FALL 2 SESSION | 2026

PROGRAM CLASSES

REGISTRATION DATES:

Registration Opens	**Monday, Sept. 28**
Registration Deadline	**Wednesday, Oct. 28**
Fall 2 Session Begins	**Sunday, Nov. 1**
Fall 2 Session Ends	**Saturday, Dec. 19***

*No Program classes held Nov. 26–29 for Thanksgiving

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 **grkroc.org/register** or on the **Kroc Center App!**

The Salvation Army Ray & Joan Kroc Corps Community Center Grand Rapids, MI

2500 S. Division Avenue
Grand Rapids, MI 49507
GrKrocCenter.org
616.588.7200

KROC CHURCH

Join us Sunday mornings at 10 AM for Kroc Church!

KROC INFO ON THE GO

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	Fall 2 Session	Time	Ages	Members	Non-members
Basketball Skills and Scrimmage	Saturdays, Nov. 7–Dec. 19*	10–11 AM	5–10	$40	$65

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 volleyball skills to increase their volleyball abilities.

Class	Fall 2 Session	Time	Ages	Members	Non-members
Volleyball Skills and Scrimmage	Saturdays, Nov. 7–Dec. 19*	11 AM–12 PM	5–10	$40	$65

Join the Kroc Men's Basketball League for competitive 5-on-5 action! Adults 18+ compete in Sunday evening games featuring two 20-minute halves, a round-robin schedule, and a championship game. Individual trophies are awarded to the champions. Register early, only six teams available!

Class	Fall 2 Session	Time	Ages	Members	Non-members
Men's Basketball League	Sundays, Nov. 8–Dec. 20*	4–9 PM	18+	$350	$350



BABYSITTER TRAINING

American Red Cross

Build your babysitting résumé with this American Red Cross class. This program is designed to prepare you to safely and confidently care for children and infants. It includes hands-on activities, videos, and discussions to develop essential, real-life readiness babysitting skills. The course covers feeding, diapering, picking up and holding children, safety, and emergency response. CPR training and certification are also covered. Pizza lunch and snack are provided. **Registration deadline is Thursday, November 12.**

Class	Fall 2 Session	Time	Ages	Members	Non-members
Babysitter Training	Saturday, November 21	8 AM–5 PM	11+	$110	$140

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FINE ARTS & MUSIC LESSONS

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 potter's 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	Fall 2 Session	Time	Ages	Members	Non-members
Creative Clay Studio	Mondays, Nov. 2–Dec. 7	5:30–7:30 PM	16+	$60	$80
	Wednesdays, Nov. 4–Dec. 9	5:30–7:30 PM	16+	$60	$80

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

Class	Fall 2 Session	Time	Ages	Members	Non-members
Youth Theater Workshop	Wednesdays, Nov. 4–Dec. 9	5:30–6:30 PM	8–14	$60	$75

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	Fall 2 Session	Time	Ages	Members	Non-members
Music Lessons–Piano	Thursdays, Nov. 5–Dec. 17*	5–5:30 PM	7+	$75	$95
Music Lessons–Drums	Thursdays, Nov. 5–Dec. 17*	5:30–6 PM	7+	$75	$95
Music Lessons–Guitar	Thursdays, Nov. 5–Dec. 17*	6–6:30 PM	7–15	$75	$95
	Thursdays, Nov. 5–Dec. 17*	6:30–7 PM	16+	$75	$95

TUMBLING

Your child will learn basic tumbling skills to roll into the world of dance. Increasing flexibility and technique with somersaults, bridges, backbends, and handstands.

Class	Fall 2 Session	Time	Ages	Members	Non-members
Tumbling	Tuesdays, Nov. 3–Dec. 8	5:30–6 PM	3–5	$50	$70
	Tuesdays, Nov. 3–Dec. 8	6:15–6:45 PM	6–9	$50	$70

DANCE

Does your little one love to move? This class is a fun introduction to dance fundamentals to improve balance, coordination and rhythm. Dancers will learn basic stretching, technique and movement in a fun and positive environment!

Class	Fall 2 Session	Time	Ages	Members	Non-members
Kids Dance	Thursdays, Nov. 5–Dec. 17*	5:30–6 PM	3–5	$50	$70
	Thursdays, Nov. 5–Dec. 17*	6:15–6:45 PM	6–9	$50	$70

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HEALTH & FITNESS

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	Fall 2 Session	Time	Ages	Members	Non-members
Intro to Line Dancing	Thursdays, Nov. 5–Dec. 17*	9–10 AM	16+	$30	$42



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:

- **Open Gym Play** (Gymnasium)
- **Open Swim** (Aquatics Center)

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

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	Fall 2 Session	Time	Ages	Members	Non-members
Tae Kwon Do-Youth	Tuesdays & Thursdays, Nov. 3–Dec. 17*	4:45–6 PM	7–14	$47	$66
Tae Kwon Do-Adult	Thursdays & Saturdays, Nov. 5–Dec. 19*	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	Fall 2 Session	Time	Ages	Members	Non-members
Judo–Youth	Mondays & Wednesdays, Nov. 2–Dec. 16	6–7 PM	7–12	$38	$59
Judo–Adult	Mondays & Wednesdays, Nov. 2–Dec. 16	7–8:30 PM	13+	$38	$59

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AQUATICS PROGRAMS

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Please visit grkroc.org/register or the **Kroc Center App** to register.







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

Open Positions Include:

- Aquatics Lead
- Swim Instructor
- Lifeguard
- Water Fitness Instructor

Kroc Center Employees enjoy benefits such as:

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

Visit grkroc.org/jobs to learn more and apply!





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KROC CHURCH

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KROC INFO ON THE GO

PRESCHOOL LESSONS

Members $56 | Non–Members $86

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.

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 3-5)

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 COMBINED (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.







Class	Fall 2 Session	Time	Ages
Parent & Child: Level 1	Saturdays, Nov. 7–Dec. 19*	9–9:30 AM	6–36 months
Parent & Child: Level 2	Tuesdays, Nov. 3–Dec. 8	6:45–7:15 PM	18–36 months
	Thursdays, Nov. 5–Dec. 17*	6–6:30 PM	18–36 months
Preschool & Parent	Tuesdays, Nov. 3–Dec. 8	6–6:30 PM	3–5 years
	Saturdays, Nov. 7–Dec. 19*	9:45–10:15 AM	3–5 years
Preschool Level 1	Tuesdays, Nov. 3–Dec. 8	4:30–5 PM	3–5 years
	Thursdays, Nov. 5–Dec. 17*	5:15–5:45 PM	3–5 years
	Saturdays, Nov. 7–Dec. 19*	8:30–9 AM	3–5 years
	Saturdays, Nov. 7–Dec. 19*	10:30–11 AM	3–5 years
Preschool Level 2	Tuesdays, Nov. 3–Dec. 8	5:15–5:45 PM	3–5 years
	Thursdays, Nov. 5–Dec. 17*	4:30–5 PM	3–5 years
	Saturdays, Nov. 7–Dec. 19*	9:15–9:45 AM	3–5 years
	Saturdays, Nov. 7–Dec. 19*	10:45–11:15 AM	3–5 years
Preschool Level 3 & 4	Thursdays, Nov. 5–Dec. 17*	4:45–5:15 PM	3–5 years
	Saturdays, Nov. 7–Dec. 19*	10–10:30 AM	3–5 years

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LEARN TO SWIM!

Members $56 | Non–Members $86



Curious what swim lesson is right for you?

Try our interactive swim lesson guide at grkroc.org/swimguide to find out!

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 5-12)

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 COMBINED: (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.

Class	Fall 2 Session	Time	Ages
Level 1: Intro to Water Skills	Tuesdays, Nov. 3–Dec. 8	4:30–5:15 PM	5–12 years
	Thursdays, Nov. 5–Dec. 17*	5:30–6:15 PM	5–12 years
	Saturdays, Nov. 7–Dec. 19*	8:45–9:30 AM	5–12 years
	Saturdays, Nov. 7–Dec. 19*	10:45–11:30 AM	5–12 years
Level 2: Fundamental Skills	Tuesdays, Nov. 3–Dec. 8	5:30–6:15 PM	5–12 years
	Tuesdays, Nov. 3–Dec. 8	6:30–7:15 PM	5–12 years
	Thursdays, Nov. 5–Dec. 17*	4:30–5:15 PM	5–12 years
	Saturdays, Nov. 7–Dec. 19*	9:45–10:30 AM	5–12 years
Level 3: Stroke Development	Tuesdays, Nov. 3–Dec. 8	4:30–5:15 PM	5–12 years
	Thursdays, Nov. 5–Dec. 17*	5:30–6:15 PM	5–12 years
	Thursdays, Nov. 5–Dec. 17*	6:30–7:15 PM	5–12 years
	Saturdays, Nov. 7–Dec. 19*	10–10:45 AM	5–12 years
Level 4: Stroke Improvement	Tuesdays, Nov. 3–Dec. 8	5:30–6:15 PM	5–12 years
	Saturdays, Nov. 7–Dec. 19*	9–9:45 AM	5–12 years
Level 5 & 6 Combined	Tuesdays, Nov. 3–Dec. 8	6:30–7:15 PM	5–17 years
	Saturdays, Nov. 7–Dec. 19*	8–8:45 AM	5–17 years

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ADULT AQUATICS



SWIM LESSONS

Class	Fall 2 Session	Time	Ages	Members	Non-members
Adult Level 1: Learn to Swim	Thursdays, Nov. 5–Dec. 17*	6:30–7:15 PM	13+	$56	$86
Adult Level 2: The Basics	Thursdays, Nov. 5–Dec. 17*	6:45–7:30 PM	13+	$56	$86
Adult Level 3: Improving Skills and Strokes	Saturdays, Nov. 7–Dec. 19*	11–11:45 AM	13+	$56	$86

ADULT LEVEL 1: LEARN TO SWIM

Have you always wanted to learn to swim but never had the opportunity? Did you have a negative or frightening experience in the water when you were younger that's prevented you from wanting to try again? You're not alone! About one third of adults in the United States can't safely swim the length of a pool. We're helping to change that.

ADULT LEVEL 2: THE BASICS

This beginner class helps adults learn basic skills such as floating, gliding, pulling and kicking. Participants will learn ways to be safe in and around water and how to help themselves or others in an aquatic emergency. Must be comfortable in the water.

ADULT LEVEL 3: IMPROVING SKILLS AND STROKES

This class helps adults improve their basic swimming and water safety skills and adds new skills such as elementary backstroke, sidestroke, breaststroke, butterfly, rotary breathing and turns. PREREQUISITE: Participants must be able to swim five body lengths on front and back without support.

WATER EXERCISE

Class	Fall 2 Session	Time	Ages	Members	Non-members
Water Aerobics	Mondays, Nov. 2–Dec. 7	9–9:55 AM	16+	$48	$72
	Wednesdays, Nov. 4–Dec. 9	9–9:55 AM	16+	$48	$72
Aqua Stretch & Tone	Tuesdays, Nov. 3–Dec. 8	9–9:55 AM	16+	$48	$72
	Thursdays, Nov. 5–Dec. 17*	9–9:55 AM	16+	$48	$72
Arthritis Relief	Fridays, Nov. 6–Dec. 18*	10–10:55 AM	16+	$48	$72

WATER AEROBICS

Improve your cardiovascular fitness, muscular strength and flexibility in this low-impact class. Various types of equipment will be introduced as participants work at their own pace to advance their skills in the water. Water shoes are recommended.

AQUA STRETCH & TONE

This low-intensity, low-impact class is designed to increase strength, flexibility and fitness to help with daily living activities. The water promotes greater freedom of movement, decreased pain and better sleep! All fitness levels welcome. Water shoes are recommended.

ARTHRITIS RELIEF

A workout with low impact, and low to moderate intensity. It focuses on preventing loss of range of motion, improving balance and everyday function with a variety of Tai Chi, yoga, and strength exercises. Water shoes are recommended.

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