

# KROC CENTER

## DROP-IN RECREATION GUIDE • JUNE 2017



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

### FACILITY HOURS

Monday–Friday ..... 5:30 AM–9 PM  
Saturday ..... 7 AM–7 PM  
Sunday ..... 9 AM–5 PM\*

\*Fitness floor opens at 9 AM. Other recreation areas open at noon on Sundays.

Outdoor campus is open dawn to 9 PM daily.  
See below for outdoor basketball court hours.

### CHILD WATCH

Child Watch provides supervised care for up to two hours per visit. A guardian must stay on campus during this time. This service is complimentary for guests with Kroc Center family memberships, or \$3 per hour, per child for all others, payable at the Welcome Desk. Attendance is first come, first served.

#### CHILD WATCH HOURS (AGES 3 MONTHS – 11 YEARS)

Mon–Fri...8:30 AM–12:30 PM, 4–8:30 PM  
Saturday.....8:30 AM – 12:30 PM



#### GAME ROOM HOURS (AGES 6–11\*)

Mon–Fri.....9 AM–12 PM, 4–8 PM  
Saturday.....9 AM – 5 PM



\* All ages are welcome in the Game Room; however, children under 6 must have an adult (age 16+) present. Children ages 6–11 must be supervised by an adult or checked into Child Watch.

#### CLIMBING WALL

Mon, Wed, Thurs. .... 5–8 PM  
Saturday ..... 1–5 PM

#### OUTDOOR BASKETBALL

Mon–Fri..... 5:30 AM – 9:00 PM  
Saturday..... 7 AM – 7 PM  
Sunday.....9 AM – 5 PM

### OUTDOOR BASKETBALL COURTS

In order to better facilitate usage by Kroc Center programs and special events, a fence has been constructed around the outdoor basketball courts.

The courts are still available for recreational play when the Kroc Center is open; however, they may be closed for use by groups like Camp Kroc, Church at the Kroc, or during outdoor events.

Kroc Krew attendants will supervise the courts during peak times. All players (members & non-members) must register at the Welcome Desk in order to enter the courts during these times:



Mon–Fri..... 4:30 – 9:00 PM  
Saturday..... 3 – 7 PM  
Sunday.....1 – 5 PM

## ... news & important dates ...



### REGISTER NOW FOR SUMMER CAMP!

Sign up now for our summer day camp or specialty camps! Day Camp is loaded with activities every day, including arts & crafts, sports, games, music, swimming, rock climbing, drama & talent shows, Bible lessons, archery, giant slip & slide and field trips. Plus, each week has its own special theme!

Camp Kroc also offers a number of specialty camps in areas like basketball, soccer, swimming, ballet, and art. Stop by the Welcome Desk to pick up our summer camp brochure or download a copy at GrKrocCenter.org.



### FREE OUTDOOR FITNESS SERIES

#### Every Saturday in June, 9–10 AM

Grab your friends & come to the amphitheater for outdoor fitness classes. FREE for members and non-members of all fitness levels. Ages 12+ (12-15 must have Teen Fit Permit). Classes will be canceled in the event of inclement weather.

**June 3: Boot Camp**

**June 10: Full Body Cardio**

**June 17: Zumba®**

**June 24: Yoga**



### SUMMER PASS

Our summer pass is on sale now! This pass gives you summer access to the pool & hot tub, fitness center, gym, indoor track, climbing wall and game room. Summer passes are valid through August 31.

Prorated prices in June are \$105 for an adult pass (access for one single adult aged 18+); family passes are \$225 (access for a household of up to five people, maximum of two adults). Teen passes are also available. Stop by the Welcome Desk for more details.

### DAY PASS PRICES

#### 1-DAY PASS

Ages 0–11 .....\$5.50  
Ages 12 & up .....\$7.50

#### 30-DAY PASS

Ages 0–11 ..... \$20.50  
Ages 12–17 ..... \$33.50  
Ages 18 & up ..... \$48.50

### PUNCH CARD PRICES

*Punch cards offer a discount versus buying items individually and they never expire.*

Drop-in fitness punch card (12 punches) ..... \$80  
Day pass punch card (12 punches) ..... Ages 0–11: \$55 | Ages 12 & up: \$75  
Child watch punch card (10 punches) ..... \$24

# GYMNASIUM

**CLOSURES:** The gym will be closed for Basketball Camp June 26–30, 8:30 AM–12:15 PM. The gym will also be closed June 23 from 6–9 PM and all day on June 24.

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2	COURT 1	COURT 2
		5:30–9 AM <b>OPEN GYM</b>	5:30–9 AM <b>OPEN GYM</b>	5:30–10:45 AM <b>OPEN GYM</b>	5:30–10:45 AM <b>OPEN GYM</b>	5:30–9 AM <b>OPEN GYM</b>		5:30–9 AM <b>OPEN GYM</b>	5:30–9 AM <b>OPEN GYM</b>	5:30–9:30 AM <b>OPEN GYM</b>			
		9–12 PM <b>SENIOR PICKLEBALL</b>		10:45–11:30 AM <b>DAY CAMP</b>		9–10 AM <b>SENIOR VOLLEYBALL</b>		9–12 PM <b>SENIOR PICKLEBALL</b>		9:30–10 AM <b>SENIOR FIT</b>		7 AM–12 PM <b>OPEN GYM</b>	
				11:30 AM–1:15 PM <b>OPEN GYM</b>	11:30 AM–1:15 PM <b>OPEN GYM</b>							12–2 PM <b>DROP-IN BASKETBALL SESSION 1</b>	
		12:30–1 PM <b>SENIOR FIT</b>		1:15–2 PM <b>DAY CAMP</b>								2:15–4:15 PM <b>DROP-IN BASKETBALL SESSION 2</b>	
		1–1:30 PM <b>SENIOR YOGA</b>				10:30 AM–9 PM <b>OPEN GYM</b>	5:30 AM–9 PM <b>OPEN GYM</b>	12–9 PM <b>OPEN GYM</b>	12–9 PM <b>OPEN GYM</b>	10 AM–9 PM <b>OPEN GYM</b>	5:30 AM–9 PM <b>OPEN GYM</b>	4:30–6:30 PM <b>DROP-IN BASKETBALL SESSION 3</b>	
12–2 PM <b>DROP-IN BASKETBALL SESSION 1</b>			1:30–9 PM <b>OPEN GYM</b>	2–7 PM <b>OPEN GYM</b>	2–7 PM <b>OPEN GYM</b>							6:30–7 PM <b>OPEN GYM</b>	
2:15–4:15 PM <b>DROP-IN BASKETBALL SESSION 2</b>			12–9 PM <b>OPEN GYM</b>	7–9 PM <b>OPEN VOLLEYBALL</b>									
4:15–5 PM <b>OPEN GYM</b>													



## WANT TO KEEP PLAYING? REPEAT STEPS 2-5. **DROP-IN BASKETBALL**

- 1) HAVE A CURRENT KROC MEMBERSHIP OR PURCHASE A DAY PASS
- 2) PICK A SESSION AT THE WELCOME DESK TO SAVE YOUR SPOT
- 3) GIVE RECEIPT TO GYM ATTENDANT AT THE TIME OF YOUR SESSION
- 4) RECEIVE WRISTBAND & CHECK IN
- 5) PLAY BASKETBALL

SESSION #	TIME	MEMBER REGISTRATION BEGINS	NON MEMBER REGISTRATION BEGINS
<b>SATURDAY*</b> SESSION 1	12–2 PM	10 AM	11 AM
<b>SATURDAY*</b> SESSION 2	2:15–4:15 PM	12 PM	12 PM
<b>SATURDAY*</b> SESSION 3	4:30–6:30 PM	12 PM	12 PM
<b>SUNDAY*</b> SESSION 1	12–2 PM	10 AM	11 AM
<b>SUNDAY*</b> SESSION 2	2:15–4:15 PM	12 PM	12 PM

\*40 PLAYERS MAX CAPACITY PER SESSION

## **DROP-IN ART**

We offer drop-in art for **seniors** every Wednesday! All supplies and instruction provided.

- Senior Drop-In Art | Wednesdays, 11 AM–12:30 PM**
- June 7.....**Father's Day Cards**
  - June 14.....**Sun Catchers/Wind Chimes**
  - June 21.....**Watercolor Painting – Summer Scenes**
  - June 28.....**Stained Glass Art**

Senior drop-in art is **FREE** for members or included with the purchase of a day pass for non-members (\*\$3 per non-member without a day pass).

*Splash pad  
now open!*

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



# AQUATICS

**CLOSURES:** Pool will be closed June 1 and 2 from 9 AM–2 PM and June 7 from 12–2:30 PM.

## JUNE 1–18

\*River is closed on Tuesdays from 10:45–11:45 AM.

\*\*Afternoon lap swim will NOT be available June 6, 9, 12.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>Lap Swim &amp; Modified Swim</b> 12–12:55 PM  <b>Open Swim</b> 1–4:30 PM	<b>Lap Swim</b> 6–8:55 AM  <b>Modified Swim</b> 9 AM–12 PM	<b>Lap Swim</b> 6–8:55 AM  <b>Modified Swim &amp; River*</b> 9 AM–12 PM	<b>Lap Swim</b> 6–8:55 AM  <b>Modified Swim</b> 9 AM–12 PM	<b>Lap Swim</b> 6–10:30 AM  <b>Modified Swim &amp; River</b> 9 AM–12 PM	<b>Lap Swim</b> 6 AM–12 PM  <b>Modified Swim &amp; River</b> 9 AM–12 PM	<b>Lap Swim</b> 7:30–8:55 AM  <b>CLOSED FOR LESSONS</b> 9 AM–12 PM	
	<b>Lap Swim &amp; Modified Swim</b> 12 PM–3:55 PM**  <b>CLOSED FOR LESSONS</b> 4–6:30 PM	<b>Lap Swim &amp; Modified Swim</b> 12 PM–3:55 PM**  <b>CLOSED FOR LESSONS</b> 4–7:30 PM	<b>Lap Swim &amp; Modified Swim</b> 12 PM–3:55 PM**  <b>CLOSED FOR LESSONS</b> 4–7:30 PM	<b>Lap Swim &amp; Modified Swim</b> 12 PM–4:55 PM  <b>Open Swim</b> 5–8:30 PM	<b>Lap Swim &amp; Modified Swim</b> 12 PM–3:55 PM  <b>CLOSED FOR LESSONS</b> 4–7:30 PM	<b>Lap Swim &amp; Modified Swim</b> 12 PM–4:55 PM**  <b>Open Swim</b> 5–7:30 PM	<b>Lap Swim &amp; Modified Swim</b> 12–12:55 PM  <b>Open Swim</b> 1–6:30 PM
	<b>Modified Swim &amp; River</b> 6:30–8:30 PM	<b>Modified Swim &amp; River</b> 6:30–8:30 PM	<b>Modified Swim &amp; River</b> 7:30–8:30 PM	<b>Lap Swim</b> 8–8:45 PM	<b>Modified Swim &amp; River</b> 7:30–8:30 PM		
	<b>Lap Swim</b> 7:30–8:45 PM	<b>Lap Swim</b> 7:30–8:45 PM	<b>Lap Swim</b> 7:30–8:45 PM		<b>Lap Swim</b> 7:30–8:45 PM		

## JUNE 19–30

\*River is closed on Tuesdays from 10:45–11:45 AM.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>Lap Swim &amp; Modified Swim</b> 12 PM–12:55 PM  <b>Open Swim</b> 1–4:30 PM	<b>Lap Swim</b> 6–8:55 AM  <b>Modified Swim</b> 9 AM–12 PM	<b>Lap Swim</b> 6–8:55 AM  <b>Modified Swim &amp; River*</b> 9 AM–12 PM	<b>Lap Swim</b> 6–8:55 AM  <b>Modified Swim</b> 9 AM–12 PM	<b>Lap Swim</b> 6–10:30 AM  <b>Modified Swim &amp; River</b> 9 AM–12 PM	<b>Lap Swim</b> 6 AM–12 PM  <b>Modified Swim &amp; River</b> 9 AM–12 PM	<b>Lap Swim</b> 7:30–8:55 AM  <b>CLOSED FOR LESSONS</b> 9 AM–12 PM	
	<b>Open Swim</b> 12 PM–3:55 PM  <b>CLOSED FOR LESSONS</b> 4–6:30 PM	<b>Open Swim</b> 12 PM–3:55 PM  <b>CLOSED FOR LESSONS</b> 4–6:30 PM	<b>Open Swim</b> 12 PM–3:55 PM  <b>CLOSED FOR LESSONS</b> 4–7:30 PM	<b>Open Swim</b> 12–8:30 PM  <b>Lap Swim</b> 7:30–8:45 PM	<b>Open Swim</b> 12 PM–3:55 PM  <b>CLOSED FOR LESSONS</b> 4–7:30 PM	<b>Open Swim</b> 12–8:30 PM	<b>Lap Swim &amp; Modified Swim</b> 12–12:55 PM  <b>Open Swim</b> 1–6:30 PM
	<b>Open Swim</b> 6:30–8:30 PM	<b>Open Swim</b> 6:30–8:30 PM	<b>Modified Swim &amp; River</b> 7:30–8:30 PM		<b>Modified Swim &amp; River</b> 7:30–8:30 PM		
	<b>Lap Swim</b> 7:30–8:45 PM	<b>Lap Swim</b> 7:30–8:45 PM	<b>Lap Swim</b> 7:30–8:45 PM		<b>Lap Swim</b> 7:30–8:45 PM		

### MODIFIED OPEN SWIM

Zero-depth entry area is open for recreational use. Classes may be conducted during this time. Hot tub is available. Water features and water slide are turned off at this time. River and lap lanes may be open if listed.

### OPEN SWIM

All pools, including the large water slide, water basketball area, lazy river, and toddler play area, may be used during open swim.

### POOL AGE REQUIREMENTS

Children aged 6 and under must have an adult (16+) within arm's reach at all times. Children aged 7–11 must have an adult in the water. Once a child passes a swim test, supervision may be pool-side.

### RIVER

The current in the river area creates a good, low-impact workout.

### LAP SWIM

Where indicated above, the lap pool is open for swimmers (ages 12+). Stopping, standing, and aqua jogging are not permitted in the lap pool when lane dividers are being used. Aqua joggers may use other available pool areas.

# FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>A</b> 5:45–6:30 AM <b>BEGINNER CYCLE</b> TRINA   \$8 NM		<b>A</b> 5:45–6:30 AM <b>CYCLE</b> PATRICK   \$8 NM		<b>B</b> 5:45–6:30 AM <b>TOTAL BODY</b> LEWIS   \$8 NM			
				9–10 AM <b>FITNESS ORIENTATION</b>	9–10 AM <b>FITNESS ORIENTATION</b>		
<b>B</b> 9–10 AM <b>YOGA</b> HOLLY   \$8 NM	<b>B</b> 9–10 AM <b>TOTAL BODY</b> LEWIS   \$8 NM	<b>B</b> 9–10 AM <b>YOGA</b> HOLLY   \$8 NM	<b>B</b> 9–10 AM <b>TOTAL BODY</b> LEWIS   \$8 NM	<b>A</b> 9–10 AM <b>TURBO KICK</b> MINDY   \$8 NM	<b>G</b> 9:30–10 AM <b>SENIOR FIT</b> MARILYN   \$3 NM	<b>A</b> 9–10 AM <b>URBAN KICK</b> VALARIE   \$8 NM	<b>B</b> 9–10 AM <b>POWERFLEX</b> ROTATION   \$8 NM
<b>A</b> 10–11 AM <b>GROUP POWER</b> TONY   \$8 NM	<b>A</b> 10–11 AM <b>CYCLE STRENGTH</b> TRINA   \$8 NM	<b>A</b> 10–11 AM <b>GROUP POWER</b> LAURA   \$8 NM	<b>B</b> 10–10:30 AM <b>SENIOR FIT</b> LEWIS   \$3 NM	<b>A</b> 10–11 AM <b>CYCLE STRENGTH</b> LAURA   \$8 NM	<b>G</b> 10–11 AM <b>STRETCH &amp; FLEX</b> MARILYN   \$3 NM	<b>A</b> 10–11 AM <b>ZUMBA*</b> CHRISTY   \$8 NM	<b>B</b> 10–11 AM <b>YOGA*</b> ROTATION   \$8 NM
		<b>B</b> 10:45–11:30 AM <b>SENIOR YOGA</b> LEWIS   \$3 NM				*As part of our FREE Outdoor Fitness Series, Zumba will take place outside at 9 AM on 6/17. Yoga will take place outside at 9 AM on 6/24.	
<b>G</b> 12:30–1 PM <b>SENIOR FIT</b> LEWIS   \$3 NM							
<b>G</b> 1–1:30 PM <b>SENIOR YOGA</b> LEWIS   \$3 NM	<b>B</b> 1–2 PM <b>STRETCH &amp; FLEX</b> MARILYN   \$3 NM		<b>B</b> 1–2 PM <b>STRETCH &amp; FLEX</b> LEWIS   \$3 NM				1–2 PM <b>TOTAL BODY</b> ROTATION   \$8 NM
	<b>B</b> 5:45–6:30 PM <b>HIIT</b> TAYLOR   \$8 NM		<b>B</b> 5:45–6:30 PM <b>TURBO KICK</b> NICHELLE   \$8 NM				
<b>B</b> 6:30–7:30 PM <b>HOUR OF POWER</b> ALICIA   \$8 NM	<b>A</b> 6:30–7:30 PM <b>ZUMBA®</b> MARGARITA   \$8 NM	<b>A</b> 6:30–7:30 PM <b>CYCLE</b> PATRICK   \$8 NM	<b>B</b> 6:30–7:30 PM <b>YOGA</b> HOLLY   \$8 NM	<b>B</b> 6:30–7:30 PM <b>HOUR OF POWER</b> LEWIS   \$8 NM	<b>A</b> 6:30–7:30 PM <b>ZUMBA®</b> VALERIE/MARG   \$8 NM	<b>A</b> 6:30–7:30 PM <b>CYCLE STRENGTH</b> CARL   \$8 NM	<b>B</b> 6:30–7:30 PM <b>YOGA</b> MEGAN   \$8 NM

## HEY NON-MEMBERS!

Do you love drop-in classes? Become a member!  
All drop-in classes are **FREE** for members!

Memberships for a single adult start at just \$38 per month. Stop by the Welcome Desk for more details.

## HOW TO REGISTER FOR A DROP-IN FITNESS CLASS

Stop by the Welcome Desk for an activity token (receipt) before the start of class, then bring the paper token to the fitness desk to check-in. Class space is limited and is available on a first-come, first-served basis. Members can also get their token from the fitness desk.

## FREE FITNESS ORIENTATIONS

Participants will get an overview of the Kroc Center's fitness floor, including the safe use of cardiovascular equipment, free weights and selectorized weight machines, as well as an introduction to our group exercise schedule. Orientations also cover basic fitness floor guidelines, fitness challenges and other special health and wellness programs offered at the Kroc Center.