

KROC CENTER

DROP-IN RECREATION GUIDE • DECEMBER 2018



RAY & JOAN
KROC
CORPS COMMUNITY CENTER
GRAND RAPIDS, MI

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Grand Rapids, MI 49507
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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*
December 24.....	9 AM–3 PM**
December 25.....	CLOSED
December 31.....	9 AM–5 PM

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

** Fitness floor ONLY. All other areas will be closed.

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..... 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 BASKETBALL

Closed for the winter.

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 ...

➔ \$5 SWIM LESSONS

In an effort to continue our commitment to water safety, the Kroc center is offering all **entry-level swim lessons for \$5 for members** (\$10 after the early-bird deadline). See the Winter program guide for more details.

➔ NEW! DROP IN FITNESS CLASSES FOR KIDS & TEENS

In order to encourage more young people and families to get fit together, the Kroc Center is reducing age restrictions to participate in our drop-in fitness classes.

As of December 1, drop-in classes will be listed in one of three age groups:

Ages 7+: Kids 7-11 must have an adult with them in the class; ages 12-15 may take these classes without a Teen Fit Permit.

Ages 12+: Ages 12-15 must have a Teen Fit Permit.

Ages 16+: Open only to adults ages 16 and up.

See the back page for the new schedule, and please visit the Fitness Desk if you have any questions.

➔ MERRY FITNESS

Monday, December 24, 9–11AM

Get out of the house and get moving for this two-hour cardio class. The class will include elements of Zumba™, kickboxing and Yoga. Participants will also get a sneak peak of our new LesMills classes (Body Pump and Sprint). FREE to member & day-pass users.

*** SPECIAL HOURS FOR CHRISTMAS BREAK WEEKS ***

The Kroc Center will be closed on Christmas Day, Tuesday, December 25. We will reopen on Wednesday, December 26 at 5:30 AM. There will be **no regularly scheduled drop-in fitness classes** on Monday, December 24. Still looking for a fun class? Try our special Merry Fitness class, see details above.

MON, DECEMBER 24

Modified Open Swim 9 AM–12 PM
Climbing Wall 12–3 PM
Open Swim 12–2:30 PM
Art Room 1–3 PM

WED–FRI, DECEMBER 26–28

Modified Open Swim 9 AM–12 PM
Climbing Wall 12–3 PM, 5–8 PM
Open Swim, Game Room..... 12–8:30 PM
Art Room 1–4 PM

➔ CHRISTMAS BREAK DROP-IN ART, 1–4PM

MON, DEC 24, WED–FRI, DEC 26–28

Dec. 24.....Nativity Silhouette
Dec. 26.....Christmas Light Stencil
Dec. 27.....Mosaic Trees
Dec. 28.....Tissue Paper Tree

MON, DEC 31, WED–FRI, JAN 2–4

Dec. 31.....Watercolor Resist Snowflakes
Jan. 2.....Collage Tree
Jan. 3.....Cardinal Handprint Painting
Jan. 4.....Shape Inspired Trees

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

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 OPEN GYM	5:30-9 AM OPEN GYM	5:30-9 AM OPEN GYM	5:30 AM-6 PM OPEN GYM	5:30-10 AM OPEN GYM	5:30 AM-9 PM OPEN GYM	5:30-9 AM OPEN GYM	5:30-9 AM OPEN GYM	5:30-9:30 AM OPEN GYM	5:30 AM-9 PM OPEN GYM		
		9 AM-12 PM OPEN PICKLEBALL		9AM-12 PM TODDLER TUESDAY		10-10:30 AM SENIOR FIT		9 AM-12 PM OPEN PICKLEBALL		9:30-10 AM SENIOR FIT			7 AM-12 PM OPEN GYM
12-2 PM DROP-IN BASKETBALL SESSION 1		12:30-1PM SENIOR FIT											12-2 PM DROP-IN BASKETBALL SESSION 1
2:15-4:15 PM DROP-IN BASKETBALL SESSION 2			12-9 PM OPEN GYM	12-6 PM OPEN GYM		10:30 AM-9 PM OPEN GYM		12-9 PM OPEN GYM	12-9 PM OPEN GYM	10 AM-9 PM OPEN GYM	1-3 PM FITKIDS (12/14 ONLY)		2:15-4:15 PM DROP-IN BASKETBALL SESSION 2
4:15-5 PM OPEN GYM		1-9 PM OPEN GYM											4:30-6:30 PM DROP-IN BASKETBALL SESSION 3
				6-9 PM OPEN VOLLEYBALL									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

Dec 5 **Candle Making**
 Dec 12 **Ornament Making**
 Dec 19 **Christmas Cards**
 Dec 26 **Winter Painting**

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

Dec 6 **Build-your-own-Gingerbread Man**
 Dec 13 **Letters to Santa**
 Dec 20 **Star Ornaments**
 Dec 27 **New Year Party Favors**

*ages 12 & under must be accompanied by an adult

Friday Drop-In Art* | Fridays, 6 PM-7 PM

Dec 7 **Wax Papers Lanterns**
 Dec 14 **Christmas Cards**
 Dec 21 **Christmas Wreath**
 Dec 28 **New Year's Eve Party Hat**

*ages 12 & under must be accompanied by an adult

AQUATICS

SPECIAL HOLIDAY HOURS: Open swim will begin at 12 PM on Dec. 24, 26-28 and 31. The Kroc Center is closed on Christmas Day.

* River closes on Fridays at 11:15 AM
 ** Limited lap lanes are available from 8:00-8:55 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, RIVER
1-4:30 PM OPEN SWIM ALL FEATURES ON			1:30-4 PM POOL & HOT TUB CLOSED		1:30-4 PM POOL & HOT TUB CLOSED	1-6:30 PM OPEN SWIM ALL FEATURES ON
	1:30-7:30 PM POOL & HOT TUB CLOSED	1:30-7:30 PM POOL & HOT TUB CLOSED	4-5 PM LAP SWIM, MODIFIED SWIM, RIVER	1:30-7:30 PM POOL & HOT TUB CLOSED	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 :30PM 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	7:30-8:45 PM LAP SWIM	
		7:30-8:45 PM LAP SWIM		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 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

COOKIES WITH SANTA
 Saturday, December 15
 2-5 PM
 FREE FOR MEMBERS! OR \$1/PERSON FOR NON-MEMBERS

PICTURES WITH SANTA | SNACKS | SELFIE STATION | LETTERS TO SANTA

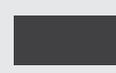
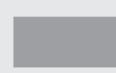
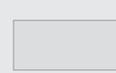
NO REGISTRATION REQUIRED

FITNESS

DAY BEFORE CHRISTMAS: There will be no regularly scheduled drop-in fitness classes on Monday, December 24. Our Merry Fitness class will be offered from 9–11 AM.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
A 5:45–6:30 AM CYCLE LEWIS \$8 NM	B 6–6:45 AM GENTLE YOGA MEGAN \$8 NM	A 5:45–6:30 AM CYCLE PATRICK \$8 NM		B 5:45–6:30 AM TOTAL BODY LEWIS \$8 NM		
A 8:45–9:30 AM HIIT NANCY \$8 NM		A 8:45–9:30 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 STRETCH/FLEX NIKI \$8 NM	G 9:30–10 AM SENIOR FIT ROTATION \$3 NM	A 9–10 AM CYCLE MARA \$8 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 ROTATION \$8 NM	A 10–11 AM BOXING TONY/LAURA \$8 NM	B 10:15–11:15 AM SENIOR YOGA ROTATION \$3 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 11:15–12:15 PM BARRE FIT NIKI \$8 NM		A 10–11 AM WERQ CHRISTY \$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 1–2 PM HOURLY OF POWER ROTATION \$8 NM
B 5:30–6 PM NEW LES MILLS SPRINT™ ROTATION \$8 NM			A 5:30–6:30 PM SOULFUL MOTION SAMMIE \$5 NM			
6–7 PM FREE FITNESS ORIENTATION	B 5:45–6:30 PM HIIT VAL \$8 NM	6–7 PM FREE FITNESS ORIENTATION	B 5:30–6:30 PM NEW BODYPUMP® ROTATION \$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 YOGA TORI \$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	A 6:30–7:30 PM CYCLE STRENGTH LEWIS \$8 NM
				B 6:30–7:30 PM YOGA MEGAN \$8 NM		

NEW! FITNESS CLASS AGE GUIDELINES

-  OPEN TO AGES 7+*
*Ages 7–11 must be supervised by an adult. (No Teen Fit Permit required for ages 12–15)
-  OPEN TO AGES 12+**
**Ages 12–15 require a Teen Fit Permit
-  OPEN TO AGES 16+

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.