jan. 6–Feb. 10	9–9:55 AM	16+	\$48	\$72

NEW

PRE-COMPETITIVE SWIM CLINIC

A 2 day a week, 6 week clinic focusing on fine-tuning stroke technique, as well as building a foundation of endurance and stamina for longer distances than a typical swim lesson allows for. The clinic will be structured to evoke a typical practice environment for age-appropriate school or club settings (i.e. time for stretching, workouts built into time-based sets, etc.). Can serve as a bridge to local club and school programs in order to help swimmers “graduate” to an appropriate team as desired. Must have competed level 5 or equivalent or have demonstrated stroke competency for approval (demonstrate competency and endurance in all four competitive strokes).

Class	Winter Session 1	Time	Ages	Members	Non-members
Pre-Competitive Swim Clinic	Tuesdays & Thursdays Jan. 3–Feb. 9	6:30–7:30 PM	8–17	\$112	\$172