

KROC CENTER

DROP-IN RECREATION GUIDE • MARCH 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*
Sunday, April 1 (Easter).....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)

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..... 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

Wed, Fri..... 5–8 PM
Saturday and Sunday..... 1–5 PM

OUTDOOR BASKETBALL

The outdoor basketball court is now closed for the winter, and will reopen when warm weather returns.

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 ...

➤ **CAMP KROC EARLY BIRD SPECIAL**

Save 10% when you register March 5–11

It’s time to start planning for summer! Register online or at the Welcome Desk from March 5–11 to save 10% on summer day camp, specialty camps, and extended care (not valid on Little Pine Island camps). No coupon necessary!

Need more info about Camp Kroc? Pick up a summer camp brochure from the Welcome Desk or download one at GrKrocCenter.org

➤ **SoulfulMOTION FITNESS CLASS** **FREE!**

Friday, March 23 • 7–8 PM

SoulfulMOTION is a Christ-centered H.I.I.T. (high intensity interval training) fitness program that combines praise, worship, and fitness for an hour of cardio blasting choreography that will leave you feeling powerful, motivated, and blessed!

Registration for this free class is required. Register at the Welcome Desk or online at GrKrocCenter.org.

➤ **SPRING BREAK AT THE KROC**

Monday–Friday, April 2–6

Join us during spring break for daily special activities and entertainment for the whole family, including extended open swim, family fitness classes, bounce houses, interactive performances, wildlife presentations and more!

Need child care? Sign up for Camp Kroc Spring Break! Campers will spend the week swimming, rock climbing, playing games, and more! Stop by the welcome desk for more details or visit GrKrocCenter.org.

➤ **MEET UP 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 Activities6–7 PM

The last Meet Up Monday of the season will be March 26th. Meet Up Mondays will resume in September.

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

GYMNASIUM

CLOSURE: The gymnasium will be closed Sunday, March 18th for the GR Kids Summer Camp Fair.

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		5:30-9 AM OPEN GYM		5:30-9 AM OPEN GYM	5:30-9 AM OPEN GYM	5:30-9:30 AM OPEN GYM			7 AM-9 AM OPEN GYM
		9 AM-12 PM OPEN PICKLEBALL	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			8:30 AM-11:45 AM CLOSED FOR YOUTH BASKETBALL LEAGUE (MARCH 3 ONLY)
12-2 PM DROP-IN BASKETBALL SESSION 1	12:30-1 PM SENIOR FIT			12-5:50 PM OPEN GYM	5:30 AM-5:50 PM OPEN GYM	10:30 AM-9 PM OPEN GYM	5:30 AM-9 PM OPEN GYM	12-5:50 PM OPEN GYM	12-5:50 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													2:15-4:15 PM DROP-IN BASKETBALL SESSION 2
4:15-5 PM OPEN GYM	1-9 PM OPEN GYM	12-9 PM OPEN GYM											4:30-6:30 PM DROP-IN BASKETBALL SESSION 3
* Gym will close at 4:15 PM for Fellowship of Christian Athletes on Sunday, March 4.													6:30-7 PM OPEN GYM
					6-9 PM CLOSED FOR VOLLEYBALL LEAGUE				5:50-7 PM CLOSED FOR YOUTH BASKETBALL LEAGUE (MARCH 1 ONLY)				
								7-9 PM OPEN GYM	7-9 PM OPEN GYM				



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

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 supplies and instruction provided.

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

March 7.....**St. Patrick's Day Window Stars**
 March 14.....**Leprechaun Banner**
 March 21.....**Mosaic**
 March 28.....**Media Exploration: Ink**

Senior drop-in art is FREE for members or included with a day pass for non-members (€3 per non-member without a day pass). Please pick up a drop-in art token at the welcome desk before going to the art room.

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

March 1.....**Mosaic**
 March 8.....**Shamrock Slime**
 March 15.....**St. Patrick's Day Masks**
 March 22.....**Spray Bottle Art**
 March 29.....**Mermaid Necklaces**

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

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				
A 8:45–9:30 AM NEW HIIT TONY \$8 NM		A 8:45–9:30 AM NEW 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 NEW GENTLE YOGA NATALIE \$8 NM	B 9–10 AM TOTAL BODY LEWIS \$8 NM	A 9–10 AM TURBO KICK CANDACE \$8 NM	G 9:30–10 AM SENIOR FIT ROTATION \$3 NM	A NEW 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	A 10–11 AM BOXING TONY/LAURA \$8 NM	B 10:15–11:15 AM STRETCH & FLEX ROTATION \$3 NM	A 10–11 AM ZUMBA CHRISTY \$8 NM	B 10–11 AM YOGA ROTATION \$8 NM
		B 10:45–11:45 AM SENIOR YOGA LEWIS \$3 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 TOTAL BODY ROTATION \$8 NM	
6–7 PM FREE FITNESS ORIENTATION	B 5:45–6:30 PM HIIT LEWIS \$8 NM	6–7 PM FREE FITNESS ORIENTATION	B 5:45–6:30 PM TURBO KICK NICHELLE \$8 NM					
B 6:30–7:30 PM HOUR 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 MEGAN \$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 ROTATION \$8 NM	B 6:30–7:30 PM YOGA ROTATION \$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.