

KROC CENTER

DROP-IN RECREATION GUIDE • OCTOBER 2018



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](https://www.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.

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)

Monday–Friday.....8:30 AM–12:30 PM, 4–8:30 PM
Saturday.....8:30 AM–12:30 PM

GAME ROOM HOURS*

Monday–Friday.....5–8 PM
Saturday.....9 AM–5 PM
Sunday.....1–5 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 COURTS

M–F.....4:30–9 PM*
Saturday.....3–7 PM
Sunday.....12–5 PM

*Closed for basketball clinic on Mondays 5–6PM and Wednesdays from 5–7PM for archery.

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 ...

➔ REGISTER FOR FALL 2 PROGRAMS

Registration for fall session 2 programs is now open. **SAVE \$5 per program with the "early bird" discount when you sign up by Tuesday, October 23!**

Don't forget, all fine arts programming will be **\$10 for members, or \$5 if registering before the early bird deadline!** Final day to register for programs is Tuesday, October 30. Classes begin the week of November 4th. Check out all of our programs, including fine arts, in the fall program guide, available at the Welcome Desk or visit us online at GrKrocCenter.org.

➔ MONSTER MASH

On Friday, October 26 from 5-7 PM, join RJ Kroc for his annual 'Monster Mash' Halloween 'Trunk or Treat.' Come dressed up in your favorite costume and 'trunk-or-treat' around the Kroc Center's parking lot. This safe and fun event is free and is appropriate for the whole family. All children under the age of 12 must be accompanied by an adult.

➔ RJ KROC'S MINI MASH

On Tuesday, October 30, from 9 AM-12 noon, dress up your toddler for a special miniature version of our 'Monster Mash' Halloween event. Special activities will include trick-or-treating around the Kroc Center, craft and snack. This event is free for members and included in the cost of Toddler Tuesday for non-members (see below). Mini Mash is designed for children ages 2-4.

➔ MEETUP MONDAYS

Gather each Monday night for a family-style meal and worship time, followed by small group activities and Bible study. All children under 12 must be accompanied by an adult. Child Watch is available for children not participating in activities.

Dinner (\$3 per person).....5–6 PM
Group Activities.....6–7 PM

Call Capt. Taylor Brutto at 616.588.7200, ext. 2002 with any questions.

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 AM–9 AM OPEN GYM		5:30 AM–9 AM OPEN GYM	5:30 AM–9 PM OPEN GYM	5:30–10 AM OPEN GYM		5:30 AM–9 AM OPEN GYM		5:30–9:30 AM OPEN GYM			
		9 AM–12 PM PICKLEBALL		9 AM–12 PM TODDLER TUESDAY		10-10:30 AM SENIOR FIT		9 AM–12 PM PICKLEBALL		9:30-10 AM SENIOR FIT			7 AM–12 PM OPEN GYM
12–2 PM DROP-IN BASKETBALL SESSION 1	12:30–1 PM SENIOR FIT	5:30 AM–9 PM OPEN GYM				10:30 AM–9 PM OPEN GYM	5:30 AM–9 PM OPEN GYM		5:30 AM–9 PM OPEN GYM	10 AM–9 PM OPEN GYM	5:30 AM–9 PM OPEN GYM		12–2 PM DROP-IN BASKETBALL SESSION 1
2:15–4:15 PM DROP-IN BASKETBALL SESSION 2				12–6 PM OPEN GYM				12–9 PM OPEN GYM					2:15–4:15 PM DROP-IN BASKETBALL SESSION 2
4:15–5 PM OPEN GYM	1–9 PM OPEN GYM			6–9 PM OPEN VOLLEYBALL									4:30–6:30 PM DROP-IN BASKETBALL SESSION 3
													6:30–7 PM OPEN GYM



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
SATURDAY* SESSION 1	12–2 PM	10 AM	11 AM
SATURDAY* SESSION 2	2:15–4:15 PM	12 PM	12 PM
SATURDAY* SESSION 3	4:30–6:30 PM	12 PM	12 PM
SUNDAY* SESSION 1	12–2 PM	10 AM	11 AM
SUNDAY* 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 drop in art sessions are FREE for members or included with the purchase of a day pass for non-members. All supplies and instruction provided.

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

Oct 3 **BYOA: Bring Your Own Art**
 Oct 10 **Leaf Rubbings**
 Oct 17 **Décor fit for a Munster**
 Oct 24 **DIY: Halloween Signs**
 Oct 31 **Pumpkin Decorating Party!**

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

Oct 4 **Creepy-Crawly Spider Webs**
 Oct 11 **Jack-O-Lantern Pumpkin Stamps**
 Oct 18 **Spider Slime!**
 Oct 25 **Pumpkin Decorating Party!**

* ages 12 & under must be accompanied by an adult

Happy Hour Art** | Fridays, 6–7 PM

Oct 5 **DIY: Sand-Worm Pet**
 Oct 12 **Spooky Books**
 Oct 19 **Décor fit for a Munster**
 Oct 26 **Pumpkin Decorating Party!**

** ages 12+ only

AQUATICS

* River closes on Fridays at 11:15 AM
 ** Limited lap lanes from 8–8:55 AM on Saturdays

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

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



SHOES OFF



SWIMSUIT ON



SHOWER OFF



SWIM



MONSTER MASH

FAMILY NIGHT AT THE KROC

SAVE THE DATE!

Friday, October 26 | 5–7 PM | FREE

FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
A 5:45–6:30 AM BEGINNER CYCLE LEWIS \$8 NM	B 6–7 AM GENTLE YOGA MEGAN \$8 NM	A 5:45–6:30 AM CYCLE PATRICK \$8 NM	B 6–7 AM GENTLE YOGA SHANNON \$8 NM	B 5:45–6:30 AM TOTAL BODY LEWIS \$8 NM		
A 8:30–9:15 AM HIIT NANCY \$8 NM		A 8:30–9:15 AM HIIT LEWIS \$8 NM		9–10 AM FREE FITNESS ORIENTATION	9–10 AM FREE FITNESS ORIENTATION	
B 9–10 AM YOGA CAROLINE \$8 NM	B 9–10 AM TOTAL BODY LEWIS \$8 NM	B 9–10 AM GENTLE YOGA SHANNON \$8 NM	B 9–10 AM TOTAL BODY LEWIS \$8 NM	A 9–10 AM PILATES CANDACE \$8 NM	G 9:30–10 AM SENIOR FIT ROTATION \$3 NM	B 9–10 AM TOTAL BODY ROTATION \$8 NM
A 10–11 AM HOURLY OF POWER NANCY \$8 NM	A 10–11 AM CYCLE STRENGTH SHELLIE \$8 NM	A 10–11 AM HOURLY OF POWER LAURA \$8 NM	G 10–10:30 AM SENIOR FIT LEWIS \$3 NM	A 10–11 AM CYCLE STRENGTH SHELLIE \$8 NM	B 10:15–11:15 AM STRETCH & FLEX ROTATION \$3 NM	A 10–11 AM WERQ* CHRISTY \$8 NM
	A 11:15 AM–12:15 PM BARRE FIT NIKI \$8 NM	B 10:45–11:45 AM SENIOR YOGA LEWIS \$3 NM	A 11:15 AM–12:15 PM BARRE FIT NIKI \$8 NM			B 10–11 AM YOGA ROTATION \$8 NM
G 12:30–1 PM SENIOR FIT NANCY \$3 NM						
B 1:15–2:15 PM SENIOR YOGA NANCY \$3 NM	B 1–2 PM STRETCH & FLEX LEWIS \$3 NM		B 1–2 PM STRETCH & FLEX LEWIS \$3 NM			
			B 5:45–6:30 PM STRONG by ZUMBA® VAL \$8 NM			
6–7 PM FREE FITNESS ORIENTATION	B 5:45–6:30 PM HIIT VAL \$8 NM	6–7 PM FREE FITNESS ORIENTATION	A 6:30–7:30 PM CYCLE STRENGTH LEWIS \$8 NM	B 6:30–7:30 PM YOGA MEGAN \$8 NM		
B 6:30–7:30 PM HOURLY OF POWER ROTATION \$8 NM	A 6:30–7:30 PM ZUMBA® MARGARITA \$8 NM	A 6:30–7:30 PM CYCLE PATRICK \$8 NM	B 6:30–7:30 PM HOURLY OF POWER LEWIS \$8 NM	A 6:30–7:30 PM ZUMBA® VALARIE/MARGARITA \$8 NM		
	B 6:30–7:30 PM YOGA TORI \$8 NM			B 7:30–8:30 PM NEW! SOULFUL MOTION SAMMIE \$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.