

KROC CENTER

DROP-IN RECREATION GUIDE • MAY 2019



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*

Monday, May 27 (Memorial Day)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)

Monday–Friday.....8:30 AM – 12:30 PM and 4:00 – 8:30 PM
Saturday.....8:30 AM – 12:30 PM

GAME ROOM HOURS (AGES 6–11*)

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

Wednesday and Friday.....5 – 8 PM
Saturday and Sunday.....1 – 5 PM

DAY PASS PRICES

1-DAY PASS

Ages 0–11 \$6.50
Ages 12 & up \$8.50

30-DAY PASS

Ages 12–17.....\$35
Ages 18 & up\$50

SUMMER PASS – VALID THROUGH AUGUST 31

Teen (Ages 12–17)..... \$80 Ages 18 & up..... \$150 Family of up to 5..... \$300

PUNCH CARD PRICES

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

Drop-in fitness punch card (12 punches).....\$90
Day pass punch card (12 punches).....Ages 0–11: \$65 | Ages 12 & up: \$85
Child watch punch card (10 punches).....\$24

... 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, archery, and art. Stop by the Welcome Desk to pick up our summer camp brochure or download a copy at GrKrocCenter.org.

➔ TODDLER TUESDAY FINALE, MAY 28

Celebrate the final Toddler Tuesday before summer break! We'll have all the normal activities in our gym and pool, PLUS snacks and special activities like arts & crafts, a bounce house, and storytime.

FREE for members (with a family membership).

Non-members: One **FREE** adult per paid child admission of just \$6.50.

➔ SUMMER 1 PROGRAM REGISTRATION

Early Bird Registration Deadline..... Tuesday, May 28
Final Registration Deadline..... Tuesday, June 4
Session Begins Sunday, June 9

➔ MOTHER’S & FATHER’S DAY EVENTS

Want an easy way to celebrate the holiday with your family? Spend an afternoon at the Kroc Center with that special someone in your life. Enjoy open swim time in the pool, climbing the rock wall, family games & activities and a pizza dinner.

FREE for members; \$5 per person for Pool & Play Pass holders; \$10 per person for non-members.



Saturday, May 11
1–6 PM



Saturday, June 15
1–6 PM

Must pre-register. Watch for details at GrKrocCenter.org.

GYMNASIUM

CLOSURES: The Gymnasium will be closed Friday, May 17 from 1–3 PM for a program, and on Tuesday, May 28 from 9 AM – 12 PM for the Toddler Tuesday Finale event.

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		9 AM–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		1–9 PM OPEN GYM	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			2:15–4:15 PM DROP-IN BASKETBALL SESSION 2
4:15–5 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

NEW!

ART PLAY STUDIO

Thursdays, 5–8 PM

Does your child love to draw, paint and create? **Drop-in our art room every Thursday evening from 5-8pm:** Explore creativity in a space for artistic play with art materials. Free for members and day pass users. Children under 12 must be accompanied by a parent or adult.

NOTE: There is no drop-in family art on Fridays during May.

SENIOR DROP-IN ART

Wednesdays, 11 AM–12:30 PM

Create and take home your own unique arts and crafts projects! 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.

- May 1.....BYOA: Bring Your Own Art
- May 8.....Felt Flowers
- May 15.....Photo Transfer Techniques
- May 22.....Yarn Balls
- May 29.....Learn a New Medium: Watercolor

AQUATICS

NOTE: The Aquatics Center will be closed 9 AM–12 PM on May 30 & 31 for an event.

* 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
	6–10:15 AM 11:15 AM–12 PM LAP SWIM	6–8:55 AM LAP SWIM	6–8:55 AM 10 AM–12 PM 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, RIVER	9 AM–12 PM MODIFIED SWIM, RIVER	9 AM–12 PM MODIFIED SWIM, RIVER	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			12–4 PM POOL & HOT TUB CLOSED		12–4 PM POOL & HOT TUB CLOSED	12–12:55 PM LAP SWIM, MODIFIED SWIM, RIVER
1–4:30 PM OPEN SWIM ALL FEATURES ON	12–7:30 PM POOL & HOT TUB CLOSED	12–7:30 PM POOL & HOT TUB CLOSED	4–5 PM LAP SWIM, MODIFIED SWIM, RIVER	12–7:30 PM POOL & HOT TUB CLOSED	4–5 PM LAP SWIM, MODIFIED SWIM, RIVER	1–6:30 PM 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	5–8:30 PM OPEN SWIM ALL FEATURES ON	7:30–8:45 PM LAP SWIM	7:30–8:30 PM MOD SWIM, RIVER
						5–8:30 PM OPEN SWIM ALL FEATURES ON

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.

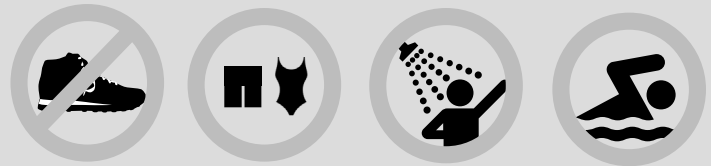
OPEN SWIM

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

GUARD ROTATION AND BREAKS

Each hour during open swim all members and guests must exit the pool and hot tub for 10 minutes prior to the hour to allow for guard rotation.

POOL-READY GUIDELINES



SHOES OFF

SWIMSUIT ON

SHOWER OFF

SWIM



A full year of weekend fun for only \$99!
 Ask for more information at the Welcome Desk.

FITNESS

Visit Studio B to try one of our **LES MILLS** Virtual Fitness Classes!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
A 5:45–6:30 AM CYCLE LEWIS \$9 NM	B 5:45–6:30 AM BODYPUMP® VIRTUAL \$9 NM	A 5:45–6:30 AM CYCLE PATRICK \$9 NM		B 5:45–6:30 AM TOTAL BODY LEWIS \$9 NM	<div style="border: 2px dotted black; padding: 10px;"> <p>FITNESS ORIENTATIONS</p> <p>Need an overview of the fitness floor? We can help! Free fitness orientations are offered every Mon. & Wed. from 6–7 PM and Fri. & Sat. from 9–10 AM.</p> </div>	
B 6–6:45 AM BODYPUMP® VIRTUAL \$9 NM	A 6–6:45 AM YOGA MEGAN \$9 NM	B 6–7 AM BODYPUMP® VIRTUAL \$9 NM	B 6–6:30 AM LES MILLS SPRINT™ PATRICK \$9 NM	B 6:45–7:15 AM CXWORX® VIRTUAL \$9 NM		
B 7–7:30 AM CXWORX® VIRTUAL \$9 NM		B 7:15–7:45 AM CXWORX® VIRTUAL \$9 NM	B 7–7:45 AM BODYPUMP® VIRTUAL \$9 NM	A 7:15–7:45 AM LES MILLS GRIT® VIRTUAL \$9 NM		
A 8:45–9:30 AM HIIT NANCY \$9 NM	B 7:15–7:45 AM LES MILLS SPRINT™ HEIDI \$9 NM	A 8:45–9:30 AM HIIT LEWIS \$9 NM	B 8:15–8:45 AM LES MILLS GRIT® VIRTUAL \$9 NM	B 7:45–8:15 AM LES MILLS GRIT® VIRTUAL \$9 NM		
B 9–10 AM YOGA SHANNON \$9 NM	B 9–10 AM TOTAL BODY LEWIS \$9 NM	B 8:45–9:45 AM GENTLE YOGA SHANNON \$9 NM	B 9–10 AM TOTAL BODY LEWIS \$9 NM	B 8:30–9:30 AM BODYPUMP® HEIDI \$9 NM	B 9–10 AM BODYPUMP® ROTATION \$9 NM	
A 10–11 AM HOOR OF POWER NANCY \$9 NM	A 10–11 AM CYCLE STRENGTH SHELLIE \$9 NM		A 10–11 AM CYCLE STRENGTH ROTATION \$9 NM	A 9–9:30 AM CXWORX® NIKI \$9 NM	A 9–10 AM CYCLE MARA \$9 NM	
B 10:15–11 AM BODYPUMP® VIRTUAL \$9 NM		B 10–10:30 AM LES MILLS GRIT® VIRTUAL \$9 NM	B 10:15–10:45 AM CXWORX® VIRTUAL \$9 NM	G 9:30–10 AM SENIOR FIT ROTATION \$3 NM	B 10–11 AM YOGA ROTATION \$9 NM	
		G 10–10:30 AM SENIOR FIT LEWIS \$3 NM		A 10–11 AM BOXING TONY/LAURA \$9 NM	A 10–11 AM WERO CHRISTY \$9 NM	

B 12–12:30 PM BODYCOMBAT® VIRTUAL \$9 NM	B 11–11:45 AM BODYPUMP® VIRTUAL \$9 NM	B 10:45–11:45 AM SENIOR YOGA LEWIS \$3 NM	A 11:15 AM–12:15 PM BARRE FIT NIKI \$9 NM	B 10:15–11:15 AM SENIOR YOGA ROTATION \$3 NM		
G 12:30–1 PM SENIOR FIT NANCY \$3 NM	A 11:15 AM–12:15 PM BARRE FIT NIKI \$9 NM	B 12–12:30 PM CXWORX® VIRTUAL \$9 NM	B 12–12:30 PM BODYCOMBAT® VIRTUAL \$9 NM	B 12–12:45 PM BODYPUMP® VIRTUAL \$9 NM	B 12:15–12:45 PM CXWORX® VIRTUAL \$9 NM	B 12–12:30 PM BODYCOMBAT® VIRTUAL \$9 NM
B 1–1:45 PM BODYPUMP® VIRTUAL \$9 NM	A 1–2 PM STRETCH & FLEX LEWIS \$3 NM	B 1–1:30 PM BODYCOMBAT® VIRTUAL \$9 NM	B 1–1:45 PM BODYPUMP® VIRTUAL \$9 NM	B 1–1:30 PM CXWORX® VIRTUAL \$9 NM	B 1–1:30 PM BODYCOMBAT® VIRTUAL \$9 NM	B 1–1:45 PM BODYPUMP® VIRTUAL \$9 NM
A 1:15–2:15 PM SENIOR YOGA NANCY \$3 NM	B 1:15–1:45 PM CXWORX® VIRTUAL \$9 NM		A 1–2 PM STRETCH & FLEX LEWIS \$3 NM			A 1–2 PM HOOR OF POWER ROTATION \$9 NM
B 2–2:30 PM CXWORX® VIRTUAL \$9 NM	B 2–2:30 PM LES MILLS GRIT® VIRTUAL \$9 NM	B 2–2:45 PM BODYPUMP® VIRTUAL \$9 NM	B 2–2:30 PM CXWORX® VIRTUAL \$9 NM	B 2–2:30 PM BODYCOMBAT® VIRTUAL \$9 NM	B 2–2:45 PM BODYPUMP® VIRTUAL \$9 NM	B 2–2:30 PM CXWORX® VIRTUAL \$9 NM

B 5:30–6 PM LES MILLS SPRINT™ ROTATION \$9 NM	B 5:30–6:30 PM BODYPUMP® KRISTY \$9 NM	B 5:30–6 PM BODYCOMBAT® VIRTUAL \$9 NM	A 5:30–6:15 PM SOULFUL MOTION SAMMIE \$5 NM	B 5–5:45 PM BODYPUMP® VIRTUAL \$9 NM
B 6:30–7:30 PM BODYPUMP® ROTATION \$9 NM	A 5:30–6:30 PM HIIT VAL \$9 NM	A 6–6:30 PM CXWORX® KRISTY \$9 NM	B 5:30–6:30 PM BODYPUMP® ROTATION \$9 NM	B 6–6:30 PM BODYCOMBAT® VIRTUAL \$9 NM
A 6:30–7:30 PM ZUMBA® MARGARITA \$9 NM	A 6:45–7:30 PM CYCLE PATRICK \$9 NM	B 6:30–7:30 PM HOOR OF POWER LEWIS \$9 NM	A 6:30–7:30 PM CYCLE STRENGTH LEWIS \$9 NM	B 6:45–7:15 PM CXWORX® VIRTUAL \$9 NM
	B 6:45–7:45 PM YOGA NATALIE \$9 NM	A 6:45–7:45 PM ZUMBA® VALARIE/MARGARITA \$9 NM	B 6:45–7:45 PM YOGA MEGAN \$9 NM	

NEW! FITNESS CLASS AGE GUIDELINES

OPEN TO AGES 7+*
*Ages 7–11 must be supervised by an adult. (No Teen Fit Permit)

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.