

KROC CENTER

DROP-IN RECREATION GUIDE • FALL 2 • NOV. 6–DEC. 30



RAY & JOAN
KROC
CORPS COMMUNITY CENTER
GRAND RAPIDS, MI

2500 S. Division Avenue
Grand Rapids, MI 49507
Phone: 616.588.7200

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

FACILITY HOURS

Monday–Friday 5:30 AM–8 PM
Saturday 7 AM–4 PM
Sunday CLOSED
November 23 (Thanksgiving Day)..... CLOSED
December 25 (Christmas Day) CLOSED

The Kroc’s outdoor campus is open dawn to dusk daily.

DAY PASS PRICES

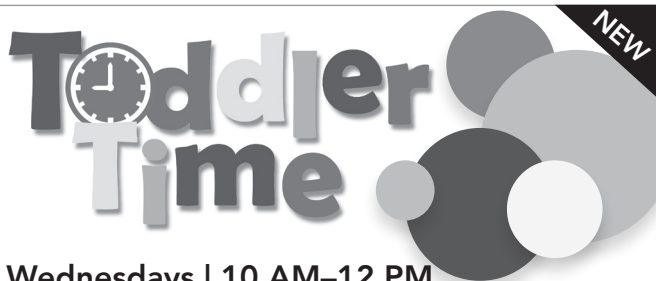
Ages 0–11 \$8/day
Ages 12 & up \$12/day

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 children on active Kroc Center family members, or included with the purchase of a day pass for all other guests. Advance registration is strongly encouraged as capacities are limited -- use your online membership account to sign up.

CHILD WATCH HOURS (AGES 3 MONTHS – 11 YEARS)

Monday–Thursday 9–11 AM and 5–8 PM
Friday 9–11 AM
Saturday 9 AM–12 PM



Wednesdays | 10 AM–12 PM

It’s back! Our toddler friends and their caregivers are invited to join us on Wednesday mornings for a time of open play and learning at the Kroc. Here are some of the things you and your child can enjoy:

- 10 AM–12 PM **Toddler Toys** (Gymnasium)
- 10 AM–12 PM **Music Play** (Classroom A)
- 10 AM–12 PM **Toddler Swim** (Aquatics Ctr.)
- 10–11 AM **Storytime** (Classroom A)

These activities are free for members, and included with a day pass purchase for both adult and child non-members.

news & important dates

WINTER 1 PROGRAMS

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

- **Registration Opens: Monday, November 20**
- **Registration Deadline: Wednesday, December 20**
- **Winter 1 Session Begins: Monday, January 2**
- **Winter 1 Session Ends: Saturday, February 17**

Pick up a program guide at the Welcome Desk or online at GrKrocCenter.org.

NEW! ACTIVE OLDER ADULT ACTIVITIES

Chair Volleyball – Thursdays, 11:30 AM–12:30 PM

Sit, set, spike! Come join us for some competitive and fun games of chair volleyball. Teams are made up of six or eight players, and the game is played with a 20” beach ball and a 60” net. Your reflexes, coordination, and competitive spirit will be challenged!

Floor Curling Drop-in – Fridays, 11 AM–12 PM

Patterned after the Olympic Sport of ice curling, floor curling is accessible to any and all ability levels. The game can be played sitting or standing and is non-aerobic. Think shuffleboard with a Canadian curling twist to it. Come join us to learn the rules and start your curling career!

FITNESS BINGO IS BACK!

Hey members, starting **November 6** you can play Kroc Fitness Bingo! Pick up a bingo card at the Fitness Desk, then have your card stamped everytime you complete a fitness activity listed on the card. **Each time you get a ‘Bingo’, you’ll be entered to win some great prizes like fitness equipment, personal training and Kroc gift cards!**

WE ARE HIRING!

The Kroc Center is seeking lifeguards – and you can become certified for **FREE!** If you love to swim and are looking for a job, join the Kroc Crew!

Kroc Center Employees enjoy benefits such as:

- Free Kroc Center membership
- Employee appreciation events
- Flexible scheduling
- Awesome coworkers!

Visit GrKrocCenter.org/jobs to learn more!

GYMNASIUM & ART SCHEDULE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
NORTH	SOUTH	NORTH	SOUTH	NORTH	SOUTH	NORTH	SOUTH	NORTH	SOUTH	NORTH	SOUTH
6-8 AM OPEN GYM		6-9 AM OPEN GYM		6-8 AM OPEN GYM		6-9 AM OPEN GYM		6-8 AM OPEN GYM		7-10 AM OPEN GYM	
8-10 AM PICKLEBALL (16+)		9-10 AM CLOSED FOR PROGRAMS		8-10 AM PICKLEBALL (16+)		9-10 AM CLOSED FOR PROGRAMS		8-10 AM PICKLEBALL (16+)			
10 AM-8 PM OPEN GYM		10:15-10:45 AM SENIOR FIT (16+)		10 AM-12 PM TODDLER TIME		10:15-10:45 AM SENIOR FIT (16+)		10-11 AM LEARN TO PLAY PICKLEBALL (16+)		10-11 AM CLOSED FOR PROGRAMS	
		11 AM-8 PM OPEN GYM		10 AM-8 PM OPEN GYM		11:30 AM-12:30 PM CHAIR VOLLEYBALL		11 AM-8 PM OPEN GYM		11 AM-8 PM OPEN GYM	
		5-8 PM DROP-IN BASKETBALL				11 AM-8 PM OPEN GYM		5-8 PM DROP-IN VOLLEYBALL		11 AM-1 PM DROP-IN BASKETBALL	
								5-7:30 PM CLIMBING WALL		1-3PM CLIMBING WALL	

Drop-in Art Thursdays, 5:30-7:30 PM

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.

Members.....\$3
Insurance users \$5
Non-members*
Ages 11 & under\$13
Ages 12 & older..... \$17

*Includes day pass purchase good for use of all recreation areas.

Nov. 9 Rock Painting
 Nov. 16 Thanksgiving Centerpiece
 Nov. 23 NO CLASS (Happy Thanksgiving!)
 Nov. 30 Watercolor Painting
 Dec. 7 Rock Painting
 Dec. 14 Christmas Cards
 Dec. 21 Ornaments

Drop-in Clay Saturdays, 12:30-2:30 PM

Join us to create with clay! The room will be open to ages 5 and up (anyone under 12 must be with an adult.) All ability levels are welcome whether you have never touched clay before or are a seasoned maker. Come back for multiple weeks to enjoy the process and create works of art to take home. Materials included.

Members.....\$8
Insurance users\$11
Non-members*
Ages 11 & under\$19
Ages 12 & older..... \$23

*Includes day pass purchase good for use of all recreation areas.

Tumbling for Dance

Ages 3-5, Tuesdays, 4-4:30 PM
Ages 6-9, Tuesdays, 4:45-5:15 PM

(Free for members, included with the purchase of a day pass for non-members.)

Your child will learn basic tumbling skills to roll into the world of dance. Increasing flexibility and technique with somersaults, bridge and backbend, handstands etc. Children under the age of 12 must be accompanied by an adult.

GYMNASIUM ACTIVITY GUIDELINES

Please refer to age limits above, in addition to all posted guidelines for activities in the gymnasium. Drop-in fitness classes 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.) Full-court basketball may be played during open gym on court 1 only.
- **Pickleball** - Doubles or singles play is available. Paddles and balls may be checked out, or bring your own. Other activities may take place on courts that are not actively in use.
- **Drop-In Basketball** - All skill levels welcome. Players are encouraged to form teams and self-regulate play. If no players have checked in 30 minutes after the scheduled start time, remaining time may be used for open gym.
- **Drop-In Volleyball** - All skill levels welcome. Players are encouraged to form teams and self-regulate play. If no players have checked in 30 minutes after the scheduled start time, remaining time may be used for open gym.

AQUATICS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6-8:55 AM LAP SWIM 	6-8:55 AM LAP SWIM 	6-8:55 AM LAP SWIM 	6-8:55 AM LAP SWIM 	6-9:55 AM LAP SWIM 	7-7:55 AM LAP SWIM
9 AM-12 PM RIVER WALKING 	9-10 AM RIVER WALKING 	9 AM-12 PM RIVER WALKING 	9-10 AM RIVER WALKING 	9-10:55 AM RIVER WALKING 	8 AM-12 PM POOL & HOT TUB CLOSED
10 AM-1 PM LAP SWIM 	10 AM-12 PM MODIFIED OPEN SWIM 	10 AM-12 PM TODDLER SWIM 	10 AM-12 PM MODIFIED OPEN SWIM 	11 AM-1 PM LAP SWIM 	12-12:55 PM LAP SWIM & RIVER WALKING
1-8 PM POOL & HOT TUB CLOSED	1-8 PM POOL & HOT TUB CLOSED	1-4 PM POOL & HOT TUB CLOSED	1-8 PM POOL & HOT TUB CLOSED	1-4 PM POOL & HOT TUB CLOSED	1-3:45 PM OPEN SWIM
		4-4:55 PM LAP SWIM & RIVER WALKING 		4-4:55 PM LAP SWIM & RIVER WALKING 	
		5-7:45 PM OPEN SWIM 		5-7:45 PM OPEN SWIM 	

AQUATICS CENTER ACTIVITY GUIDELINES

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 are free to members and insurance program users, or included with the purchase of a day pass for non-members.

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

- **Open Swim** – All areas, including the water basketball area, lazy river, and toddler play area, may be used during open 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 poolside.
- **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.)
- **Lap Swim** – Where indicated above, the lap pool is open for ages 16+ (or 12+ with a Teen Fit Permit.) Stopping, standing and aqua jogging are not permitted when lane dividers are being used. Aqua joggers may use other available pool areas.
- **Modified Open Swim** – Pool and hot tub are available for general swimming – see the activity key for specific areas that are available. River and lap lanes may be open when listed.
- **Guard Rotation and Breaks** – Each hour during open swim, all members and guests must exit the pool and hot tub for 5 minutes prior to the hour to allow for guard rotation.

ACTIVITY KEY

Look for the following icons to see when your favorite pool activity is available.



Lap Swim



Water Slide



River Walking



Lazy River



Hot Tub



Zero-depth Area

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. 9-11 year olds may also take this training, which allows parent supervision poolside instead of in the water.

To sign up for this FREE class, please speak with the trainer who teaches your Teen Fit Permit class, or see a Pool Supervisor.

FITNESS SCHEDULE

All drop-in classes are \$3 for insurance program users, or included with the price of a day pass for non-members. Advance registration is encouraged, as capacities are limited.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B 6-6:30 AM GRIT ATHLETIC VIRTUAL	A 6-6:30 AM LES MILLS SPRINT PATRICK	B 5:45-6:30 AM BODYCOMBAT PATRICK	A 5:45-6:30 AM CYCLE PATRICK	B 6-6:45 AM BODYPUMP ROTATION	
A 6-7 AM BODYBALANCE VIRTUAL	B 6-6:45 AM SH'BAM VIRTUAL	A 6-6:30 AM LES MILLS CORE VIRTUAL	B 6-6:30 AM GRIT Cardio VIRTUAL		B 7:45-8:45 AM BODYPUMP SUZANNE
A 7:15-8:15 AM BODYCOMBAT VIRTUAL	B 7-7:30 AM LES MILLS GRIT Athletic VIRTUAL	A 7:15-8 AM SH'BAM VIRTUAL	B 8-9 AM BODYBALANCE VIRTUAL	A 6:45-7:15 AM BODYCOMBAT VIRTUAL	A 8:30-9 AM SPRINT ROTATION
B 9-10 AM SPRINT/BODYPUMP HEIDI	B 9-10 AM YOGA NANCY	A 9-9:45 AM SH'BAM VIRTUAL	A 9-10 AM BODYBALANCE HEIDI	B 9-10 AM BODYPUMP ANN	
M 9-9:45 AM WALK THIS WAY AMY	W 9-9:30 AM TAI CHI CHRIS	M 9-9:45 AM WALK THIS WAY RACHEL	W 9-9:30 AM TAI CHI CHRIS		
F 9-9:45 AM 50+ CIRCUIT/CARDIO CHIRS	W 9:30-10 AM GERI FIT CHRIS	F 9-9:45 AM 50+ CIRCUIT/CARDIO CHIRS	W 9:30-10 AM GERI FIT CHRIS	A 9:30-10:30 AM BODYBALANCE VIRTUAL	B 9:15-10:15 AM BODYPUMP ROTATION
A 9:45-10:45 AM BODYBALANCE VIRTUAL	A 10:15-11:15 AM BODYCOMBAT VIRTUAL	W 10-11 AM DRUM FIT CHRIS	A 10:15-10:45 AM LES MILLS CORE VIRTUAL	B 10:15-10:45 AM LES MILLS GRIT Athletic VIRTUAL	A 10:30-11:30 AM YOGA/BODYBALANCE ROTATION
W 10-11 AM DRUM FIT CHRIS	G 10:15-10:45 AM SENIOR FIT NANCY	A 10:15-11:15 AM INTRO TO JAZZ VAL	G 10:15-10:45 AM SENIOR FIT NANCY		
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	G 11:30 AM-12:30 PM CHAIR V-BALL CHRIS	W 11 AM-12 PM FLOOR CURLING CHRIS
A 12-1 PM BODYBALANCE VIRTUAL	A 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
A 4-4:30 PM BODYCOMBAT VIRTUAL	B 4-4:45 PM BODYPUMP VIRTUAL	B 4-4:30 PM LES MILLS GRIT Athletic VIRTUAL	B 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	W 6-6:45 PM BODYCOMBAT ANN		B 5:45-6:45 PM CYCLE/STRENGTH KRISTY	B 4:30-5:15 PM SH'BAM VIRTUAL	
A 6-7 PM ZUMBA ANGELA/MARGARITA	A 6:15-7 PM CONTEMPORARY DANCE VAL	B 6-7 PM BODYPUMP ROTATION	A 6-7 PM ZUMBA ANGELA/MARGARITA		
B 6-7 PM BODYPUMP HEIDI	B 6:15-7 PM LES MILLS GRIT VICTORIA	A 6:15-7:15 PM YOGA MEGAN		B 6-6:30 PM LES MILLS GRIT Cardio VIRTUAL	

ACTIVE OLDER ADULTS

KROC CONNECTIONS

Tuesdays, Wednesdays and Thursdays
1-1:45 PM | WPAC Foyer

New to the Kroc, or looking for new activity? Attend one of these orientation sessions to learn about older adult activities at the Kroc.

HOLIDAY CANCELLATIONS

The following classes will not run the week of Dec. 26-29:
DrumFit | Geri Fit | Tai Chi | 50+ Circuit/Cardio
Chair Volleyball | Learn to play Pickleball | Indoor Curling

Friends • Snacks • Sign up online or at the Welcome Desk

FREE for all members and insurance users, and included with a day pass purchase for all others.

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 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
- F** = Fireside
- G** = Gymnasium
- W** = WPAC
- M** = Music Room