

# KROC CENTER

## DROP-IN RECREATION GUIDE • JANUARY 2018



RAY & JOAN  
**KROC**  
CORPS COMMUNITY CENTER  
GRAND RAPIDS, MI

2500 S. Division Avenue  
Grand Rapids, MI 49507  
Phone: 616.588.7200

[GrKrocCenter.org](http://GrKrocCenter.org)  
[Facebook.com/GrKrocCenter](https://www.facebook.com/GrKrocCenter)

### FACILITY HOURS

Monday–Friday.....5:30 AM–9 PM  
Saturday.....7 AM–7 PM  
Sunday.....9 AM–5 PM\*  
**January 1 ..... CLOSED**

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

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

### 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.....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

Wed, Fri.....5–8 PM  
Saturday and Sunday.....1–5 PM

#### OUTDOOR BASKETBALL

The outdoor basketball court is now closed for the winter, and will reopen when warm weather returns.

### 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

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

### ➔ WINTER SESSION 1 PROGRAM DATES

Final Registration Deadline.....Tuesday, January 2  
Session Begins.....Sunday, January 7

### ➔ TODDLER TUESDAY

There will be no Toddler Tuesday on January 2. Toddler Tuesday will return on Tuesday, January 9.

### ➔ DADDY DAUGHTER DATE NIGHT

**Saturday, February 3: 4–6 PM**

Gentlemen, it is that time again for a special date with your little princess. Enjoy our "Enchanted Forest" evening at the Kroc with dinner, dancing, crafts and more! \$15 per person. Best suited for ages 3–12. Register by January 31 at the Welcome Desk or [GrKrocCenter.org](http://GrKrocCenter.org).

### ➔ MOTHER SON DATE NIGHT

**Saturday, March 3: 4–6 PM**

Join us at the Kroc for a memorable date night for mother-son duos. Get ready to have a blast with our "Color Warz"-themed activities, plus dinner and more! \$15 per person. Best suited for ages 3–12. Registration deadline is February 28; sign up at the Welcome Desk or [GrKrocCenter.org](http://GrKrocCenter.org).

### ➔ GR KIDS SUMMER CAMPS FAIR

**Sunday, March 18: 2–5 PM**



The Kroc Center is proud to host the first-ever GR Kids Summer Camps Fair! Learn more about Camp Kroc and other camps available throughout West Michigan.

### \*\*\* SPECIAL HOURS FOR JANUARY 2–5 \*\*\*

The Kroc Center will be closed on New Year's Day, Monday, January 1. We will reopen on Tuesday, January 2 at 5:30AM.

#### TUES–FRI, JANUARY 2–5

Climbing Wall.....12–3 and 5–8 PM  
Game Room.....8:30 AM–8 PM  
Open Swim.....12–8:30 PM

### ➔ CHRISTMAS BREAK DROP-IN ART, 1–4PM

#### TUES–FRI, JANUARY 2–5

Jan. 2.....Re-Crete: Autumn Rhythm No. 30  
Jan. 3.....Paper Mosaic  
Jan. 4.....Pour Painting  
Jan. 5.....Stress Balls

\*Drop-in art is FREE for members and included with the purchase of a non-member day pass.

# GYMNASIUM

\* Due to Christmas Break usage demands, only two pickleball courts will be available on January 4.

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>	5:30-9 AM <b>OPEN GYM</b>		5:30-9 AM <b>OPEN GYM</b>		5:30-9 AM <b>OPEN GYM</b>	5:30-9 AM <b>OPEN GYM</b>	5:30-9 AM <b>OPEN GYM</b>	5:30-9:30 AM <b>OPEN GYM</b>		7 AM-9 AM <b>OPEN GYM</b>
		9 AM-12 PM <b>OPEN PICKLEBALL</b>	9 AM-12 PM <b>OPEN PICKLEBALL</b>	9 AM-12 PM <b>TODDLER TUESDAY</b>		10-10:30 AM <b>SENIOR FIT</b>		9 AM-12 PM <b>OPEN PICKLEBALL*</b>		9:30-10 AM <b>SENIOR FIT</b>			9 AM-11:30 AM <b>CLOSED FOR YOUTH BASKETBALL LEAGUE</b>
					5:30 AM-5 PM <b>OPEN GYM</b>		5:30 AM-4 PM <b>OPEN GYM</b>				5:30 AM-9 PM <b>OPEN GYM</b>		
12-2 PM <b>DROP-IN BASKETBALL SESSION 1</b>	12:30-1 PM <b>SENIOR FIT</b>			12-5 PM <b>OPEN GYM</b>		10:30 AM-4 PM <b>OPEN GYM</b>		12-5 PM <b>OPEN GYM</b>	12-5 PM <b>OPEN GYM</b>	10 AM-9 PM <b>OPEN GYM</b>			12-2 PM <b>DROP-IN BASKETBALL SESSION 1</b>
2:15-4:15 PM* <b>DROP-IN BASKETBALL SESSION 2</b>			12-9 PM <b>OPEN GYM</b>										2:15-4:15 PM <b>DROP-IN BASKETBALL SESSION 2</b>
4:15-5 PM <b>OPEN GYM</b>	1-9 PM <b>OPEN GYM</b>												4:30-6:30 PM <b>DROP-IN BASKETBALL SESSION 3</b>
* Gym will close at 4:15 PM for Fellowship of Christian Athletes on Sunday, January 7.				5-6 PM <b>CLOSED FOR PROGRAMS</b>		4:20-7 PM <b>CLOSED FOR PROGRAMS</b>		5:15-7:30 PM <b>CLOSED FOR YOUTH BASKETBALL LEAGUE (Beginning January 11)</b>					6:30-7 PM <b>OPEN GYM</b>
				6-9 PM** <b>OPEN VOLLEYBALL</b> ..... ** CLOSED FOR VOLLEYBALL LEAGUE (Beginning January 23)		7-9 PM <b>OPEN GYM</b>	7-9 PM <b>OPEN GYM</b>	7:30-9 PM <b>OPEN GYM</b>	7:30-9 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

Create and take home your own unique arts and crafts projects! We offer drop-in art sessions during the week for both seniors and families of all ages (ages 12 & under must be accompanied by an adult). All supplies and instruction provided.

**Senior Drop-In Art** | Wednesdays, 11 AM-12:30 PM

- Jan 3.....**Alternative Stamps**
- Jan 10.....**Yarn Monograms**
- Jan 17.....**Fanciful Rock Magnets**
- Jan 24.....**Rock Trivets**
- Jan 31.....**Media Exploration: Watercolor**

Senior drop-in art is FREE for members or included with a day pass for non-members (€3 per non-member without a day pass). Please pick up a drop-in art token at the welcome desk before going to the art room.

**Family Drop-In Art** | Thursdays, 5-7 PM

- Jan 4.....**Fun With Stamps**
- Jan 11.....**Make Me a Mitten**
- Jan 18.....**Do You Wanna Build a Snowman**
- Jan 25.....**Snowflakes**

Family drop-in art is FREE for members and included with the purchase of a non-member day pass.

# AQUATICS

**SPECIAL HOLIDAY HOURS:** Open swim will begin at 12 PM on Jan. 2-5. The Kroc Center is closed on New Year's Day.

\* Limited lap lanes are available from 8:00-8:55 AM on Saturdays.  
\*\* River closes at 11:15 am on Fridays due to class.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6-8:55 AM <b>LAP SWIM</b>	6-8:55 AM <b>LAP SWIM</b>	6-8:55 AM <b>LAP SWIM</b>	6-10:30 AM <b>LAP SWIM</b>	6 AM-12 PM <b>LAP SWIM</b>	7:30-8:55 AM <b>LAP SWIM*</b>
	9 AM-12 PM <b>MODIFIED SWIM</b>	9 AM-12 PM <b>MODIFIED SWIM, RIVER</b>	9 AM-12 PM <b>MODIFIED SWIM</b>	9 AM-12 PM <b>MODIFIED SWIM, RIVER</b>	9 AM-12 PM** <b>MODIFIED SWIM, RIVER</b>	9 AM-12 PM <b>POOL &amp; HOT TUB CLOSED FOR LESSONS</b>
12-12:55 PM <b>LAP SWIM, RIVER, MODIFIED SWIM</b>	12-1:30 PM <b>LAP SWIM MODIFIED SWIM</b>	12-1:30 PM <b>LAP SWIM MODIFIED SWIM</b>	12-1:30 PM <b>LAP SWIM MODIFIED SWIM</b>	12-1:30 PM <b>LAP SWIM MODIFIED SWIM</b>	12-1:30 PM <b>LAP SWIM MODIFIED SWIM</b>	12-12:55 PM <b>LAP SWIM, RIVER, MODIFIED SWIM</b>
1-4:30 PM <b>OPEN SWIM ALL FEATURES ON</b>			1:30-4 PM <b>POOL &amp; HOT TUB CLOSED</b>		1:30-4 PM <b>POOL &amp; HOT TUB CLOSED</b>	1-6:30 PM <b>OPEN SWIM ALL FEATURES ON</b>
	1:30-6:30 PM <b>POOL &amp; HOT TUB CLOSED</b>	1:30-7:30 PM <b>POOL &amp; HOT TUB CLOSED</b>	4-5 PM <b>LAP SWIM, MODIFIED SWIM, RIVER</b>	1:30-7:30 PM <b>POOL &amp; HOT TUB CLOSED</b>	4-5 PM <b>LAP SWIM, MODIFIED SWIM, RIVER</b>	
	6:30-8:30 PM <b>MOD SWIM, RIVER</b>	7:30-8:45 PM <b>LAP SWIM</b>	7:30-8:45 PM <b>LAP SWIM</b>	5-8:30 PM <b>OPEN SWIM ALL FEATURES ON</b>	7:30-8:45 PM <b>LAP SWIM</b>	5-8:30 PM <b>OPEN SWIM ALL FEATURES ON</b>
				7:30-8:45 PM <b>LAP SWIM</b>	7:30-8:30 PM <b>MOD SWIM, RIVER</b>	

## POOL AGE REQUIREMENTS

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 pool-side.

## MODIFIED 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.

## 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.

## RIVER

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

## 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-READY GUIDELINES



**SHOES OFF**



**SWIMSUIT ON**



**SHOWER OFF**



**SWIM**

**ZERO REGISTRATION FEE**  
ON NEW MEMBERSHIPS

*Limited time only. Join today!*

New members only. See welcome desk for details.

# 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		
<b>A</b> 8:30–9:15 AM <b>NEW</b> <b>HIIT</b> TONY   \$8 NM		<b>A</b> 8:30–9:15 AM <b>NEW</b> <b>HIIT</b> LEWIS   \$8 NM		9–10 AM <b>FREE</b> <b>FITNESS ORIENTATION</b>	9–10 AM <b>FREE</b> <b>FITNESS ORIENTATION</b>	
<b>B</b> 9–10 AM <b>YOGA</b> CAROLINE   \$8 NM	<b>B</b> 9–10 AM <b>TOTAL BODY</b> LEWIS   \$8 NM	<b>B</b> 9–10 AM <b>YOGA</b> NIKI   \$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> CANDACE   \$8 NM	<b>G</b> 9:30–10 AM <b>SENIOR FIT</b> CAROLINE   \$3 NM	<b>A</b> <b>NEW</b> 9–10 AM <b>CARDIO STEP</b> CANDACE   \$8 NM
<b>A</b> 10–11 AM <b>GROUP POWER</b> NANCY   \$8 NM	<b>A</b> 10–11 AM <b>CYCLE STRENGTH</b> SHELLIE   \$8 NM	<b>A</b> 10–11 AM <b>POWERFLEX</b> LAURA   \$8 NM	<b>G</b> 10–10:30 AM <b>SENIOR FIT</b> LEWIS   \$3 NM	<b>A</b> 10–11 AM <b>CYCLE STRENGTH</b> SHELLIE   \$8 NM	<b>B</b> 10:15–11:15 AM <b>STRETCH &amp; FLEX</b> CAROLINE   \$3 NM	<b>A</b> 10–11 AM <b>ZUMBA</b> CHRISTY   \$8 NM
		<b>B</b> 10:45–11:45 AM <b>SENIOR YOGA</b> LEWIS   \$3 NM				<b>B</b> 10–11 AM <b>YOGA</b> ROTATION   \$8 NM
<b>G</b> 12:30–1 PM <b>SENIOR FIT</b> NANCY   \$3 NM						
<b>B</b> 1:15–2:15 PM <b>SENIOR YOGA</b> NANCY   \$3 NM	<b>B</b> 1–2 PM <b>STRETCH &amp; FLEX</b> LEWIS   \$3 NM		<b>B</b> 1–2 PM <b>STRETCH &amp; FLEX</b> LEWIS   \$3 NM			<b>B</b> 1–2 PM <b>TOTAL BODY</b> ROTATION   \$8 NM
6–7 PM <b>FREE</b> <b>FITNESS ORIENTATION</b>	<b>B</b> 5:45–6:30 PM <b>HIIT</b> LEWIS   \$8 NM	6–7 PM <b>FREE</b> <b>FITNESS ORIENTATION</b>	<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> ROTATION   \$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> NATALIE   \$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> VALARIE/MARGARITA   \$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> NATALIE   \$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.