

KROC CENTER

DROP-IN RECREATION GUIDE • FALL 1 • SEPT 13 – OCT 31



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

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 (3 MONTHS – 11 YEARS)

Monday–Thursday..... 9–11 AM and 4:30–7:30 PM
Friday..... 9–11 AM
Saturday 9 AM–12 PM

Drop-in Art

Members..... \$10
Insurance users \$12
Non-members \$25*

Drop-in Art for Adults (18+) | Tuesdays, 10:30 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!

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

Drop-in Clay

Members..... \$15
Insurance users \$20
Non-members*..... \$30

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

Thursdays, 5:30–7:30 PM

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.

... news & important dates ...



INFO ON THE GO!

Scan the QR code to have all the important information, like the Program Guide, Drop-In Recreation Guide, and more at your fingertips no matter where you are!



FAMILY NIGHT IS BACK

Family Night Is BACK on Wednesdays! Bring the whole family to the Kroc for an evening of faith, family, and fun for all ages! Enjoy faith-based activities, meaningful connections, and quality family time in a welcoming, Christ-centered environment. A FREE meal is provided every week! Join us in Fireside each Wednesday from 5:30–8 PM and make Family Night part of your weekly routine.



LIVING PROOF GOD IS GOOD

Living Proof God Is Good (L.P.G.I.G.) is a new FREE Christ-centered program for youth ages 12–18 that combines biblical discipleship, mentorship, leadership development, life skills, and community service. Youth will grow in faith, build character, develop practical skills, and learn how to make a positive impact in their communities. Program begins October 13 in the Green Room.

Tuesdays October 13–27 | 4:30–6:30 PM

Saturdays October 17–31 | 10 AM–12 PM

Please contact Tiffany Wiginton for more information at tiffany.wiginton@usc.salvationarmy.org.

Toddler Time

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:

Wednesdays | 10 AM–12 PM

Open Gym Play (Gymnasium)

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 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 AM–11 AM OPEN PICKLEBALL		9–10 AM CLOSED FOR PROGRAMS 10:15–10:45 AM SENIOR FIT (16+)		8 AM–10 AM OPEN PICKLEBALL 10 AM–12 PM TODDLER TIME 1:30–2:30 PM CLOSED FOR PROGRAMS		9–10 AM CLOSED FOR PROGRAMS 10:15–10:45 AM SENIOR FIT (16+)		8–11 AM OPEN PICKLEBALL		7–4 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 5–7:30 PM CLIMBING WALL		1–3 PM CLIMBING WALL		12–4 PM OPEN GYM	

GYMNASIUM ACTIVITY GUIDELINES

Please refer to age limits above, in addition to all posted guidelines for activities in the gymnasium. 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 one court only.

Open Pickleball – All levels welcome. 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.

Open Volleyball / 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.

Climbing Wall – Join us for open climbing on our indoor rock wall! Climbers must weigh between 50 and 250 pounds and fit properly into a harness. Secure footwear is required (no open-toe shoes, sandals, or Crocs), and loose clothing, hair, or jewelry should be secured. When others are waiting, please limit climbing to two attempts per turn. Helmets are available if desired.

KROC COMMUNITY CONNECTIONS

All programs are free to attend.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
	DISCIPLESHIP & DONUTS 10–11:15 AM • GREEN ROOM		LANTURN WORKSHOPS 5:30–7 PM • ADMIN CONF. ROOM • MONTHLY SEPT. 17 & OCT. 15	LIVING PROOF GOD IS GOOD (L.P.G.I.G.) 10 AM–12 PM • GREEN ROOM BEGINS OCTOBER 17	KROC CHURCH WORSHIP 10–11 AM • WPAC
MEN’S BIBLE STUDY 7–8 PM • MUSIC ROOM	LIVING PROOF GOD IS GOOD (L.P.G.I.G.) 4:30–6:30 PM • GREEN ROOM BEGINS OCTOBER 13	FAMILY/YOUTH NIGHT 5:30–8 PM • FIRESIDE	PATHWAY TO PEACE 7–8 PM • GREEN ROOM		YOUNG ADULTS 5:30–7 PM • GREEN ROOM

Men’s Bible Study – Men’s Bible study is a dedicated time for men to gather, reflect, and grow together through the study of God’s Word. It’s more than just reading the Bible—it’s about building authentic relationships, encouraging spiritual growth, and applying biblical truths to everyday life.

Discipleship & Donuts – A time for you to come and enjoy digging into God’s Word with other believers as we learn how to apply and live out the truths and promises of God in our lives. A time of prayer prior to and at the end of the meeting will refresh your spirit, not to mention a hot cup of coffee and a donut too.

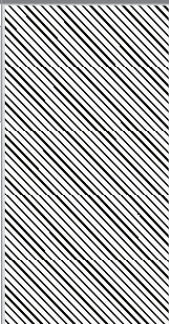
Family/Youth Night – A time for friends and family to come and enjoy some food, fellowship, and fun. We will have a time of worship followed by a small meal and then have classes for adults and youth.

Lanturn Workshops – Lanturn is dedicated to illuminating pathways toward healing for those facing addiction within the family. Recovery for those who struggle with addiction is a long journey. Those who are closest to that person undergo their own version of struggle and therefore need to pursue their own version of healing. We at Lanturn guide the way. Meetings are once a month and require registration online or at the Welcome Desk.

Living Proof God Is Good (L.P.G.I.G.) – A Christ-centered program for youth ages 12–18 that combines biblical discipleship, mentorship, leadership development, life skills, and community service. Youth will grow in faith, build character, develop practical skills, and discover how they can make a positive impact in their community.

Young Adults – Young Adults ages 18-34 who desire to resiliently and faithfully pursue a surrendered, sacrificial life in Christ are invited to join us. Our focus is relational/transformational life set into the world focused around Jesus’ Lordship over life. We spend time together, sharing and supporting each other to Love God, Love others and do whatever it takes to meet other people’s needs.

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 		9–11:55 AM RIVER WALKING 		9–9:55 AM RIVER WALKING 		9–9:55 AM RIVER WALKING 		9–11:55 AM RIVER WALKING 		8 AM–12 PM POOL & HOT TUB CLOSED	
10 AM–12:55 PM LAP SWIM 		10 AM–12:55 PM LAP SWIM 		10–11:55 AM TODDLER SWIM WITH FEATURES 		10–11:55 AM MODIFIED OPEN SWIM 		11 AM–12:55 PM LAP SWIM 			
12–12:55 PM LAP SWIM 		12–12:55 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  	12–4 PM POOL & HOT TUB CLOSED
1–5 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 	
5–7:30 PM LAP SWIM & RIVER WALKING  				4–4:55 PM LAP SWIM & RIVER WALKING  		1–8 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, lap lanes, and water features 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.

ADULT WATER EXERCISE

Enjoy these low-impact water exercise programs designed to improve strength, flexibility, and overall wellness—perfect for all fitness levels!

- Water Aerobics
- Aqua Stretch & Tone
- Arthritis Relief



Scan QR for more information.
Register at grkroccenter.org or
at the Welcome Desk.

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.

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

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
A 5:45–6:45 AM BODYPUMP 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		CLASS LOCATION KEY A = Studio A B = Studio B G = Gymnasium F = Fireside W = Worship & Performing Arts Center
B 6–6:45 AM TINY WEIGHTS SUZANNE		A 6–6:30 AM LES MILLS CORE VIRTUAL		A 6–6:45 AM RPM VIRTUAL		
A 7:15–7:45 AM LES MILLS SPRINT VIRTUAL	A 8:15–9 AM BODYSTEP SUZANNE			A 7–7:45 AM BODYCOMBAT VIRTUAL	A 7–7:30 AM LES MILLS SPRINT VIRTUAL	REGISTER FOR CLASSES IN ADVANCE!  Scan QR code or visit grkroc.org/register
F 9–9:45 AM 50+ CARDIO CIRCUIT LAURA	W 8:30–9:15 AM TAI CHI GRETCHEN	F 9–9:45 AM 50+ CARDIO CIRCUIT LAURA	W 8:45–9:30 AM TAI CHI GRETCHEN	B 9–10 AM BODYPUMP ANN	A 8:30–9 AM LES MILLS SPRINT/CYCLE ROTATION	
B 9–10 AM BODYPUMP SUZANNE	B 9–10 AM YOGA NANCY	A 9–10 AM BODYPUMP SUZANNE	A 9–9:45 AM BOOT CAMP NANCY	A 9:15–10 AM THE BIG STRETCH VICTORIA		
	W 9:30–10 AM CHAIRFIT CALVIN		W 9:30–10 AM CHAIRFIT CALVIN	A 10:15–11 AM LES MILLS DANCE VIRTUAL	B 9:15–10:15 AM BODYPUMP ROTATION	
W 10–11 AM CARDIO DRUMMING LAURA		W 10–11 AM CARDIO DRUMMING LAURA			A 10:30–11:30 AM YOGA/BODYBALANCE ROTATION	
	G 10:15–10:45 AM SENIOR FIT NANCY		G 10:15–10:45 AM SENIOR FIT NANCY	B 10:15–10:45 AM GRIT Athletic VIRTUAL	B 10:45–11:30 AM LES MILLS DANCE VIRTUAL	
W 11:15 AM–12 PM REFIT® LAURA	B 11–11:45 AM SENIOR YOGA NANCY	W 11:15 AM–12 PM REFIT® LAURA	B 11–11:45 AM SENIOR YOGA NANCY		B 11:45 AM–12:15 PM LES MILLS CORE VIRTUAL	
	A 12–12:30 PM LES MILLS SPRINT VIRTUAL		B 12–12:30 PM BODYCOMBAT VIRTUAL	B 12–12:45 PM BODYPUMP VIRTUAL		B 12:15–1 PM BODYPUMP VIRTUAL
A 5:15–5:45 PM LES MILLS SPRINT VIRTUAL				A 4–4:45 PM THE TRIP VIRTUAL		A 1:15–2:15 PM BODYCOMBAT VIRTUAL
A 6–7 PM ZUMBA ANGELA/MARGARITA	A 6–6:45 PM BODYCOMBAT ANN	A 6–7 PM BODYPUMP HEAVY ERIN	A 6–7 PM ZUMBA ANGELA/MARGARITA	B 5–5:45 PM BODYATTACK VIRTUAL		
B 6–7 PM BODYPUMP HEIDI	B 6:15–7:15 PM HIIT MADDY	B 6:15–7:15 PM YOGA MEGAN	B 6:15–7:15 PM BODYPUMP/LES MILLS CORE MADDY	B 6–6:30 PM GRIT Cardio VIRTUAL		

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+

Music Lessons

Discover the joy of making music through our small group lessons, offered in partnership with the talented instructors from Riverside Guitar School. Perfect for young beginners or adults of any skill level, each class offers a warm, supportive environment that builds confidence, sparks creativity, and inspires lifelong practice.

• Piano • Guitar • Drums



Scan QR for more information. Register at grkroccenter.org or at the Welcome Desk.

LIVING PROOF GOD IS GOOD

The Living Proof God Is Good (L.P.G.I.G.) Youth Discipleship & Leadership Program is a Christ-centered initiative designed to serve youth ages 12–18 by combining biblical discipleship, mentorship, leadership development, life skills education, and community service in a structured, supportive environment.

The program seeks to provide young people with opportunities to grow spiritually, strengthen their character, develop practical life skills, and become active contributors within their families, churches, schools, and communities.

Tuesdays October 13–27 | 4:30–6:30 PM

Saturdays October 17–31 | 10 AM–12 PM

Please contact Tiffany Wiginton for more information at tiffany.wiginton@usc.salvationarmy.org.

TEEN FIT PERMIT

Sign up for our FREE training course and learn equipment safety, fitness floor manners and proper use of machines.

Youth ages 12–15 are required to have a Teen Fit Permit to use the fitness floor. Ages 14–15 with permit will have access to free weights with additional training and parent supervision.