

KROC CENTER

DROP-IN RECREATION GUIDE • AUGUST 1-27



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

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.

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.....9 AM–12 PM, 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

Mon, Wed, Thurs. 5–8 PM
Saturday 1–5 PM

OUTDOOR BASKETBALL

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

OUTDOOR BASKETBALL COURTS

The Kroc Center outdoor basketball courts are available for recreational play when the Kroc Center building is open; however, they may be closed for Kroc Center use at any time.

Kroc Krew Attendants will supervise the courts during peak times. All players (members & non-members) must register at the Welcome Desk in order to enter the courts during these times (subject to change):

FREE! Mon–Fri..... 4:30 PM – TBD*
(end time depends on court usage)
Saturday..... 3 – 7 PM
Sunday.....1 – 5 PM

*Outdoor Courts will be CLOSED Wednesdays from 4-7 PM.

news & important dates

REGISTER NOW FOR SUMMER CAMP!

Sign up now for our summer day camp! 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!

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

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.

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-3 PM Monday-Friday to assist with program registration, membership questions, etc.

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

GYMNASIUM

CLOSURES: Far side of gym closed for Gymnastis Camp August 14-18, 8:30 AM - 12:15 PM

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	
AUGUST 1-27		5:30-9 AM OPEN GYM	5:30-9 AM OPEN GYM	5:30-10:45 AM OPEN GYM	5:30-10:45 AM OPEN GYM	5:30-9 AM OPEN GYM		5:30-9 AM OPEN GYM	5:30-9 AM OPEN GYM	5:30-9:30 AM OPEN GYM				
			9-12 PM OPEN PICKLEBALL		10:45-11:30 AM DAY CAMP		10-10:30 AM SENIOR FIT		9-12 PM OPEN PICKLEBALL		9:30-10 AM SENIOR FIT		7 AM-12 PM OPEN GYM	
		12-2 PM DROP-IN BASKETBALL SESSION 1	12:30-1 PM SENIOR FIT		11:30 AM-1:15 PM OPEN GYM	11:30 AM-1:15 PM OPEN GYM		10:30 AM-9 PM OPEN GYM	5:30 AM-9 PM OPEN GYM	12-9 PM OPEN GYM	12-9 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	1-1:30 PM SENIOR YOGA		1:15-2 PM DAY CAMP									
4:15-5 PM OPEN GYM	1:30-9 PM OPEN GYM	12-9 PM OPEN GYM	2-5 PM OPEN GYM	2-5 PM OPEN GYM									4:30-6:30 PM DROP-IN BASKETBALL SESSION 3	
			5-6 PM BASKETBALL CLINIC										6:30-7 PM OPEN GYM	
			6-9 PM OPEN VOLLEYBALL											



WANT TO KEEP PLAYING? REPEAT STEPS 2-5.

DROP-IN BASKETBALL

- HAVE A CURRENT KROC MEMBERSHIP OR PURCHASE A DAY PASS
- PICK A SESSION AT THE WELCOME DESK TO SAVE YOUR SPOT
- GIVE RECEIPT TO GYM ATTENDANT AT THE TIME OF YOUR SESSION
- RECEIVE WRISTBAND & CHECK IN
- 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

We offer drop-in art for **seniors** every Wednesday! All supplies and instruction provided.

- Senior Drop-In Art** | Wednesdays, 11 AM-12:30 PM
- August 2.....Tissue Paper Painting
 - August 9.....Yarn Art
 - August 16.....Summer Collage
 - August 23.....Watercolor Painting
 - August 30.....Inspirational Word Art

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).

There's never been a better time to be a Kroc Center member! Pick up a Fall Program Guide for more details.

AQUATICS

***River is closed on Tuesdays from 10:45-11:45 AM.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUGUST 1-27	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
12-12:55 PM LAP SWIM, MODIFIED SWIM, RIVER	12-3:55 PM OPEN SWIM ALL FEATURES ON	12-3:55 PM OPEN SWIM ALL FEATURES ON	12-8:30 PM OPEN SWIM ALL FEATURES ON	12-3:55 PM OPEN SWIM ALL FEATURES ON	12-8:30 PM OPEN SWIM ALL FEATURES ON	12-12:55 PM LAP SWIM & MODIFIED SWIM
1-4:30 PM OPEN SWIM ALL FEATURES ON						1-6:30 PM OPEN SWIM ALL FEATURES ON
	4-6:30 PM POOL & HOT TUB CLOSED FOR LESSONS	4-7:30 PM POOL & HOT TUB CLOSED FOR LESSONS		4-7:30 PM POOL & HOT TUB CLOSED FOR LESSONS		
	6:30-8:30 PM OPEN SWIM	7:30-8:45 PM LAP SWIM	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.

Splash pad is open!



Our outdoor splash pad is open and will be available during modified open swim and open swim times through Labor Day weekend (weather permitting).

POOL-READY GUIDELINES



SHOES
OFF



SWIMSUIT
ON



SHOWER
OFF



SWIM

FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
A 5:45–6:30 AM BEGINNER CYCLE TRINA \$8 NM		A 5:45–6:30 AM CYCLE PATRICK \$8 NM		B 5:45–6:30 AM TOTAL BODY LEWIS \$8 NM			
				9–10 AM FITNESS ORIENTATION	9–10 AM FITNESS ORIENTATION		
B 9–10 AM YOGA HOLLY \$8 NM	B 9–10 AM TOTAL BODY LEWIS \$8 NM	B 9–10 AM YOGA HOLLY \$8 NM	B 9–10 AM TOTAL BODY LEWIS \$8 NM	A 9–10 AM TURBO KICK MINDY \$8 NM	G 9:30–10 AM SENIOR FIT MARILYN \$3 NM	B 9–10 AM POWERFLEX ROTATION \$8 NM	
A 10–11 AM GROUP POWER TONY \$8 NM	A 10–11 AM CYCLE STRENGTH TRINA \$8 NM	A 10–11 AM GROUP POWER LAURA \$8 NM	G 10–10:30 AM SENIOR FIT LEWIS \$3 NM	A 10–11 AM CYCLE STRENGTH LAURA \$8 NM	B 10–11 AM STRETCH & FLEX MARILYN \$3 NM	A 10–11 AM ZUMBA* CHRISTY \$8 NM	B 10–11 AM YOGA* ROTATION \$8 NM
		B 10:45–11:30 AM SENIOR YOGA LEWIS \$3 NM					
G 12:30–1 PM SENIOR FIT LEWIS \$3 NM							
G 1–1:30 PM SENIOR YOGA LEWIS \$3 NM	B 1–2 PM STRETCH & FLEX MARILYN \$3 NM		B 1–2 PM STRETCH & FLEX LEWIS \$3 NM				
	B 5:45–6:30 PM HIIT TAYLOR \$8 NM			B 5:45–6:30 PM TURBO KICK NICHELLE \$8 NM			
B 6–7 PM FITNESS ORIENTATION							
B 6:30–7:30 PM HOUR OF POWER ALICIA \$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 LISA \$8 NM	B 6:30–7:30 PM HOUR OF POWER LEWIS \$8 NM	A 6:30–7:30 PM ZUMBA* VALARIE/ MARGARITA \$8 NM	A 6:30–7:30 PM CYCLE STRENGTH CARL \$8 NM	B 6:30–7:30 PM YOGA 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.