

# KROC CENTER

DROP-IN RECREATION GUIDE • AUGUST 28 – SEPT 30, 2017



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\*  
**Labor Day, Monday, Sept. 4... 8 AM-3 PM**  
**September 5–10.....CLOSED**

\*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..... 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

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

## 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 ...

### ANNUAL MAINTENANCE WEEK

In order to keep our facility in tip-top shape for our members and guests, the Kroc Center will be CLOSED Tuesday–Sunday, September 5–10 for annual maintenance. We'll be cleaning and refreshing everything from the pool to the gym floor just for you.

The Welcome Desk will remain open from 9 AM to 3 PM Tuesday through Friday to assist with program registration, membership questions, etc.

### REGISTER FOR FALL PROGRAMS

Registration for fall session 1 programs is open now. **SAVE \$5 per program** with the "early bird" discount when you sign up by Tuesday, September 5! Final day to register for programs is Tuesday, September 12. Classes begin the week of September 17. Pick up your fall program guide at the Welcome Desk or view it online at [GrKrocCenter.org](http://GrKrocCenter.org).

### TODDLER TUESDAY IS BACK SEPT. 19!

Toddler Tuesdays are back! This special drop-in playtime from 9 AM–12 PM is just for parents & toddlers! Enjoy social time with other moms and dads while your little ones splash around in our wading pool or play in the gym with foam blocks, balls, scooters, and other toys.

FREE for members! (family memberships only) Non-members: One FREE adult per paid child admission of \$5.50.

### MEM-BER MONTHS ARE HERE

Septem-BER means we are just getting started with our Mem-BER Months bonus benefits! See the Welcome Desk for details on these deals starting **Monday, September 11:**

- Bring a guest any time you check in, and their day pass is **half-price!**
- Refer a new member to the Kroc and receive a double bonus – **TWO** months of your membership free!
- Continued discounts on Fall programs!

# GYMNASIUM

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>		
		9 AM-12 PM <b>OPEN PICKLEBALL</b>		9AM-12 PM <b>TODDLER TUESDAY (BEGINNING SEPT.19)</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>			7 AM-12 PM <b>OPEN GYM</b>
				12-5 PM <b>OPEN GYM</b>			5:30 AM-5:00 PM <b>OPEN GYM</b>						
12-2 PM <b>DROP-IN BASKETBALL SESSION 1</b>		12:30-1PM <b>SENIOR FIT</b>											12-2 PM <b>DROP-IN BASKETBALL SESSION 1</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>		2:15-4:15 PM <b>DROP-IN BASKETBALL SESSION 2</b>
2:15-4:15 PM <b>DROP-IN BASKETBALL SESSION 2</b>													
4:15-5 PM <b>OPEN GYM</b>		1:30-9 PM <b>OPEN GYM</b>	12-9 PM <b>OPEN GYM</b>										4:30-6:30 PM <b>DROP-IN BASKETBALL SESSION 3</b>
				5-6 PM <b>BASKETBALL CLINIC</b>									
				6-9 PM <b>OPEN VOLLEYBALL</b>									6:30-7 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

Sept 13.....Painted Terra Cotta Pots

Sept 20.....Fall Wreaths

Sept 27.....Watercolor Painting Fall Themes

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). 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

Sept 14.....Tin Foil Imprint Fall Trees

Sept 21.....Make Your School!

Sept 28.....Tissue Paper Apples

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

# AQUATICS

\* River is closed on Fridays at 11:15 AM starting September 22nd.  
 \*\* Limited lap lanes are available from 8:00-8:55 AM on Saturdays.

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, MODIFIED SWIM, RIVER</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 &amp; 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>	1:30-6:30 PM <b>POOL &amp; HOT TUB CLOSED</b>	4-5 PM <b>LAP SWIM, MODIFIED SWIM, RIVER</b>	1:30-6:30 PM <b>POOL &amp; HOT TUB CLOSED</b>	4-5 PM <b>LAP SWIM, MODIFIED SWIM, RIVER</b>	
	6:30-8:30PM <b>MOD SWIM, RIVER</b>	7:30-8:45 PM <b>LAP SWIM</b>	7:30-8:45 PM <b>LAP SWIM</b>	5-8:30PM <b>OPEN SWIM ALL FEATURES ON</b>	7:30-8:45 PM <b>LAP SWIM</b>	5-8:30PM <b>OPEN SWIM ALL FEATURES ON</b>
				7:30-8:45 PM <b>LAP SWIM</b>	7:30-8:45 PM <b>LAP SWIM</b>	

## 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.

## 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

			
<b>SHOES OFF</b>	<b>SWIMSUIT ON</b>	<b>SHOWER OFF</b>	<b>SWIM</b>



**DTE Energy**  
**MONSTER MASH**  
 FAMILY NIGHT AT THE KROC  
**SAVE THE DATE**  
 Friday, October 27 | 5-7 PM | FREE

# 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> NANCY   \$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> NANCY   \$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>G</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>B</b> 10–11 AM <b>STRETCH &amp; FLEX</b> NANCY   \$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					
<b>G</b> 12:30–1 PM <b>SENIOR FIT</b> NANCY   \$3 NM							
<b>G</b> 1–1:30 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 STRENGTH</b> ROTATION   \$8 NM	
6–7 PM <b>FITNESS ORIENTATION</b>	<b>B</b> 5:45–6:30 PM <b>HIIT</b> TAYLOR   \$8 NM	6–7 PM <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> LISA   \$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> HOLLY   \$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.