

KROC CENTER

DROP-IN RECREATION GUIDE • JULY 2018



RAY & JOAN
KROC
CORPS COMMUNITY CENTER
GRAND RAPIDS, MI

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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*
July 4.....**CLOSED**
September 4–9...CLOSED FOR MAINTENANCE

*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)

Mon–Thurs.....8:30 AM–12:30 PM, 4–8:30 PM
Fri, Saturday.....8:30 AM–12:30 PM

GAME ROOM HOURS (AGES 6–11*)

Wed, 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

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

*Closed for programs on Wednesdays 4–7 PM.

Closed 7/2–7/8 for resurfacing.

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 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.

➔ FAMILY, FUN & FITNESS NIGHTS **FREE!**

Every Wednesday in July, 5:45 PM - 8:30 PM

Make the Kroc your summer hangout each week! Work up a sweat in a FREE family fitness class in the amphitheater at 5:45 PM, then cool off on the giant slip & slide from 6:30–8:30 PM. Concessions and other activities will also be available on our outdoor campus.

➔ CHURCH AT THE KROC

Every Sunday at 10 AM

July Sermon Series: UNSTUCK

Moving from the Mundane to the Meaningful

Are you stuck in a rut? It’s easy for Christians to find themselves caught up in the life of cluttered schedules, rhythms, and routines dictated by our culture. Many feel stuck in the routine of life—their jobs, relationships, and daily circumstances.

Join us as we move from the mundane to the meaningful during our outdoor worship in the amphitheater (July 1, 8, 15)

➔ NATIONAL NIGHT OUT **FREE!**

Tuesday, August 7, 5–8:30 PM

Join the Garfield Park Neighborhoods Association along with local police, fire, and other partners as we celebrate community safety and togetherness. Take a ride on the slip & slide, sit in a police vehicle, and much more!

AQUATICS

CLOSURES: The pool will be **CLOSED** for Swim Camp the week of July 23–27 from 8:30 AM–12 PM. *River closes on Fridays at 11:15 AM

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–12:15 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	12:15–8:30 PM OPEN SWIM ALL FEATURES ON	12–12:55 PM LAP SWIM & MODIFIED SWIM
1–4:30 PM OPEN SWIM ALL FEATURES ON				4–7:30 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	4–7:30 PM POOL & HOT TUB CLOSED FOR LESSONS		4–7:30 PM POOL & HOT TUB CLOSED FOR LESSONS		
	7:30–8:30 PM OPEN SWIM	7:30–8:45 PM LAP SWIM	7:30–8:30 PM MOD SWIM, RIVER	7:30–8:45 PM LAP SWIM	7:30–8:45 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

FAMILY FUN & FITNESS

FREE EVENT
WEDNESDAYS
IN JULY*
*NO EVENT ON JULY 4

5:45 PM
OUTDOOR FAMILY FITNESS CLASS

6:30-8:30 PM
GIANT SLIP N' SLIDE

SPONSORED BY:

FITNESS

Class Location Change: Senior Fit will be moved to Studio B on July 11, 13, 18 & 20.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
A 5:45–6:30 AM BEGINNER CYCLE ROTATION \$8 NM		A 5:45–6:30 AM CYCLE PATRICK \$8 NM		B 5:45–6:30 AM TOTAL BODY LEWIS \$8 NM			
A 8:30–9:15 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 NATALIE \$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	A 9–10 AM CARDIO STEP CANDACE \$8 NM	B 9–10 AM POWERFLEX ROTATION \$8 NM
A 10–11 AM GROUP POWER NANCY \$8 NM	A 10–11 AM CYCLE STRENGTH SHELLIE \$8 NM	A 10–11 AM POWERFLEX 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	B 10–11 AM YOGA ROTATION \$8 NM
B 11–12 AM CARDIO STEP CANDACE \$8 NM		B 10:45–11:45 AM SENIOR YOGA LEWIS \$3 NM	B 11 AM–12 PM BARRE FIT NIKI \$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				

6–7 PM FREE FITNESS ORIENTATION	B 5:45–6:30 PM HIIT LEWIS \$8 NM	6–7 PM FREE FITNESS ORIENTATION	5:30–6:30 PM NEW! ZUMBA STRONG
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 KARI \$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

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.