

KROC CENTER

DROP-IN RECREATION GUIDE • SUMMER 2 • JUL. 21 – SEP. 14



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 Worship10 AM

**Monday, September 2–Sunday, September 8
CLOSED for Annual Maintenance Week**

*The Kroc's outdoor campus is open dawn to dusk daily.
The outdoor basketball courts are open to the public Monday–
Friday, 12–8 PM unless in use by Kroc Center programs.*

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–Thursday9–11 AM and 5–8 PM
Friday.....9–11 AM
Saturday9 AM–12 PM

Drop-in Art

Members.....\$3
Insurance users\$5
Non-members.....\$17

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.

... news & important dates ...

➔ FALL 1 PROGRAMS

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

- **Registration Opens: Monday, August 5**
- **Registration Deadline: Wednesday, September 11**
- **Fall 1 Session Begins: Sunday, September 15**
- **Fall 1 Session Ends: Saturday, November 2**

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

➔ CAMP KROC

Weekly through August 16 | Ages 5–12

There's still time to get your kids into the last weeks of summer fun at Camp Kroc!

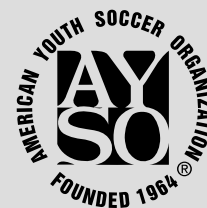
Enjoy daily games, Bible lessons, and more with weekly swimming, field trips, and special guests.

Pick up a camp guide at the Welcome Desk or GrKrocCenter.org and register before space fills up!

➔ AYSO YOUTH SOCCER LEAGUE

Fall & Spring programs are open for registration for boys and girls ages 4–13. Fun for everyone using AYSO's Six Philosophies:

- Open Registration
- Everyone Plays
- Positive Coaching
- Player Development
- Good Sportsmanship
- Balanced Teams



Learn more & register by August 11 at AYSO1634.org.

GYMNASIUM SCHEDULE

CLOSURE: The gymnasium will be closed July 22–26, from 10 AM–12 PM for Volleyball Camp.

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		6–8 AM OPEN GYM		6–8 AM OPEN GYM		6–8 AM OPEN GYM		6–8 AM OPEN GYM		7 AM–4 PM OPEN GYM			
8–11 AM PICKLEBALL (16+)		8–9 AM CLOSED FOR PROGRAMS		8–10 AM PICKLEBALL (16+)		8–9 AM CLOSED FOR PROGRAMS		8–11 AM PICKLEBALL (16+)					
		9–10 AM OPEN GYM				9–10 AM OPEN GYM (CLOSED 7/25)							
11 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+)		11 AM–8 PM OPEN GYM		11 AM–1 PM DROP-IN BASKETBALL		12–4 PM OPEN GYM	
		11 AM–8 PM OPEN GYM				11 AM–8 PM OPEN GYM							
11 AM–8 PM OPEN GYM		11 AM–8 PM OPEN GYM		10 AM–8 PM OPEN GYM		11 AM–8 PM OPEN GYM		11 AM–8 PM OPEN GYM		1–3 PM CLIMBING WALL			
										5–8 PM DROP-IN VOLLEYBALL			



Sponsored by:
TWO GREAT SCHOOLS NEAR YOU
 VISTA CHARTER ACADEMY & RIVER CITY SCHOLARS

Wednesdays | 10 AM–12 PM

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 Storytime (Classroom A)
- 10 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.



OUTDOOR BASKETBALL COURTS

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

The outdoor basketball courts are open to the public

Monday–Friday 12–8 PM

Saturday 7 AM–4 PM

Sunday..... 12–4 PM

unless in use by Kroc Center programs.

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. *Schedule subject to change based on Day Camp needs.*
- **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	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 		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 	6-9:55 AM LAP SWIM 	9-11:55 AM RIVER WALKING 	8 AM-12 PM POOL & HOT TUB CLOSED
	10-11:55 AM TODDLER SWIM 	10-11:55 AM TODDLER SWIM 	10-11:55 AM TODDLER SWIM 			
10 AM-12:55 PM LAP SWIM 	10 AM-12:55 PM LAP SWIM 	10 AM-12:55 PM LAP SWIM 	10 AM-12:55 PM LAP SWIM 	11 AM-12:55 PM LAP SWIM 	12-12:55 PM LAP SWIM & RIVER WALKING 	
1-1:30 PM POOL & HOT TUB CLOSED	1-1:30 PM POOL & HOT TUB CLOSED	1-4 PM POOL & HOT TUB CLOSED	1-1:30 PM POOL & HOT TUB CLOSED			12-4 PM POOL & HOT TUB CLOSED
AFTERNOON OPEN/MODIFIED SWIM TIMES (1:30-3:30 PM) WILL RUN THROUGH 8/15.				1-4 PM POOL & HOT TUB CLOSED	1-3:45 PM OPEN SWIM 	
1:30-3:30 PM MODIFIED OPEN SWIM 	1:30-3:30 PM OPEN SWIM 	1-4 PM POOL & HOT TUB CLOSED	1:30-3:30 PM OPEN SWIM 			
3:30-8 PM POOL & HOT TUB CLOSED	3:30-8 PM POOL & HOT TUB CLOSED	4-4:55 PM LAP SWIM & RIVER WALKING 	3:30-8 PM POOL & HOT TUB CLOSED	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/Toddler 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.



Splash Pad

Our outdoor splash pad will be available during modified open swim and open swim times through Labor Day weekend (weather permitting).



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 ROTATION		CLASS LOCATION KEY A = Studio A B = Studio B F = Fireside G = Gymnasium W = WPAC M = Music Room O = Outdoor Amphitheater
		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 ROTATION	B 9-10 AM YOGA NANCY	A 9-9:45 AM LES MILLS CORE VIRTUAL	O 9-10 AM SUMMER SWEAT SESH VICTORIA	A 9-9:45 AM BOOT CAMP NANCY	B 9-10 AM BODYPUMP ANN	
	W 9-9:30 AM TAI CHI CHRIS	B 9-10 AM BODYPUMP SUZANNE	W 9-9:30 AM TAI CHI CHRIS			
	W 9:30-10 AM GERI FIT CHRIS		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 LES MILLS CORE 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		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 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	W 6-6:45 PM CONTEMPORARY DANCE VAL	B 5:45-6:45 PM CYCLE/STRENGTH ROTATION			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.
A 6-7 PM ZUMBA ANGELA/MARGARITA		B 6-7 PM BODYPUMP ERIN	A 6-7 PM ZUMBA ANGELA/MARGARITA			
B 6-7 PM BODYPUMP ROTATION	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 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.

August 29 : Should We Be Stretching More As We Age?

It seems like we are often encouraged to stretch more as we age but the reasons why seem vague. We are faced with the seemingly impossible question of, "what stretches we should be doing?" Come join our panel of professionals as we stretch your knowledge (pun intended), and provide you with a basic plan for increasing your flexibility and range of motion.

There will be no Kroc Discoveries in the month of July.

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



Summer SWEAT sesh

Wednesdays, 9-10 AM
Located in the Outdoor Amphitheater
Replaces the existing BodyBalance class
Ends August 28

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+