

KROC CENTER

DROP-IN RECREATION GUIDE • WINTER 2 • FEB. 19 – APR. 14

COMING SOON: Watch for the Spring Break Guide, which will highlight additional activities available April 1–5.



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 (Fitness Floor and Gym ONLY)12–4 PM
• Kroc Church Worship.....10 AM

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

... news & important dates ...

➔ SPRING PROGRAMS

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

- **Registration Opens: Monday, March 4**
- **Registration Deadline: Wednesday, April 10**
- **Spring Session Begins: Monday, April 15**
- **Spring Session Ends: Saturday, June 1**

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

➔ YOUR KROC STORY

During the month of February, we're giving away **\$2,024 in gift cards if you share #YourKrocStory!**

Record a short video about the impact you've seen the Kroc Center make in your life or the community, then send it to us via direct message. Read more about the contest at: GrKrocCenter.org/yourkrocstory

➔ 49507 WELLNESS FAIR

Saturday, March 9 | 12–4 PM | FREE

On Saturday, March 9 from 12–4 PM, the Kroc Center will be partnering with the neighborhood organization Seeds of Promise to put on a new event at the Kroc. This free event will include fitness class demos, guest speakers, and community resource tables.

Drop-in Art

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

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

Older Adults (55+) | Tuesdays, 11 AM–12 PM

Let's get creative! 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!

Drop-in Clay

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.

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.

GYMNASIUM SCHEDULE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
NORTH	SOUTH	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					
8–10 AM PICKLEBALL (16+)		9–10 AM CLOSED FOR PROGRAMS		8–10 AM PICKLEBALL (16+)		9–10 AM CLOSED FOR PROGRAMS		8–11 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		10–11 AM CLOSED FOR PROGRAMS			
				10 AM–8 PM OPEN GYM								11 AM–1 PM DROP-IN BASKETBALL	
		11 AM–5 PM OPEN GYM			1:30–2:30 PM CLOSED FOR PROGRAMS	11 AM–8 PM OPEN GYM		11 AM–8 PM OPEN GYM				11 AM–4 PM OPEN GYM	12–4 PM OPEN GYM
		5–7 PM DROP-IN FUTSAL											
		7–8 PM OPEN GYM					5–8 PM DROP-IN VOLLEYBALL	5–7:30 PM CLIMBING WALL					



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:

- 10–10:30 AM **Storytime** (Classroom A)
- 10:30 AM–12 PM **Music Play** (Classroom A)
- 10 AM–12 PM **Drop-In Art** (Classroom B)
- 10 AM–12 PM **Open Gym Play** (Gymnasium)
- 10 AM–12 PM **Toddler Swim** (Aquatics Center)

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

























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.
- **Drop-In Futsal** – Ages 6-14; \$8 for non-members. Hosted by the Kroc Center's AYSO Region 1634, indoor futsal is designed to keep youth soccer players having fun and developing skills during the offseason. Pick-up style play will be supervised by Kroc Center staff and/or certified AYSO volunteer coaches. Kids 11 and under must be supervised by an adult who may sign in at the Welcome Desk as a spectator at no cost.

AQUATICS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 	
9-11:55 AM RIVER WALKING 	9-10 AM RIVER WALKING 	9-11:55 AM 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 	
		10 AM-1 PM LAP SWIM 	10 AM-1 PM LAP SWIM 		1-3:45 PM OPEN SWIM 	12-4 PM POOL & HOT TUB CLOSED
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		
		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 \$4 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	SUNDAY
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 HEIDI		
A 6-7 AM LES MILLS CORE VIRTUAL		A 6-6:30 AM LES MILLS CORE VIRTUAL	B 6-6:30 AM GRIT Cardio VIRTUAL			
A 7:15-8:15 AM BODYCOMBAT VIRTUAL	B 7-7:30 AM GRIT Cardio 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 LES MILLS CORE VIRTUAL	A 9-9:45 AM BOOT CAMP NANCY	B 9-10 AM BODYPUMP ANN		
F 9-9:45 AM 50+ CIRCUIT/CARDIO CHRIS	W 9-9:30 AM TAI CHI CHRIS	F 9-9:45 AM 50+ CIRCUIT/CARDIO CHRIS	W 9-9:30 AM TAI CHI CHRIS			
M 9:15-10 AM WALK THIS WAY AMY	W 9:30-10 AM GERI FIT CHRIS	M 9:15-10 AM WALK THIS WAY RACHEL	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 9:45-10:15 AM GRIT Strength 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	G 10-11 AM LEARN TO PLAY PICKLEBALL CHRIS	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	B 10:15-10:45 AM GRIT Athletic 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 12:15-1 PM BODYPUMP VIRTUAL
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 1:15-2:15 PM BODYCOMBAT VIRTUAL
A 4-4:30 PM BODYCOMBAT VIRTUAL	B 5-6 PM CYCLE SCULPT KRISTY	B 4-4:30 PM GRIT Athletic VIRTUAL		B 4-4:30 PM LES MILLS CORE VIRTUAL	EXPRESS CLASSES	
A 5:15-5:45 PM LES MILLS SPRINT VIRTUAL	A 6-6:45 PM BODYCOMBAT ANN		B 5:45-6:45 PM CYCLE/STRENGTH KRISTY			
A 6-7 PM ZUMBA ANGELA/MARGARITA	W 6:15-7 PM CONTEMPORARY DANCE VAL	B 6-7 PM BODYPUMP ERIN	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 GRIT Cardio VIRTUAL		

ACTIVE OLDER ADULTS

KROC DISCOVERIES

Thursday, February 29 | 1-2 PM | WPAC

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

Each month we explore a new topic related to older adult health and wellness.

This Month: Heart Health Education, presented by Taylor Wiley, RN

Join us as we discuss heart health and raise awareness of cardiovascular disease during American Heart Month. We will explore the types of cardiovascular disease, their risk factors, tips to help manage these diseases, and lifestyle changes you can make today that will support your heart's health for years to come!

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

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