

FIND YOUR COMMUNITY HERE!



KROC
CENTER

THE SALVATION ARMY KROC CENTER
SEPTEMBER - DECEMBER 2026

WWW.MYKROC.ORG 900 W WESTERN AVE, SOUTH BEND IN

KROC

2026 FALL PROGRAM GUIDE

BEST NEW GIG!
FREE MUSIC
MONDAYS

Kroc Lunch
EVERY THURSDAY \$7

21 WAYS TO GET ACTIVE



WHAT A HIT!
PICKLEBALL
IS BACK!

WORSHIP

PRAISE THE LORD ON SUNDAYS [at] 11:00!

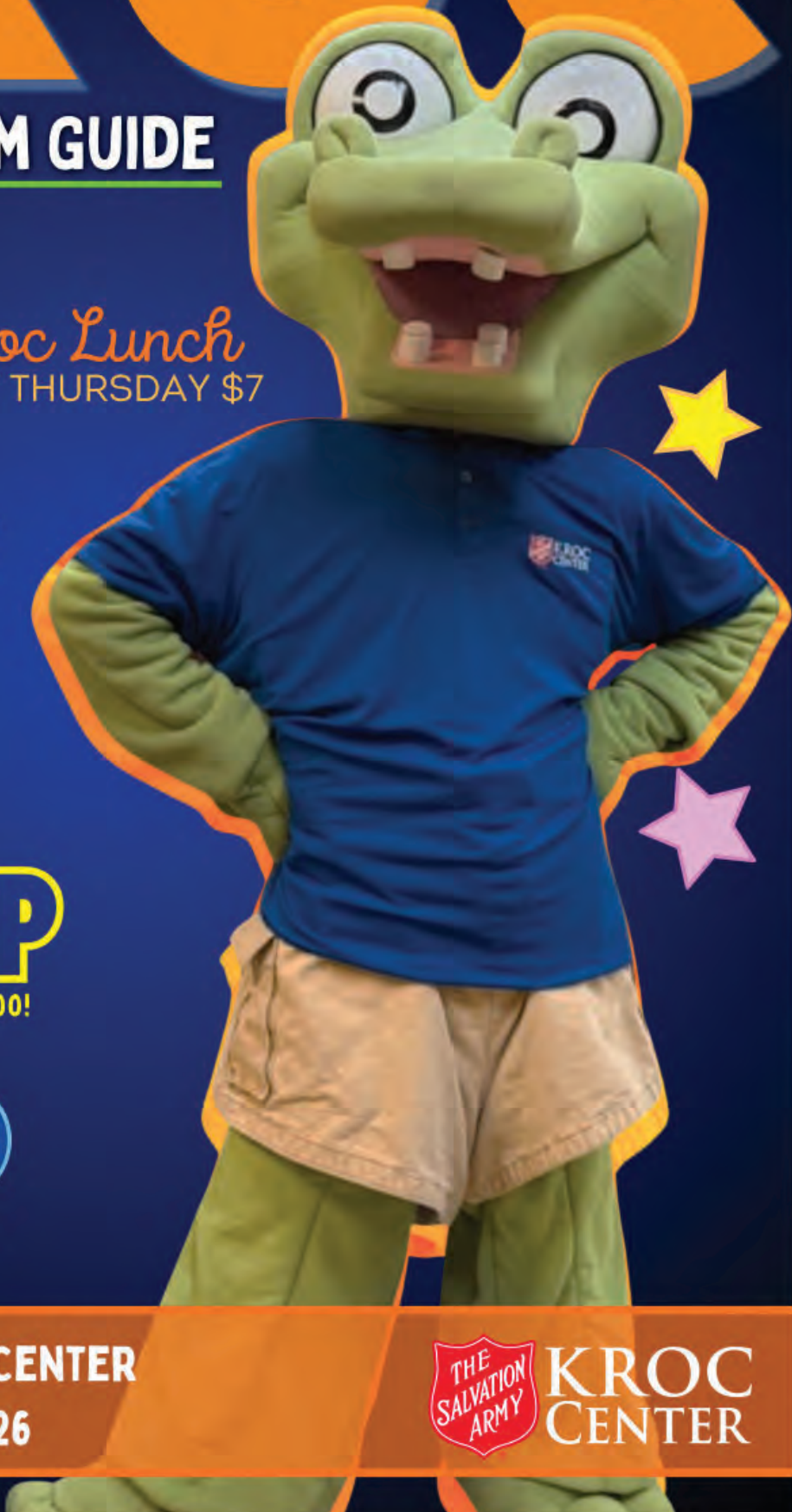
Find out why
Joan's school is a
swimmer's best friend



THE SALVATION ARMY KROC CENTER
SEPTEMBER - DECEMBER 2026



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FALL & WINTER 2026 CONTENTS

LETTER FROM MAJORS	3
WORSHIP	4
BU @ THE KROC	5
ARTS & EDUCATION	6
AQUATICS	8
FITNESS	12
RECREATION	16
SILVER SENIORS	18
FAMILY RESOURCE CENTER	19
HOLIDAY HAPPENINGS	20
SPLASH BASH	21
EVENT HOSTING	22
MEMBERSHIP	24
CODE OF CONDUCT	25
KROC CROSSWORD	26



OUR MISSION

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church. Its message is based on the Bible. Its ministry is motivated by the love of God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination.

VISION STATEMENT

Transforming lives with the faith, hope, and love of Jesus Christ

FALL/WINTER OPERATING HOURS | OCT. 5, 2026

Monday - Friday | 5:30 a.m. - 8:00 p.m.

Saturday | 7:00 a.m. - 5:00 p.m. | Sunday | Closed for service

KIDS WATCH

Monday - Friday | 8:15 a.m. - 1:00 p.m. | 4:00 p.m. - 8:00 p.m.

Saturday | 8:15 a.m. - 1:00 p.m. | Sunday | Closed



KROC CROSS WORD

USE OUR KROC
CLUES TO FIND
WHERE THE
WORDS GO!

ACROSS

3. The center/area you exercise and get stronger.
5. A sport where bump, set, & spike are used.
6. A sport when the ball must be bounced on court while moving.
7. How you feel when while having fun at the Kroc.
8. Where our lifeguards monitor members' safety.

DOWN

1. A fun season when kids attend camp.
2. A game played with a paddle and a plastic ball.
4. Friendly people who help and teach at the Kroc Center.



LETTER FROM OUR MAJORS

What a summer it's been! From splashes in the pool to the laughter echoing through Summer Camp, this place was full of life these past few months, and we're grateful for every camper, family, and staff member who made it a season to remember. To everyone who came out to support our Gala — thank you. Your generosity fuels everything we do.

As the leaves turn, we're excited for what's ahead. This fall brings our new Water Safety Program, a partnership with South Bend Schools to give kids across our community the skills and confidence to be safe in the water. And as the holidays approach, we're gearing up for some of our favorite traditions: Angel Tree, Adopt-A-Family, our Thanksgiving donation drive, and the red kettles and bells that mark the season all over South Bend. These programs remind us what this season is really about — bringing hope to families who need it most. If you've ever thought about ringing a bell, adopting a family, or lending a hand, we'd love to have you — there's a place for you in all of it.

And as if that weren't enough, January will mark 15 years of this Kroc Center serving South Bend — fifteen years of God's faithfulness showing up through the people in this building. We can't wait to celebrate that milestone with you.

Ecclesiastes 3:1 reminds us, "There is a time for everything, and a season for every activity under the heavens." Whatever season you find yourself in, we hope you carry a sense of hope with you — for this fall, for the families we'll bless together this Christmas, and for all that's still ahead. Thank you for being part of our family.



KROC CENTER

Major Jason Poff | Senior Officer
Major Mary Poff | Senior Officer



Sunday Service & MORE!

Coffee & Conversations | 9:30 a.m. | Humvee

Small group Bible study, hosted by Lori Whaley

Worship Service @ 11:00 a.m.

Bible Study with Friends | 1:00 p.m. | Chapel

Small Group Bible study, hosted by Ray Barham



Find Christ Beyond Sunday Service

Tuesday

Sweet Life Cafe, Women's Fellowship | 6:00 - 7:30 p.m. | Humvee | Ages: 16+

Club 3:16, Children's Bible Study | 6:00 - 7:30 p.m. | Chapel | Ages: 6 - 12

Men's Small Group Bible Study | 6:00 - 7:30 p.m. | Bethel Room/ Senior Lounge | Ages: 18+

Worship Band Academy | 6:00 - 7:00 p.m. | Music Room/ Recording Studio | Ages: 8 - 12

Young Adult Small Group Bible Study | Thursdays | 6:00 - 7:00 p.m. | Chapel | Ages: 18 - 25

RJ's Magic Metaverse (trading card game) | Fridays | 6:00 - 8:00 p.m. | Humvee | Ages: 16+



CODE OF CONDUCT & DISCIPLINE POLICY

To facilitate positive life experiences while at the Kroc Center, mutual respect between members, guests, and staff is required at all times. Failure to observe these policies will result in disciplinary action and/or termination of membership.

The Kroc Center personnel have the right to refuse service to anyone deemed disruptive or abusive. The Kroc Center reserves the right to conduct background checks on all members and day pass users.

- 1 Children under the age of 11 must be accompanied in The Kroc Center unless they are enrolled in a specific program.
- 2 Refrain from the use of foul language, abusive actions, and inappropriate behavior.
- 3 Lost membership cards must be reported and replaced within 30 days. There is a two dollar fee to replace a membership card.
- 4 No one under the age of 15 is allowed in the fitness area unless participating in a Kroc Center program or class. Members 13-14 may use the fitness area AFTER successfully passing the Smart Start for Teens program and remaining with a participating adult.
- 5 Clothing, including shirts and shoes, must be worn in all areas outside of pools and sun deck. No swimwear or wet clothing is allowed outside of the aquatics areas. Proper workout attire is required in a fitness area (no street shoes or jeans, please). Bicycles, roller blades, skateboards, scooters, or pets (excluding service animals) will not be allowed inside the facility.
- 6 Alcohol and/or drugs are NOT ALLOWED anywhere on the premises.
- 7 Smoking, vaping, and/or use of any type of smokeless tobacco are prohibited in the facility or anywhere on facility grounds.
- 8 Weapons of any kind are not permitted on the premises.
- 9 The Kroc Center reserves the right to terminate membership in response to any immoral or illegal activity by a member.
- 10 The use of audio and visual recording equipment or other electronic devices (i.e. cell phones) is strictly prohibited and may result in expulsion from the facility.



JOIN THE KROC FAMILY TODAY!

MEMBERSHIP All memberships include access to aquatics, sports & recreation, fitness, arts & education, and discounted programs. Memberships can be billed monthly and annually. Annual payments are eligible to receive one month free.
**Membership rates and details are subject to change.*



INDIVIDUAL PLANS

There is a one-time \$25 registration fee for individuals (waived for teens).

Teens <i>(ages 11-17)</i>	Young Adults <i>(ages 18-24)</i>	Adults <i>(ages 25-61)</i>	Seniors <i>(ages 62+)</i>
\$25* <i>per month</i>	\$30* <i>per month</i>	\$45* <i>per month</i>	\$40* <i>per month</i>

FAMILY PLANS

There is a one-time \$50 registration fee for family memberships. Family memberships include Kids Watch, a supervised child service for children 6 weeks - 10 years old. See Family Membership definitions in

Household <i>(up to 4 adults & 4 kids) + \$5 per additional person</i>	Family <i>(4 members or less) + \$5 per additional child</i>	Senior Couples <i>(ages 62+)</i>
\$95* <i>per month</i>	\$70* <i>per month</i>	\$65* <i>per month</i>

GET A DAY PASS AT THE KROC!

Children <i>(ages 0-2)</i>	Children <i>(ages 3-10)</i>	Kids & Adults <i>(ages 11+)</i>
FREE	\$8 <i>per day</i>	\$15 <i>per day</i>

DAY PASSES

Day passes include full facility access and one free drop-in class. Visitors are required to fill out a Day Pass Application and provide a photo ID when they purchase a day pass. Check in at the front desk to purchase day passes. For more information visit our website!



BU@THE KROC



We're bringing Christian higher education local! BU@THEKROC empowers students with flexible pathways designed around real lives and real goals.

Ministry apprenticeships will be offered to you through BU@THEKROC. Up to three credit hours per semester will be awarded for this practicum experience.



GET YOUR DEGREE AT A FRACTION OF THE COST

36 CREDIT HOURS **\$11,000**

Earn your degree without putting your life on hold. With an online-centered academic experience and access to a dedicated study room at the Kroc Center, you're never tied down to campus—but it's always there when you need it. Study anytime, anywhere in a program designed to meet you where you're starting and adapt to your goals and lifestyle.

YOUR FUTURE STARTS NOW!

- Cybersecurity B.S.
- General Studies A.A.
- Business Marketing B.A.
- General Studies/ Pre-Education Track A.A.
- Multidisciplinary Studies B.A.
- Business Administration B.A.
- Behavioral & Social Science B.S.
- Ministry Leadership A.A.
- Worship Ministry Leadership B.A.



Fine Arts & EDUCATION

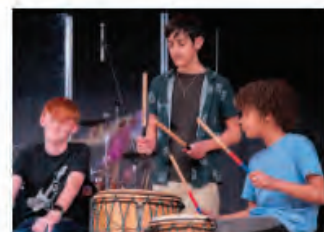


FREE MUSIC MONDAYS



GROUP UKULELE Price: FREE to members & non-members | Ages: 8+
September 14 - November 9 | Mondays | 6:00 - 6:45 p.m.

Learn basic chords, strumming patterns, and simple songs in an approachable group setting.



DRUM CIRCLE Price: FREE to members & non-members | Ages: 8+
September 14 - November 9 | Mondays | 4:00 - 4:45 p.m.

Explore rhythm, timing, percussion technique, and teamwork through energetic group drumming.



GROUP GUITAR Price: FREE to members & non-members | Ages: 8+
September 14 - November 9 | Mondays | 5:00 - 5:45 p.m.

A beginner-friendly introduction to holding the guitar, strumming rhythms, basic chords, & foundational skills.



INDIVIDUAL MUSIC LESSONS
Price: \$20 for 30min | Non-Member \$25 | Ages: All

We offer voice, piano, guitar, bass, ukulele, percussion, brass, woodwinds, and strings.



OUTDOOR FIELD



RECORDING STUDIO



HUMVEE EVENT SPACE



AM GENERAL BANQUET HALL

EVENT HOSTING

ROOM RENTALS



WORSHIP & PERFORMING ARTS CENTER



AQUATICS RENTAL



RECREATION GYM RENTAL

CONTACT INFORMATION

Pricing for room rentals varies based on several factors, including the day of the week, time of booking, duration of use, and the specific room selected.

Contact SBK-Hospitality@usc.salvationarmy.org to book your event today.

DANCE



TODDLER BALLET

Price: \$35 | Non-Member \$50 | Ages: 3 - 5

THURSDAY SESSIONS

Sept. 10 - Nov. 12 | 5:00 - 5:30 p.m.

FRIDAY SESSIONS

Sept. 11 - Nov. 13 | 11:00 - 11:30 a.m.

Young children build movement, rhythm, coordination, listening skills, & creative expression through ballet activities.



BEGINNER BALLET

Price: \$40 | Non-Member \$60 | Ages: 5+

September 15 - November 10 | Tuesdays | 4:15 - 5:00 p.m.

Young dancers learn basic positions, movement vocabulary, musicality, coordination, and classroom structure.



INTERMEDIATE BALLET

Price: \$40 | Non-Member \$60 | Ages: 7 - 12

September 10 - November 12 | Thursdays | 5:45 - 6:45 p.m.

For dancers with prior experience who are ready to strengthen technique, flexibility, musicality, and performance skills.

REGISTER HERE



Aquatics



LIFEGUARD TRAINING PROGRAM

Dates & Times Vary

FREE LIFEGUARDING PREREQUISITE COURSE

Price: FREE | Age: 15+

The Kroc Center offers a FREE prerequisite course for people planning on taking the full Lifeguard Certification Class. The class covers: Swim-tread-swim sequence and a timed swim event.

LIFEGUARDING CERTIFICATION

Price: \$200 | Non-Member: \$250 | Age: 15+

The Lifeguard Certification Class will teach you the necessary swim skills you need to gain the Lifeguarding (including Deepwater) with CRP/AED for professional rescuers and First Aid Certification; valid for two years.



The certification will run through 8 Lessons:

- L1: The Professional Lifeguard & Setting the Stage for Safety
- L2: Surveillance & Preventive Lifeguarding
- L3: Responding to Emergencies & Rescue Skills - Part 1
- L4: Rescue Skills - Part 2
- L5: Lowering the Risk for Infection, Rapid Assessment & Ventilations
- L6: CPR, AED & Obstructed Airway Care
- L7: First Aid for Sudden Illnesses & Injuries
- L8: Head, Neck and Spinal Injuries

Participants can pass over Lifeguarding Prerequisites Course by passing the Swim-Tread-Swim, the Timed Event, and the Free Style Breastsroke. All other participants must complete the prerequisite course to move on to the certification.

If you plan to work for the Kroc Center, the Lifeguard Certification Class is covered under your employment.

Already Certified? Become a Lifeguard here at the Kroc!

**\$15/HR +
SIGN-ON BONUS**

**SCAN HERE
TO APPLY!**



Splash Bash!

PARTY TIMELINE

1ST HOUR

Pool rules breakdown & swim time!

2ND HOUR

Party room with snacks & games!

BONUS HOUR!

Not ready for the fun to end? Add an additional hour for \$100 (+) tax, of pool or party room time!



PARTY PLANS

Find the perfect package for your birthday bash!

SPLASH BASH BUNDLE

1 - 12 Guests (Including Adults) | \$220

- Includes: 2 pizzas & 2 pitchers of soda

13 - 25 Guests (Including Adults) | \$320

- Includes: 3 pizzas & 3 pitchers of soda

ULTIMATE SPLASH BASH

13 - 25 Guests (Including Adults) | \$360

- Includes: 4 pizzas & 4 pitchers of soda
- Decorated Birthday theme room
- Party Like a Kroc Star Birthday T-shirt (1)
- Party favor bags



EXTRAS & INFO

DECORATE YOUR PARTY

with the following allowed options

- Streamers
- Balloons
- Decorative plates, napkins,
- & tablecloths



No tape adhesives!
Puddy Adhesive is permitted



ADDITIONAL ITEMS FOR PURCHASE

- 16 inch pizza - \$16
Toppings: Cheese, Pepperoni, & Sausage
- Beverage Pitcher - \$5
Flavors: Pepsi & Lemonade



All Party Plans are permitted to bring cake/cupcakes.
No other outside food or drink allowed.

HOLIDAY Happenings



Adopt-A-Family

Give a family in your community the gift of Christmas this year!

THANKSGIVING FOOD DRIVE

DONATION DROP OFF
LOCATED IN KROC CENTER LOBBY



Wish List

Give the gift of joy by purchasing a toy from our Holiday Wishlist!



Aquatics

CENTER HOURS

Monday-Friday

5:30 A.M. - 4:00 P.M.

Lap Pool & Lazy River

4:00 P.M. - 7:00 P.M.

Lap Pool, Lazy River, Splash Pad
Slide on Fridays only

Saturdays

7:00 A.M. - 10:00 A.M.

Lap Pool & Lazy River

10:00 A.M. - 4:30 P.M.

Lap Pool, Lazy River, Splash Pad & Slide

**Areas subject to lifeguard availability*

HORARIO DE PISCINA

Lunes - Viernes

5:30 A.M. - 4:00 P.M.

Piscina de nado & río lento

4:00 P.M. - 7:00 P.M.

Piscina de nado, río lento, parque de agua
tobogán de agua solamente Viernes

Sábado

7:00 A.M. - 10:00 A.M.

Piscina de nado & río lento

10:00 A.M. - 4:30 P.M.

Piscina de nado, río lento, parque y tobogán de agua

**Áreas sujetas a la disponibilidad de socorristas*

Joan's Swim School

New sessions begin the first Monday/ Tuesday of every month.

Honoring the legacy of Mrs. Joan Kroc, the benevolent founder of the Kroc Centers, our swim program is dedicated to equipping every community child with essential water safety skills.

SCHOLARSHIP

For more information, email: sbk.aquatics@usc.salvationarmy.org

Scholarships are offered for participation in Parent & Child, Preschool Aquatics, and Learn-To-Swim programs. If you qualify, scholarship recipients will only pay \$10 for all eight lessons. Scholarships are allocated on a first-come, first-served basis.



PRESCHOOL AQUATICS

Price: \$100 | Non-Member: \$120 | Age: 4 - 5

S1 | Mon. & Wed. | 5:30 - 6:00 p.m.

S2 | Tues. & Thurs. | 6:15 - 6:45 p.m.



Teaches fundamental, foundational skills across three levels. Children progress toward independent movement, breath control, and basic front/back floating.

PARENT & CHILD AQUATICS

Price: \$100 | Non-Member: \$120 | Age: 6 mos - 3 yr

Tues. & Thurs. | 6:15 - 6:45 p.m.



Designed to orient young children to the water through fun exploration activities, building swimming readiness while teaching parents safe behaviors around the aquatic environment.



Family Resource Center

900 W. Western Avenue South Bend, IN, 46601 | Monday, Tuesday, & Friday | 9:00 a.m. - 12:00 p.m.

Whether you are in need of assistance or looking for a friendly, caring environment to volunteer your time and talents, you belong here! Our programs do NOT require a Kroc Membership. The Family Resource Center is located on the west end of the building, with a private entrance for convenience and privacy.

Questions? Contact Tiffany at (574) 367-2333 | Tiffany.rusher@usc.salvationarmy.org

WALTER A. MEYER FOOD PANTRY

Provides food for clients in need.

Hours: Monday, Tuesday, & Friday | 9:00 a.m. - 12:00 p.m.

Phone: (574) 233 - 9471 | ext 2205



MISHAWAKA FOOD PACK PROGRAM

Provides weekend meals to kids in need at select Mishawaka schools.



FINANCIAL ASSISTANCE

Assistance with past due utilities. Please call on Mondays at 8:00 a.m. and leave a message. Staff will return your call to make an appointment. Phone: (574) 367 - 2358



PATHWAY OF HOPE

We partner with families wanting to change their situation and are willing to share accountability with us for planned actions.



Give back your time with volunteer opportunities!



Silver Seniors

REOCCURRING EVENTS & ACTIVITIES

Staying on Top of Your Health



At least once a month the program offers a free blood pressure screening and now a cardiac health screening as well.

Lunch & Learn



Seniors are invited to enjoy lunch while getting the opportunity to learn from guest speakers that cover a variety of topics tailored to their interest and well-being.

Weekly Fun Activities



Wednesday Bingo

10:45 a.m. - 12:00 p.m.

Friday Line Dancing w/ Lindsey

11:30 a.m. - 12:30 p.m.



The Silver Senior Lounge
9:00 a.m. to 1:00 p.m.

SENIOR CALENDAR

The senior calendar continues each month with fun new activities and our regular favorites.

SENIOR October CALENDAR				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Call or email to sign up (574) 367-2548 Email: scott.helmund@acc.salvationarmy.org All events are free and require no sign up, unless marked with a "\$" symbol.				
1 The Silver Senior Lounge Available for seniors from 9:00 a.m. - 1:00 p.m.	2 Line Dancing w/ Lindsey 11:30 a.m. - 12:30 p.m. Table Tennis 5:30 - 7:00 p.m.	3 Lunch & Learn: The Benefits of In-Home Dialysis & Rehabilitation 11:45 a.m. - 1:00 p.m.	4 Free Blood Pressure Screening 9:00 - 11:00 a.m. Lunch & Learn: Aging in Place 11:45 a.m. - 1:00 p.m.	5 Line Dancing w/ Lindsey 11:30 a.m. - 12:30 p.m. Table Tennis 5:30 - 7:00 p.m.
6 Lunch & Learn: Health Markets Inc. Medicare Update w/ Q&A 11:45 a.m. - 1:00 p.m. Table Tennis 1:30 - 3:30 p.m.	7 Lunch & Learn: When the Diagnosis is Dementia 11:45 a.m. - 1:00 p.m. Forever Learning Institute: Rock Formation 9:30 - 10:50 a.m. Healthy Aging: Small Choices, Big Impact 11:45 a.m. - 1:00 p.m.	8 Bingo 10:45 a.m. - 12:00 p.m. Table Tennis 1:30 - 3:30 p.m.	9 Free Blood Pressure Screening 9:00 - 11:00 a.m. Lunch & Learn: Aging in Place 11:45 a.m. - 1:00 p.m.	10 Line Dancing w/ Lindsey 11:30 a.m. - 12:30 p.m. Table Tennis 5:30 - 7:00 p.m.
11 Name That Tune 11:00 a.m. - 12:00 p.m. Table Tennis 1:30 - 3:30 p.m.	12 Pigeon & Hen Pottery Class 11:00 a.m. - 12:00 p.m. Forever Learning Institute: Rock Formation 9:30 - 10:50 a.m. Lunch & Learn: Coping w/ Grief 11:45 a.m. - 1:00 p.m.	13 Bingo 10:45 a.m. - 12:00 p.m. Table Tennis 1:30 - 3:30 p.m.	14 Lunch & Learn: Understanding Your Options for Senior Living 11:45 a.m. - 1:00 p.m.	15 Line Dancing w/ Lindsey 11:30 a.m. - 12:30 p.m. Table Tennis 5:30 - 7:00 p.m.
16 SUNDAY South Bend Civic Theatre: <i>Fences</i> @ 2:00 p.m. \$	17 Forever Learning Institute: Rock Formation 9:30 - 10:50 a.m. Lunch & Learn: Healthy Aging 11:45 a.m. - 1:00 p.m.	18 Bingo 10:45 a.m. - 12:00 p.m. Table Tennis 1:30 - 3:30 p.m.	19 REMINDER! \$10.00 Obama Center Bus Trip	20 Line Dancing w/ Lindsey 11:30 a.m. - 12:30 p.m. Table Tennis 5:30 - 7:00 p.m.
21 Table Tennis 1:30 - 3:30 p.m. One-Day Bus Trip Studebaker Museum 11:00 a.m.	22 Forever Learning Institute: Rock Formation 9:30 - 10:50 a.m. Lunch & Learn: Death by Chocolate 11:45 a.m. - 1:00 p.m.	23 Bingo 10:45 a.m. - 12:00 p.m. Table Tennis 1:30 - 3:30 p.m.	24 Cardiac Health Screening 9:00 a.m. - 12:00 p.m. Lunch & Learn: Organ Donation 11:45 a.m. - 1:00 p.m.	25 Line Dancing w/ Lindsey 11:30 a.m. - 12:30 p.m. Table Tennis 5:30 - 7:00 p.m.
26 Bingo 10:45 a.m. - 12:00 p.m. Table Tennis 1:30 - 3:30 p.m.	27 Forever Learning Institute: Rock Formation 9:30 - 10:50 a.m. Lunch & Learn: Death by Chocolate 11:45 a.m. - 1:00 p.m.	28 Bingo 10:45 a.m. - 12:00 p.m. Table Tennis 1:30 - 3:30 p.m.	29 Cardiac Health Screening 9:00 a.m. - 12:00 p.m. Lunch & Learn: Organ Donation 11:45 a.m. - 1:00 p.m.	30 Line Dancing w/ Lindsey 11:30 a.m. - 12:30 p.m. Table Tennis 5:30 - 7:00 p.m.

GET OFF CAMPUS WITH SENIOR'S ONE-DAY BUS TRIPS!



ADULT SWIM

Price: \$100 | Non-Member: \$120 | Age: 13+

Mon. & Wed. | 5:30 - 6:00 p.m.



Swim lessons for adults are designed to cover the following three levels, & have been specifically engineered to meet the needs of adult learners:

- **Learning the Basics:** Core skills for water competency.
- **Improving Skills and Strokes:** Refining basic strokes.
- **Swimming for Fitness:** Building endurance & stroke efficiency.

LEARN-TO-SWIM

Price: \$100 | Non-Member: \$120 | Ages: 5-14

S1 | Mon. & Wed. | 4:45 - 5:15 p.m.

S2 | Mon. & Wed. | 6:15 - 6:45 p.m.

These Red Cross lessons are designed to work on fundamental water safety and swimming skills; specifically designed for students ages 5-14. Do not worry about which level your student is currently at when they sign up for these lessons as the instructors will divide their class into ability groups during the first lesson.

During their swim lessons, children will spend time on the following three levels:

- **Introduction to Water Skills:** Students will learn how to feel comfortable in the water and safely enjoy it.
- **Fundamentals of Aquatic Skills:** Children will learn basic swimming skills.
- **Stroke Development:** Additional guided practice will help students improve their skills.

STROKE DEVELOPMENT

Price: \$100 | Non-Member: \$120 | Age: 6 - 12

Tues. & Thurs. | 5:00 - 6:00 p.m.

Competitive swim lessons are a unique opportunity for competent swimmers to enhance their stroke ability. The class will focus on improving competitive strokes, improving endurance, and learning and refining flip turns.

Requirements for this class are that the participant be at least 6 years old and be able to jump in the deep end of the pool and swim 50 yds (a full length and back) without stopping. Goggles are preferred for this class.

New sessions begin the first Monday/ Tuesday of every month.

SCAN HERE TO REGISTER



FITNESS

Personal Training

Each trainer provides clients with guidance, motivation, safety, and excellent fitness programs. Our trainers create a custom workout and nutrition program that works best for you!

InBody Analysis

Receive a comprehensive review of your body composition balance. This includes muscle to fat analysis, segmental lean and fat analysis, body balance evaluation and body water analysis, as well as your BMI. \$23 per person.

MEMBER | NON-MEMBER

1 on 1 Session	30 Minutes	45 Minutes	60 Minutes
1 Pack	\$23.00	\$34.00	\$45.00
4 Pack	\$88.00	\$132.00	\$175.00
8 Pack	\$168.00	\$256.00	\$344.00

1 on 1 Session	30 Minutes	45 Minutes	60 Minutes
1 Pack	\$38.00	\$49.00	\$60.00
4 Pack	\$148.00	\$192.00	\$236.00
8 Pack	\$288.00	\$376.00	\$464.00

Group (2-4) Price listed per person

Group Training	30 Minutes	45 Minutes	60 Minutes
1 Pack	\$11.50	\$17.00	\$22.50
4 Pack	\$44.00	\$66.00	\$88.00
8 Pack	\$84.00	\$128.00	\$172.00

Group Training	30 Minutes	45 Minutes	60 Minutes
1 Pack	\$26.50	\$32.00	\$37.50
4 Pack	\$104.00	\$126.00	\$148.00
8 Pack	\$204.00	\$248.00	\$292.00

YOUTH VOLLEYBALL

Price: \$55 | Non-Member: \$66 | Age: 6 - 14

October 20 - November 24 | Tuesdays | 5:30 - 7:30 p.m.



Youth ages 6-14 will have the opportunity to learn volleyball fundamentals, improve communication, and make new connections while enjoying an active and positive experience.

Two divisions, 6-9 and 10-14, will help create an engaging environment tailored to each group's needs and abilities.

YOUTH BASKETBALL

Price: \$90 | Non-Member: \$110 | Age: 6 - 13

October 10 - December 12 | Wednesdays, 5:30 - 8:00 p.m. | Saturdays, 9:00 a.m. - 12:00 p.m.



Join us in a fun and supportive basketball season that will help participants build skills, teamwork, and confidence.

Player Evaluations | Oct. 10: The season will begin with player evaluations to create balanced teams tailored to support individuals.

Weekly Wednesday Practice: Players will focus on skill development, basketball fundamentals, teamwork, and game preparation.

Preseason Exhibition Game Day | Oct. 17: Players will gain game experience before the regular season.

League Play | Weeks 3 - 8: Players will compete in six weeks of league games, with divisions organized by age to provide an appropriate level of competition.

The league will be organized into age sections of 6-7 | 8-9 | 10-11 | 12-13

ROCKWALL

MONDAY - THURSDAY | 3:00 - 6:00 p.m.

SATURDAY | 11:00 a.m. - 3:00 p.m.

25 FOOT WALL

6 ROUTES

4 DIFFICULTY LEVELS



Rockwall passes are available to non-members & are included within the day pass. All gear is provided, socks required. Children under 11 must be accompanied by a guardian.

RECREATION

OPEN GYM HOURS | STARTING OCT. 5

MONDAY - THURSDAY

5:30 - 8:30 a.m. | 12:00 - 3:15 p.m.

FRIDAY

5:30 - 8:30 a.m. | 12:00 p.m. - Close

SATURDAY

3:00 - 5:00 p.m.



SCAN
FOR
MORE!



PICKLE BALL DROP-IN

Monday | Tuesday | Thursday | Friday
September 15, 2026 - June 4, 2027 | 9:00 a.m. - 12:00 p.m.

Grab a paddle and join the fun! Whether you're a seasoned player or a first time participant, ALL are welcomed!

\$ FREE for members

\$5 NON-MEMBER DROP-IN



GROUP EXERCISE SCHEDULE

SEPTEMBER 8, 2026 - JANUARY 2, 2027

AQUATIC FITNESS | SILVER | CYCLING | MIND & BODY | DANCE | TOTAL BODY WORKOUT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			6-6:45 a.m. FS Sunrise Yoga w/ Sara B.		
	8:30-9:15 a.m. CR Cycle w/ Heather		8:30-9:15 a.m. CR Cycle w/ Levi		
8:30-9:30 a.m. GX Total Body Strength w/ Kendall	8:30-9:30 a.m. CH Yogability w/ Christina	8:30-9:30 a.m. GX Strength & Stamina w/ Heather		8:30-9:30 a.m. GX Rep & Rev w/ Brittany	
9-9:45 a.m. AC Aqua Zumba w/ Marissa	9-9:45 a.m. AC Aqua Aerobics w/ Lindsay A.	9-9:45 a.m. AC Aqua Zumba w/ Marissa	9-9:45 a.m. AC Aqua Aerobics w/ Lindsay A.	9-9:45 a.m. AC Aqua Aerobics w/ Cyn	9-9:45 a.m. GX Bootcamp w/ Kendall
	9:15-10 a.m. GX Kroc Core w/ Heather		9:15-10 a.m. GX Kroc Core w/ Levi		
		9:45-10:45 a.m. FS Intermediate Yoga w/ Sara B.		9:45-10:45 a.m. FS Yoga w/ JoAnne	
9:45-10:45 a.m. GX Silver Drumming w/ Lindsey S.	9:45-10:30 a.m. CH Silver Strength w/ Christina	9:45-10:45 a.m. GX Silver Dance w/ Lindsey S.	9:45-10:30 a.m. CH Silver Strength w/ Christina	9:45-10:45 a.m. GX Silver Drumming w/ Lindsey S.	10-10:45 a.m. CR Cycle w/ Pita
	10:45-11:30 a.m. CH Chair Yoga w/ Christina		10:45-11:30 a.m. CH Chair Yoga w/ Christina		
10-10:45 a.m. FS Zumba w/ Marissa					10-11 a.m. GX Holy Yoga w/ Sara B.
11-11:30 A.M. GX Silver Abs w/ Lindsey S.				11-11:30 a.m. GX Tai Chi w/ Lindsey S.	
5:30-6:15 p.m. GX Diesel w/ Kendall	5:30-6:15 p.m. FS Strength w/ Dana	5:30-6:15 p.m. CR Cycle w/ Mandy P.	5:30-6:15 p.m. GX Total Body Conditioning w/ Mandy L.		
	5:45-6:45 p.m. GX Holy Yoga w/ Sara B.				
6:30-7:15 P.M. CR Cycle w/ Mandy P.		6:30-7:30 p.m. FS Yoga w/ JoAnne			



CR: CYCLE ROOM | GYMNASIUM

FS: FITNESS STUDIO | GYMNASIUM

CH: CHAPEL | RIGHT OF THE LOBBY

GX: GROUP FITNESS ROOM | BASEMENT LEVEL

AC: AQUATIC CENTER | THROUGH THE FITNESS CENTER



PUBLISHED DATE: 09/11/2026

GROUP EXERCISE SCHEDULE

MIND & BODY

Intermediate Yoga

This class is designed to make you break a sweat! We'll use dynamic, flowing postures that link breath to movement and help to increase your strength, flexibility, balance, focus, and endurance.

Yoga

This class will provide a complete workout benefiting joint mobility, improved circulation, and soothing the nervous system while promoting mindfulness and awareness.

Chair Yoga

The chair provides participants with the benefits of yoga by modifying movements based on mobility, health, and current ability levels. Suitable for those with injuries, movement or balance problems, Parkinson's, MS, or anyone looking for extra support in a yoga class.



Holy Yoga

An experiential worship fitness class, created to deepen your connection to Christ. All fitness levels are invited to this inspiring, motivating, and active yoga class.

Yogability

A yoga flow class focused on movement and range of motion to increase flexibility, mobility, and balance.

Sunrise Yoga

A flow style class mixed with some longer held poses to warm you up and energize you for your day.

TOTAL BODY WORKOUT

Strength

Strength based class that will give you a full body workout and physically challenge you to push past your limits and the weight you can lift to build muscular strength, endurance, and power.

Diesel

Take your strength training to the next level with times intervals! Get a full body workout incorporating weights, kettlebells, Bosu balls and other equipment.



Rep & Rev

This class incorporates exercises and compound movements that work both the upper and lower body in a complementary way for a total body experience.

Total Body Strength

This class will help you build strength, balance, endurance, and stamina. Build muscle while burning calories to take your results to the next level.

Strength & Stamina

Build your strength with resistance exercises. This class will incorporate traditional weight-room exercises and compound exercises using weighted bars and dumbbells to challenge you.

Kroc Core

A 45-minute core-training workout that uses your body weight, resistance tubing, and weights to tighten and tone your midsection.

DANCE

Zumba

Take the "work" out of workout mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. This class provides a dose of awesomeness each time you leave class.



AQUATIC FITNESS

Aqua Zumba

A water-based workout that combines the energy and dance moves of traditional Zumba with the resistance and buoyancy of water. It's a low-impact, high-energy exercise suitable for all fitness levels, offering a fun way to improve cardiovascular health, build strength, and burn calories.

Aqua Aerobics

This class is designed to improve flexibility, strength, and endurance while using the resistance of the water to cushion joints. Exercises are performed to lively, motivating music and are effective and easy to follow.

CYCLING

Cycle

Indoor cycling class is suitable for any level as you control the intensity. Listen to exhilarating music while burning up to 600 calories in 45 minutes!

SILVER CLASSES

Silver Dance

This hour class combines 30 minutes of a traditional Silver Sneakers class with 30 minutes of a beginner dance workout. Designed to improve strength, balance, and cardiovascular health while having fun!

Silver Drumming

Start with 30 minutes of resistance exercises to improve strength and balance. End with 30 minutes of cardio drumming to leave smiling, sweating, and feeling great.

Silver Strength

Move through various exercises designed to increase strength and range of movement for improved function. Dumbbells, bands, and balls are offered as resistance. A chair is used for seated and standing support, stretching, and recovery.

Silver Abs

30-minute abdominal muscle and core class seated in a chair or standing specifically orientated towards The Kroc Center's senior population.



Tai Chi

An ancient form of Chinese exercise consisting of slow, beautiful, relaxed movements that develop a sense of balance and harmony between mind and body.