$5 Swim lessons are back!
See page 10
September 1998: Joan Kroc, wife of the late McDonald’s founder Ray Kroc, announces an $80 million donation to The Salvation Army to develop the first Kroc Center in San Diego, California.

“I realized they desperately needed a safe gathering place, a place with facilities and trained professionals to nurture their social skills, arts appreciation and athletic potential.”

October 2003: Mrs. Kroc passes away of brain cancer. She leaves a gift of $1.5 billion to The Salvation Army to fund the creation of a network of Kroc Centers around the United States. The gift is designed so that Salvation Army groups in communities wishing to build a Kroc Center must raise half the money locally, in order to establish a foundation of support.

“We can help bring our city together by declaring our love to all of its children and showing them the faith we have in their future.”

October 2008: Ground is broken at 2500 S. Division for the construction of the Grand Rapids Kroc Center. A “transitional” Kroc Center is established at The Salvation Army’s Dickinson Park location to begin the development of programming.

June 2002: The flagship Kroc Center in San Diego opens to the public.

2005 through 2010: The Salvation Army of Kent County campaigns to raise money and find a location for the Grand Rapids Kroc Center. The community comes through by providing $15 million to support the effort.

October 2010: The first church services are held at the new Kroc Center. More than 100 employees are hired and trained to operate the facility, and the first memberships are sold.

November 1, 2010: The Salvation Army Ray & Joan Kroc Corps Community Center opens to the public.
WINTER SESSION 1 DATES
Registration Opens..............................................Monday, November 18
Program Scholarship Deadline.............................Sunday, December 8
Early Bird Registration Deadline*** ...............Sunday, December 22
Final Registration Deadline* ..................Sunday, December 29
Session Begins .............................................Sunday, January 5
Session Ends ...................................................Saturday, February 22

WINTER SESSION 2 DATES**
Registration Opens..............................................Monday, January 13
Program Scholarship Deadline.............................Sunday, January 19
Early Bird Registration Deadline*** ..............Tuesday, February 11
Final Registration Deadline* ..................Tuesday, February 18
Session Begins .............................................Sunday, February 23
Session Ends ...................................................Saturday, April 18
*Registrations accepted after the final deadline are subject to a $10 late fee. Please note that the Kroc Center reserves the right to close enrollment at the deadline, and class placement is not guaranteed.
** There will be no roster programs the week of Spring Break, April 6–10.
*** Early bird discounts do not apply to camps, leagues, or special events.

HOLIDAY HOURS & CLOSURES
November 28 (Thanksgiving).........................CLOSED
December 24 (Christmas Eve)..............CLOSED @ 2 PM
December 25 (Christmas)...............................CLOSED
December 31 (New Year’s Eve)..............CLOSED @ 2 PM
January 1 (New Year’s Day) .........................CLOSED
April 12 (Easter) ...........................................CLOSED

GENERAL HOURS OF OPERATION
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.

HOLIDAY HOURS & CLOSURES
November 28 (Thanksgiving).........................CLOSED
December 24 (Christmas Eve)..............CLOSED @ 2 PM
December 25 (Christmas)...............................CLOSED
December 31 (New Year’s Eve)..............CLOSED @ 2 PM
January 1 (New Year’s Day) .........................CLOSED
April 12 (Easter) ...........................................CLOSED

"Sharing the love of Jesus Christ by providing life-changing experiences."

NEW PROGRAMS
Painting Basics for Kids..........................................6
Prenatal and Postpartum Water Exercise ..................13

FREE PROGRAMS
Church at the Kroc..................................................4
Fitkids 360 .............................................................16
Cooking Matters ....................................................20
Cooking for One ....................................................20
Home Repair Services ...........................................21

NEW
FREE
NEW PROGRAMS
FREE PROGRAMS

Look for the following icons throughout the program guide:
Looking to take a next step in your spiritual journey? Join us Sunday mornings for multicultural worship. Bible classes following worship for all ages, and more. Nursery is available.

Email us at grkrocchurch@usc.salvationarmy.org or call Matt Aho at 616.588.7200, ext. 2004 for questions or more information.

Comience su semana con el culto de adoración en inglés y español (traducido) cada domingo. Los servicios tienen música y enseñanza, clases de la Biblia para todas las edades, y más. También se ofrece cuidado de niños.

Youth Ministry

Share our Sunday morning service with your little ones at 10 AM, then send them to Kroc Kids Worship at 10:30, where they’ll learn about God’s word through fun games, music, and dance! For more information on Kroc Church youth ministry programs, please contact us at grkrocchurch@usc.salvationarmy.org.

SUNDAY WORSHIP SERVICES:

- Multicultural Worship ..................... 10 AM
- Adult Classes .............................. 11:15 AM
- Kroc Tots (Childcare) ...9:45 AM–12:15 PM
- Kroc Kids Worship ............10:30–11:15 AM
A MESSAGE FROM OUR OFFICERS

Kroc Center members and guests,

2020 is almost here! In literal terms, hearing that number at the eye doctor means you have excellent vision -- symbolically, it brings to mind the vision of Mrs. Joan Kroc and The Salvation Army in developing Kroc Centers as a place where people can be transformed in mind, body, and spirit.

It is sure to be an exciting year for the Kroc Center, as we will mark the building’s 10th anniversary in the fall. It’s an opportunity to look back and recognize the people and efforts that have made this place possible, as well as a chance to gaze forward and create a new vision for the next ten years.

God has richly blessed us with a beautiful facility and dedicated people, and it is our joy to share those blessings with you every day. We thank you for being part of our strong and growing community, and we hope you will join us in 2020 as we celebrate ten years of the Kroc Center.

By Faith,
Capts. Bill & Taylor Brutto

We are a multicultural, intergenerational church where all people are loved and encouraged to take the next step on their spiritual journey with God.

Meetup Monday

January 13–March 30
5–7 PM

MEETUP MONDAY is an opportunity open to the community to share a meal together before separating into individual group activities. The meal is served cafeteria style between 5:00 PM and 6:00 PM, cost is $3 per meal and $1 for pop. Group activities run from 6:00 PM and 7:00 PM and include classes for kids and adults. Contact Matt Aho at (616) 588-7200, ext. 2004 for more information. All children under 12 years old must be accompanied by an adult.

Interested in further study and fellowship?

Men’s Ministries
8:30–10 AM, First Saturday of every month

This monthly gathering offers men a time to share food and conversation with their peers. We explore the Bible with the goal of impacting our world by daring to be uncommon. Contact Matt Aho at 616.588.7200 ext. 2004 for more information.

Women’s Ministries
6–8 PM, Wednesday evenings

A women’s casual evening of discipleship, fellowship and conversation. Contact us at GrKrocChurch@usc.salvationarmy.org for more information.
PAINTING BASICS FOR KIDS
Ages 6–12 | Meets 6 times | Min 5/Max 10
$35 members, $55 non-members
Does your child love to paint and create? Give them a chance to learn basic technique and color mixing with acrylic and watercolor paint in this new class. Students will be able to practice and try new materials gaining confidence and expanding creatively while also working on fine motor skills in a positive community atmosphere. All supplies including paint, brushes and paper or canvas will be provided.

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<tr>
<th>CLASS #</th>
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<th>TIME</th>
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<tbody>
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<tr>
<td>R20100c</td>
<td>Mondays, Feb 24–Mar 30</td>
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PAINTING BASICS
Ages 13+ | Meets 6 times | Min 5/Max 10
$35 members, $55 non-members
Explore multiple painting media including watercolor, acrylic and oil. Students will spend two weeks dedicated to each medium with instruction on basic technique and color mixing. Use your time to explore each or focus on your favorite. All supplies, including paint, brushes and paper or canvas, will be provided.

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<tr>
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<tr>
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<td>Tuesdays, Feb 25–Mar 31</td>
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</table>

CREATE WITH CLAY! FOR KIDS
Ages 7-12 | Meets 6 times | Min 5/Max 10
$30 members, $50 non-members
Experience the magic of clay by creating projects such as bowls, pots, plates, mugs and more. Clay, glazes and firing are included.

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<tr>
<td>R20500c</td>
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YOUTH THEATER WORKSHOP
Ages 8–14 | Meets 6 times | Min 10/Max 20
$25 members, $45 non-members
Calling all actors, actresses and stage crew! This workshop is a fun all-around intro to theater. Students will learn both on- and off-stage basics, then perform for friends and family on the final night of class!

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<tr>
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</table>

OPEN CLAY STUDIO: INTRO TO WHEEL THROWING
Ages 13+ | Meets 6 times | Min 5/Max 10
$35 members, $55 non-members
Do you love working with clay but want to learn more? Join us for an opportunity to learn the mechanics of wheel-thrown ceramics. Starting with basic forms of construction all students will create their own works of art supervised by an experienced instructor. All supplies provided.

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<tr>
<td>R25200c</td>
<td>Saturdays, Feb 29–Apr 4</td>
<td>9–11 AM</td>
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Program Scholarships are available for individuals that qualify for assistance. See page 23 for more details.
The electric kiln at the Kroc Center fires clay and ceramic pieces at around 1,800° Fahrenheit. That’s more than three times as hot as most home ovens!

Did you know?

F.A.M.E. (Fine Arts, Music, and Expression) is entering its second school year. As neighbors, The Salvation Army Kroc Center has partnered with Brookside Elementary to provide after-school programming, mentoring, swim lessons, and this new additional Fine Arts programming.

The goal of the FAME program is to connect professional artists and arts organizations to local students to provide supplemental lessons and activities that enhance cultural and creative experiences. FAME allows students to sample multiple fine arts disciplines including visual arts, dance, music, and theater, and then to connect those lessons back to the classroom.

Students work toward an end-of-session performance, as well as a gallery showing in conjunction with their school showcase.

This year, our total participation will reach over 158 students in third through fifth grade. Students will rotate through a clay class focused on personal reflection; a Giants of Jazz program with Dean Wiers-Windemuller, owner of Southtown Guitar; and, ballet with our partners from the Grand Rapids Ballet School.

We hope to grow FAME to include Kindergarten through second grade in the spring semester, and to develop a full roster of class offerings to connect the students to the diverse world of Fine Arts.

Derion, Age 9

What do you like most about the F.A.M.E. Program?

"I like the music and making the clay animals. I also like the ballet, because I like football and they say you need good footwork to be good at football."

Elizabeth, Age 8

What do you like most about the F.A.M.E. Program?

"I like ballet because I get to learn new moves!"

Aisha, Age 11

What do you like most about the F.A.M.E. Program?

"I like the clay class because I like doing crafts, and I like the music class where he reads books about jazz musicians."
MUSIC & ME!

See ages below | Meets 6 times | Min 5/Max 10
$30 members, $40 non-members

Ages 0–2

Have you ever wanted to explore the exciting world of music with your child? The sounds of music can be engaging for a child who is ready to play and explore. Through interactive songs with motions and introduction to a variety of instruments, children can develop beneficial motor and language skills while they enjoy musical play in a social environment. Parent participation required.

CLASS # WINTER SESSION 1 TIME
Drums
E13500c Saturdays, Jan. 8–Feb. 12 10–10:30 AM
E11900c

CLASS # WINTER SESSION 2 TIME
Drums
E23500c Saturdays, Feb. 28–Apr. 1 10–10:30 AM
E21900c

INSTRUMENT WINTER SESSION 1 AGE TIME CLASS #
Drums
E13500c 7–12 6:30–7 PM E11900c
E11901c

INSTRUMENT WINTER SESSION 2 AGE TIME CLASS #
Drums
E23500c 7–12 6:30–7 PM E21900c
E21901c

INSTRUMENT WINTER SESSION 1 AGE TIME CLASS #
Guitar
E13501c 7–12 5:30–6 PM E11500c
E11501c

INSTRUMENT WINTER SESSION 2 AGE TIME CLASS #
Guitar
E23501c 7–12 6–6:30 PM E21500c
E21501c

INSTRUMENT WINTER SESSION 1 AGE TIME CLASS #
Piano
E13502c 7–12 5:30–6 PM E11600c
E11601c

INSTRUMENT WINTER SESSION 2 AGE TIME CLASS #
Piano
E23502c 7–12 6–6:30 PM E21600c
E21601c

INSTRUMENT WINTER SESSION 1 AGE TIME CLASS #
Ukulele
E13503c 7–12 6:30–7 PM E11800c
E11801c

INSTRUMENT WINTER SESSION 2 AGE TIME CLASS #
Ukulele
E23503c 7–12 8–8:30 PM E21800c
E21801c

Did you know?

The Grand Rapids Symphony invites hundreds of community members to the Kroc Center each year for its Access to Music program. Access to Music is a FREE performance for members of the Grand Rapids community who are not able to attend traditional concerts due to impairments or financial limitations.
Do you recognize all of our longest-serving employees? Each of these individuals was hired at the Kroc Center when we first opened in 2010.

Bram Roberts  
General Manager

Lisa Van Dyk  
Membership Director

Mike Glupker  
Facilities Director

Crystal Truong  
Welcome Desk Supervisor

Paul Wood  
Facilities Supervisor

Kayla Welch  
Youth Development & Ministries Manager

Eddie Acker  
Facilities Maintenance

Hilda Ramirez  
Welcome Desk

Ruth Vander Weide  
Welcome Desk

Heidi Roberts  
Fitness Instructor

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**2019-20 SCHEDULE**

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**THEMED GAMES**

- 11.15 - HOME OPENER
- 11.16 - VETERANS NIGHT
- 11.20 - 90S NIGHT
- 11.22 - SUPERHEROES NIGHT
- 11.25 - BOGO TICKETS
- 12.15 - UGLY SWEATER

ALL HOME GAMES START AT 7PM

TC PURCHASE TICKETS VISIT: NBAGRANDRAPIDS.COM
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).

Look for the $5 icon on the schedule on the opposite page.

## LEARN TO SWIM LESSONS

<table>
<thead>
<tr>
<th>SESSION</th>
<th>MONDAYS</th>
<th>TUESDAYS</th>
<th>THURSDAYS</th>
<th>SATURDAYS</th>
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<tr>
<td>WINTER 1</td>
<td>JAN. 6–FEB. 10</td>
<td>JAN. 7–FEB. 11</td>
<td>JAN. 9–FEB. 13</td>
<td>JAN. 11–FEB. 15</td>
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<tr>
<td>WINTER 2</td>
<td>FEB. 24–MAR. 30</td>
<td>FEB. 25–MAR. 31</td>
<td>FEB. 27–APR. 2</td>
<td>FEB. 29–APR. 4</td>
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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).
All swim lessons: $48 members • $69 non–members

Use the chart to find a level, day, & session that fits your needs
Winter 1=orange, Winter 2=light blue

Then use the program code to sign up at GrKrocCenter.org or at the Welcome Desk.

PARENT & CHILD/ PRESCHOOL LESSONS
Meets 6 times | Min 2/Max Varies

PARENT & CHILD: LEVEL 1 (AGES 6 MONTHS-3 YEARS)
You and your child are in the water together. Learn ways to support your child while they become familiar with the water by blowing bubbles, floating, kicking, and being safe in aquatic environments.

PARENT & CHILD: LEVEL 2 (AGES 18 MONTHS-3 YEARS)
You and your child are in the water together, building on the skills from Parent & Child Level 1. Your child will learn floating, gliding, how to use their arms while swimming on their front and back, and water safety skills. Children are NOT required to complete Parent & Child Level 1 first, but they must be comfortable in the water.

PRESCHOOL & PARENT (AGES 3-4)
This introductory class helps children transition to being on their own in swim lessons. Parents join their child for the first three lessons, then watch from the pool deck for the last three. Skills include supported arm and leg actions on front and back, floating, gliding, and breath control.

PRESCHOOL LEVEL 1-NO PARENT (AGES 3-5)
Familiarize children with the water and help them learn basic skills. Helps participants begin to develop positive attitudes and safe practices in and around the water. Participants must be comfortable in the water without a parent.

PRESCHOOL LEVEL 2 (AGES 3-5)
Students learn skills such as floating, arm and leg actions, gliding, and breath control, working towards performing these skills independently. This class is equivalent to Learn-to-Swim Level 1: Intro to Water Skills. Participants must be comfortable in the water without a parent.

PRESCHOOL LEVEL 3 (AGES 3-5)
Participants build on their basic swimming skills by increasing repetitions, distances, and times. All skills will be performed independently. This class is equivalent to Learn-to-Swim Level 2: Fundamental Skills.

PRESCHOOL LEVEL 4 (AGES 3-5)
Preschool level 4 is designed for children who have completed Preschool level 3, but are not old enough for the school–age program. Those who pass this level may register for Learn-To-Swim Level 3 once they turn 5 years old.

LEARN TO SWIM LESSONS
Meets 6 times Min 2/Max 6-8

LEVEL 1: INTRO TO WATER SKILLS (AGES 5-12)
This introductory class helps participants become more comfortable in the water by learning basic swimming and water safety skills. Skills covered include entering and exiting the water without assistance, breath control, floating with assistance, arm and leg actions, and how to stay safe near water.

LEVEL 2: FUNDAMENTAL SKILLS (AGES 5-12)
Participants build on foundation skills such as simultaneous and alternating arm and leg actions on front and back, floating and gliding so they can be performed without support, increasing distance, and greater duration. PREREQUISITE: Students must be able to swim two body lengths with support.

LEVEL 3: STROKE DEVELOPMENT (AGES 5-12)
Learn elementary backstroke, breaststroke kick, dolphin kick, scissors kick, rotary breathing, and survival floating. PREREQUISITE: Students must be able to swim five body lengths on front and back without support.

LEVEL 4: STROKE IMPROVEMENT (AGES 5-17)
This class covers breaststroke, butterfly, sidestroke, and open turns. Participants work toward increasing distance and stamina for swimming and treading water. PREREQUISITE: Students must be able to swim 15 yards of elementary backstroke and be familiar with dolphin, breaststroke and scissor kicks.

LEVEL 5: STROKE REFINEMENT (AGES 5-17)
Students work to refine their skills in all six strokes, build endurance, and learn new skills such as front and backstroke flip turns. PREREQUISITE: Participants must be able to swim 25 yards of front crawl and elementary backstroke and 15 yards of back crawl, breaststroke, butterfly, and side stroke.

LEVEL 6: FITNESS SWIMMER (AGES 5-17)
Swimmers continue to refine skills and increase distance and duration, in preparation for competitive swimming or to build a higher level of fitness. PREREQUISITE: Participants must be able to tread water for five minutes, perform front and backstroke flip turns while swimming, swim front crawl and elementary backstroke for 50 yards each, and swim breaststroke, butterfly, backstroke, and sidestroke for 25 yards each.

The Kroc Center is proud to offer the American Red Cross Learn-to-Swim program. This progressive lesson program helps children learn the fundamentals of swimming and water safety through the teaching and assessment of critical water skills. Depending on a child’s abilities, they may remain at the same Learn-to-Swim level for more than one session.
ADULT SWIM LESSONS

ADULT SWIM LESSONS: THE BASICS
Ages 13+ | Meets 6 times | Min 2/Max 4
$48 members, $69 non-members

This beginner class helps adults learn basic skills such as floating, gliding, pulling and kicking. Participants will learn ways to be safe in and around water and how to help themselves or others in an aquatic emergency. Must be comfortable in the water.

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<td>Tuesdays, Jan. 11-Feb. 15</td>
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ADULT SWIM LESSONS: IMPROVING SKILLS/STROKES
Ages 13+ | Meets 6 times | Min 2/Max 6
$48 members, $69 non-members

This class helps adults improve basic swimming and water safety skills, and adds new skills such as elementary backstroke, sidestroke, breaststroke, butterfly, rotary breathing, and turns. PREREQUISITE: Participants must be able to swim five body lengths on front and back without support.

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<td>Tuesdays, Feb. 25-Mar. 31</td>
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ADULT LEARN–TO–SWIM
Ages 13+ | Meets 6 times | Min 2/Max 3
$48 members, $69 non-members

Are you fearful of the water? Have you always wanted to learn to swim but never had the opportunity? You’re not alone! About one-third of adults in the United States can’t safely swim the length of a pool. We’re helping to change that. No prerequisite.

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<td>A24801c</td>
<td>Thursdays, Feb. 27-Apr. 2</td>
<td>6:30–7:15 PM</td>
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</tbody>
</table>

ADULT SWIM LESSONS: INTRO TO LAP SWIM
Ages 18+ | Meets 6 times | Min 2/Max 6
$48 members, $69 non-members

Increased distance and repetitions will help adults refine all six strokes, learn turns and build endurance. Participants also learn how to create work outs. PREREQUISITE: Participants must be able to swim 25 yards of front crawl and elementary backstroke and 15 yards of back crawl, breaststroke, butterfly and side stroke.

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<tr>
<th>CLASS #</th>
<th>WINTER SESSION 1</th>
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<tbody>
<tr>
<td>A13600c</td>
<td>Thursdays, Jan. 9-Feb. 13</td>
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<tr>
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<th>TIME</th>
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<tbody>
<tr>
<td>A23600c</td>
<td>Thursdays, Feb. 27-Apr. 2</td>
<td>6:30–7:15 PM</td>
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</table>

Program Scholarships are available for individuals that qualify for assistance. See page 23 for more details.
**WATER AEROBICS**  
Ages 18+ | Meets 6 times | Min 6/Max 12  
$38 members, $59 non–members

Improve your cardiovascular fitness, strength, and flexibility in this low–impact class. Participants work at their own pace to advance their skills in the water. Water shoes are recommended.

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<thead>
<tr>
<th>CLASS #</th>
<th>WINTER SESSION 1</th>
<th>TIME</th>
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<tbody>
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<td>Mondays, Jan. 6–Feb. 10</td>
<td>9-10 AM</td>
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<tr>
<td>A11301c</td>
<td>Mondays, Jan. 6–Feb. 10</td>
<td>6:30–7:30 PM</td>
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<tr>
<td>A11302c</td>
<td>Wednesdays, Jan. 8–Feb. 12</td>
<td>9-10 AM</td>
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<tr>
<td>A11303c</td>
<td>Saturdays, Jan. 11–Feb. 15</td>
<td>9-10 AM</td>
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**CLASS #**  
**WINTER SESSION 2**  
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<td>A21300c</td>
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<td>A21301c</td>
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<td>A21302c</td>
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<td>A21303c</td>
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**PRENATAL & POSTPARTUM WATER EXERCISE**  
**NEW**  
Ages 18+ | Meets 6 times | Min 6/Max 12  
$38 members, $59 non–members

Come try this new class that will use exercises specific to helping your body prep for birth, stay healthy, and help ease you back into exercise after your baby is born. Participants must be cleared for exercise by their physician before participating.

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<tr>
<th>CLASS #</th>
<th>WINTER SESSION 1</th>
<th>TIME</th>
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<tbody>
<tr>
<td>A14700c</td>
<td>Thursdays, Jan. 9–Feb. 13</td>
<td>9:15–10:15 AM</td>
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**CLASS #**  
**WINTER SESSION 2**  
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<th>TIME</th>
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<tr>
<td>A24700c</td>
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</table>

**RIVER WALKING**  
Ages 18+ | Meets 6 times | Min 6/Max 10  
$38 members, $59 non–members

Want more than just a walk in the lazy river? Make the most of your time with this low–impact workout, designed to build strength, improve balance, and sustain cardiovascular health. The resistance of the moving water increases the effectiveness of many common exercises. Equipment will be provided. No swimming experience needed, water shoes are recommended.

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<tr>
<th>CLASS #</th>
<th>WINTER SESSION 1</th>
<th>TIME</th>
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<tbody>
<tr>
<td>A12200c</td>
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**CLASS #**  
**WINTER SESSION 2**  
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<th>TIME</th>
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<tr>
<td>A22200c</td>
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</table>

**ADVANCED WATER AEROBICS**  
Ages 18+ | Meets 6 times | Min 6/Max 12  
$38 members, $59 non–members

This is an intense, athletic class designed to burn calories through cardio and muscle–building exercises. Participants should have a solid fitness foundation and basic swimming skills. Water shoes are recommended.

<table>
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<tr>
<th>CLASS #</th>
<th>WINTER SESSION 1</th>
<th>TIME</th>
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<tbody>
<tr>
<td>A13900c</td>
<td>Tuesdays, Jan. 7–Feb. 11</td>
<td>9-10 AM</td>
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**CLASS #**  
**WINTER SESSION 2**  
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<th>TIME</th>
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<tr>
<td>A23900c</td>
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</table>

**AQUA YOGA**  
Ages 18+ | Meets 6 times | Min 6/Max 12  
$38 members, $59 non–members

This low–impact class combines principles of yoga with the benefits of the water to help increase flexibility and core strength.

<table>
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<tr>
<th>CLASS #</th>
<th>WINTER SESSION 1</th>
<th>TIME</th>
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<tbody>
<tr>
<td>A12300c</td>
<td>Wednesdays, Jan. 8–Feb. 12</td>
<td>10:15–11:15 AM</td>
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**CLASS #**  
**WINTER SESSION 2**  
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<th>TIME</th>
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<tr>
<td>A22300c</td>
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</table>

**AQUA STRETCH & TONE**  
Ages 18+ | Meets 6 times | Min 6/Max 12  
$38 members, $59 non–members

This low–intensity, low–impact class is designed to increase strength, flexibility, and fitness. The water promotes freedom of movement, decreased pain, and better sleep! All fitness levels welcome. Water shoes are recommended.

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<tr>
<th>CLASS #</th>
<th>WINTER SESSION 1</th>
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<tbody>
<tr>
<td>A14100c</td>
<td>Mondays, Jan. 6–Feb. 10</td>
<td>10:15–11:15 AM</td>
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**CLASS #**  
**WINTER SESSION 2**  
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<th>TIME</th>
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<tr>
<td>A24100c</td>
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<td>A24101c</td>
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**NEW**

The Kroc Center's pool holds 104,404 gallons of water. That would be enough to take a 40-gallon bath every day for more than seven years!
CREATIVE DANCE (AGES 3–5)
Ages 3–5  |  Meets 6 times  |  Min 6/Max 15  
$50 members, $70 non–members  

Grand Rapids Ballet School believes dance plays an important role in the healthy development of your child. In our 45 minute class, your child will learn musicality, coordination, classroom etiquette, and ballet vocabulary. It also provides an outlet for them to set a goal and learn the discipline to achieve it. And, it’s a lot of fun too!

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<tr>
<th>CLASS #</th>
<th>WINTER SESSION 1</th>
<th>TIME</th>
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<tbody>
<tr>
<td>H11700c</td>
<td>Saturdays, Jan. 11–Feb. 15</td>
<td>11–11:45 AM</td>
</tr>
<tr>
<td>H21700c</td>
<td>Saturdays, Feb. 29–Apr. 4</td>
<td>11–11:45 AM</td>
</tr>
</tbody>
</table>

ELEMENTARY BALLET (AGES 6–8)
Ages 6–8  |  Meets 6 times  |  Min 6/Max 15  
$50 members, $70 non–members  

Introduces students to the fundamentals of classical ballet training. Students focus on basic ballet technique and terminology, proper body alignment, and musicality. This 45 minute class meets once a week.

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<tr>
<th>CLASS #</th>
<th>WINTER SESSION 1</th>
<th>TIME</th>
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<tbody>
<tr>
<td>H11900c</td>
<td>Saturdays, Jan. 11–Feb. 15</td>
<td>11:45 AM–12:30 PM</td>
</tr>
<tr>
<td>H21900c</td>
<td>Saturdays, Feb. 29–Apr. 4</td>
<td>11:45 AM–12:30 PM</td>
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</tbody>
</table>

INTRO TO HUSTLE LINE DANCING
Ages 16+  |  Meets 6 times  |  Min 6/Max 20  
$30 members, $42 non–members  

Learn classic Hustle line dances from the seventies, eighties and nineties, plus line dances that are trending in the dance world right now.

<table>
<thead>
<tr>
<th>CLASS #</th>
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<tbody>
<tr>
<td>H14300c</td>
<td>Tuesdays, Jan. 7–Feb. 11</td>
<td>12–1 PM</td>
</tr>
<tr>
<td>H24300c</td>
<td>Tuesdays, Feb. 25–Mar. 31</td>
<td>12–1 PM</td>
</tr>
</tbody>
</table>

HUSTLE LINE DANCE CARDIO
Ages 16+  |  Meets 6 times  |  Min 6/Max 20  
$30 members, $42 non–members  

Get your heart pumping with more Hustle dance moves from the seventies, eighties and nineties, plus line dances that are trending in the dance world right now.

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<tr>
<th>CLASS #</th>
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<tbody>
<tr>
<td>H14301c</td>
<td>Thursdays, Jan. 9–Feb. 13</td>
<td>2:15–3:15 PM</td>
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<td>H24301c</td>
<td>Thursdays, Feb. 27–Apr. 2</td>
<td>2:15–3:15 PM</td>
</tr>
</tbody>
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INTRO TO HUSTLE LINE DANCING
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Learn classic Hustle line dances from the seventies, eighties and nineties, plus line dances that are trending in the dance world right now.

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<tr>
<td>H24300c</td>
<td>Tuesdays, Feb. 25–Mar. 31</td>
<td>12–1 PM</td>
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</tbody>
</table>

DANCE SAMPLER FOR COUPLES
Ages 16+  |  Meets 6 times  |  Min 6/Max 16  
$50 members, $72 non–members  

Impress your friends as you learn dance styles such as the waltz, foxtrot, tango, swing, cha–cha, salsa, and line dancing. Makes a great date night! Bring your own dance partner or pair up with someone in class. Price shown is per person.

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>WINTER SESSION 1</th>
<th>TIME</th>
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<tbody>
<tr>
<td>H1600c</td>
<td>Fridays, Jan. 10–Feb. 14</td>
<td>6–7 PM</td>
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<tr>
<td>H2600c</td>
<td>Fridays, Feb. 28–Apr. 3</td>
<td>6–7 PM</td>
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</table>

As Michigan’s only professional ballet company, Grand Rapids Ballet’s mission is to lift the human spirit through the art of dance by providing exceptional and diverse programming, outreach to inspire and to enrich the community, family-friendly programming, and newly commissioned works. Grand Rapids Ballet School offers students the highest quality dance instruction in a nurturing and encouraging environment while developing knowledge of technique, self-discipline, poise, grace, and a love of dance.

In partnership with:
**PARENT TOTS**
Ages 1–3 w/parent | Meets 6 times | Min 4/Max 6
$47 members, $69 non–members
Parents and children will engage in movement exploration. Build strength, coordination, body awareness & develop sensory processing.

<table>
<thead>
<tr>
<th>CLASS #</th>
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<th>TIME</th>
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<tbody>
<tr>
<td>R11500c</td>
<td>Tuesdays, Jan. 7–Feb. 11</td>
<td>5:20–6 PM</td>
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</table>

**TUMBLEBUGS**
Ages 3–5 | Meets 6 times | Min 4/Max 6
$47 members, $69 non–members
Participants will gain the conceptual knowledge of correct gymnastics principles.

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<tr>
<th>CLASS #</th>
<th>WINTER SESSION 1</th>
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<tbody>
<tr>
<td>R11600c</td>
<td>Tuesdays, Jan. 7–Feb. 11</td>
<td>4:25–5:05 PM</td>
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</table>

**GYMSTAR**
Ages 6+ | Meets 6 times | Min 4/Max 8
$58 members, $80 non–members
All elementary–age and beginner gymnasts enter the program at Gymstar.

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<th>CLASS #</th>
<th>WINTER SESSION 1</th>
<th>TIME</th>
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<tbody>
<tr>
<td>R11700c</td>
<td>Tuesdays, Jan. 7–Feb. 11</td>
<td>6:20–7:15 PM</td>
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**Attention Parents!** The Kroc Center has a variety of toddler-friendly programming that promotes socialization and the development of fine motor skills. Please visit the following programs on the pages listed below for more information:

**TODDLER PROGRAMS**

- Music & Me! ................................................................. 8
- Swim Lessons .............................................................. 10
- Creative Dance ............................................................. 14
- Gymnastics ................................................................. 15
- AYSO Playground Soccer ............................................. 19

---

**TODDLER TUESDAYS**

**Tuesdays, 9 AM–12 PM**

Every Tuesday morning during the school year is Toddler Tuesday at the Kroc! Special toddler activities include swimming, play time in the gym and other special activities.

FREE for members! Non-members: Parents attend FREE with paid child admission of just $6.50 (1 free non-member adult per child).

No Toddler Tuesday on December 24 or December 31.

---

**CHRISTMAS AT THE KROC**

**Tuesday, December 10, 9 AM–12 PM**

Celebrate the Christmas season at the Kroc Center with your toddler. Special activities will include a candy cane hunt, a special Christmas storyline and a snack.
**FitKids360**

**FitKids360** is a FREE healthy lifestyle program for children ages 5–17 and their families. The program will teach families how to change habits in the home around screen time and sleep, eat healthier and avoid sugary beverages, and be more active as a family. Each meeting also includes a half-hour of exercise such as Zumba, kickboxing, yoga, Pilates, and many others.

The program occurs seasonally and meets Tuesdays, from 6–8 PM for eight weeks at the Kroc Center. Participants must have referral by a physician and meet minimum BMI requirements. Parent attendance is required at all sessions and transportation is provided for those in need.

Please contact the FitKids360 Coordinator Carola Carassa at 616.421.4822, or ccarassa@healthnetwm.org for more information. Se habla Español.

**MEET THE TRAINERS**

- Cheryl Floyd
- Lewis Richards
- Pete Kaiser
- Michelle Rodriguez
- Kat Sampson
- Jake Delosh

**FITNESS ASSESSMENT**

<table>
<thead>
<tr>
<th>SESSION</th>
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<th>NON-MEMBER</th>
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**ONE-ON-ONE PACKAGES**

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<th>MEMBER 30 MIN/60 MIN</th>
<th>NON-MEMBER 30 MIN/60 MIN</th>
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<tr>
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<td>$20/37</td>
<td>$31/48</td>
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<tr>
<td>3</td>
<td>$52/101</td>
<td>$83/132</td>
</tr>
<tr>
<td>6</td>
<td>$98/194</td>
<td>$159/255</td>
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<tr>
<td>12</td>
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**SMALL GROUP TRAINING PACKAGES**

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<th>NON-MEMBER 30 MIN/60 MIN</th>
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<tbody>
<tr>
<td>1</td>
<td>$11/20</td>
<td>$22/31</td>
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<tr>
<td>3</td>
<td>$26/52</td>
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<tr>
<td>12</td>
<td>$82/182</td>
<td>$203/303</td>
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</table>

Over the course of a year, the Kroc Center’s smart treadmills record about 50,000 workouts, logging a total of more than 62,000 miles – that’s two-and-a-half times around the entire Earth!

**OTHE CENTER’S SMART TREADMILLS RECORD ABOUT 50,000 WORKOUTS, LOGGING A TOTAL OF MORE THAN 62,000 MILES – THAT’S TWO-AND-A-HALF TIMES AROUND THE ENTIRE EARTH!"
The Salvation Army Kroc Center is proud to offer group exercise classes by Les Mills, one of the world’s most recognized fitness brands. And, we’re offering our members even more incentive to get fit in the new year!

**Group Exercise Bingo**

Beginning January 1, join other Kroc members will have a chance to attend group exercise classes to complete a Group Exercise Bingo Card. Completed boards will be entered into a drawing for special prizes such as an Apple Watch, Amazon gift cards, Kroc Center and Les Mills apparel, and Kroc Center programs and Personal Training. Increase your chances to win by completing multiple bingo boards (can only complete one at a time). All participants that complete a board will also receive a special Kroc Center t-shirt.

*Competition begins January 2 and runs through February 29. Drawings will be held on January 31 and February 29. After the first drawing, only new entries will be allowed.

**Our second Les Mills VIRTUAL STUDIO!!**

The Kroc Center’s virtual studios provide video-based workouts with different Les Mills class types and lengths. MORE choices, MORE times, MORE variety!

**STAY TUNED FOR...**

New LIVE Les Mills Classes!

We’re looking ahead to give you an even wider selection of instructor-led Les Mills classes at the Kroc Center. Watch for announcements and launch dates in the coming weeks!
TAE KWON DO
See ages below | Min 4/Max 20
$47 members, $66 non-members

The Kroc Center is proud to offer this martial arts program in partnership with the Tae Park Tae Kwon Do Organization. This class is taught by Russell Williams, certified Tae Kwon Do Instructor and overseen by Junior Grand Master Robert Bass, a seventh degree Dan Black Belt. Optional tournaments and belt testing may be available directly through Tae Park Tae Kwon Do, but are not included in this program fee. The option to purchase a uniform as well as more information on tournaments and belt testing will be discussed the first night of class. No class on April 7 and 9.

YOUTH (Ages 7–15)
CLASS # | WINTER SESSION 1 | TIME | AGE
---|---|---|---
R12800c | Tue & Thu, Jan. 7–Feb. 20 | 4:15–5:30 PM | 6–8
R12801c | Tue & Thu, Jan. 7–Feb. 20 | 5:15–6 PM | 9–12

ADULT (Ages 15+)

This class is designed to accommodate teens and adults that are looking for a “traditional martial arts” experience mixed with a fun inviting atmosphere. Whether new or experienced, this class aims to extend the benefits of Taekwondo: fitness, self-defense, focus and discipline to an older age group. Class meets two times per week. No class on November 28.

CLASS # | WINTER SESSION 1 | TIMES
---|---
R12801c | Thurs. & Sat., Jan. 9–Feb. 22 | 6–7:30 PM (Thurs.) 10–11:30 AM (Sat.)

CLASS # | WINTER SESSION 2 | TIME
---|---
R22800c | Tues. & Thurs., Feb. 28–Apr. 3 | 5:15–6 PM | 6–8
R22801c | Tues. & Thurs., Feb. 28–Apr. 3 | 5:15–6 PM | 9–12

YOUTH CO–ED SOCCER CLINIC
See ages below | Meets 6 times | Min 10/Max 20
$48 members, $69 non–members

Get ready for Spring soccer now! Session 1 will focus on offensive team work in passing, dribbling, shooting, and ball control. Session 2 will focus on defensive team work in anticipating and intercepting, stopping breakaways, and clearing the ball. We promote inclusion, fair play, team work, and fun! All experience levels are welcome, and equipment is provided. Kids must wear shin guards with socks covering.

CLASS # | WINTER SESSION 1 TIME AGE
---|---|---|---
R13000c | Fridays, Jan. 10–Feb. 14 | 5:15–6 PM | 6–8
R13001c | Fridays, Jan. 10–Feb. 14 | 5:15–6 PM | 9–12

YOUTH BASKETBALL LEAGUE
See ages below | Meets 7 times | Min 20/Max 40
$56 members, $67 non–members

The Kroc Co-Ed Youth Basketball league (KYBL) provides opportunities for players to improve their basketball skills and learn the game of basketball. The KYBL emphasizes equal playing time, positive coaching, open registration (no tryouts or cuts), balanced teams, player development and good sportsmanship in a life-giving environment. Teams will be made based on age and skill. All players will receive a team jersey. Games for ages 9–13 will take place Saturday mornings either 9, 10 or 11 AM, beginning February 15. Practices take place on Thursdays. Times are listed below.

CLASS # | WINTER SESSION 1 | TIME | AGE
---|---|---|---
R14100c | Thursdays, Feb. 6–Mar. 26 | 5–5:45 PM | 5–8
R14101c | Thursdays & Saturdays, Feb. 6–Mar. 28 | 6–6:45 PM | 9–10
R14102c | Thursdays & Saturdays, Feb. 6–Mar. 28 | 7–7:45 PM | 11–13

* Ages 5–8 will have practice and a game the same night. 20 minute practice and a 20 minute game.

JUDO
See age groups below | Min 4/Max 20
Options 1: $38 members, $59 non–members
Option 2: $58 members, $79 non–members

Students learn basic grappling and self-defense techniques, as well as rules of competitive judo. Classes are led by a nationally–certified, fifth–degree black belt instructor. Optional tournaments are available through Godai Judo Club but not included with this program fee.

NOTE: Students are required to wear a Gi (uniform). Students who already have a Gi should register under option 1. First-time students should register under option 2 to receive a Gi, which will be handed out at the first class with a receipt. No classes April 6 and 8.

OPTION 1: CLASS ONLY
For students who already have a Gi (uniform)

CLASS # | WINTER SESSION 1 | TIMES | AGES
---|---|---|---
R11200c | Mon & Wed, Jan. 6–Feb. 19 | 6–7 PM | 7–12
R11201c | Mon & Wed, Jan. 6–Feb. 19 | 7:15–8:45 PM | 13+

OPTION 2: CLASS + GI
For students who do NOT already have a Gi (uniform)

CLASS # | WINTER SESSION 1 | TIMES | AGES
---|---|---|---
R21200c | Mon & Wed, Feb. 24–Apr. 15 | 6–7 PM | 7–12
R21201c | Mon & Wed, Feb. 24–Apr. 15 | 7:15–8:45 PM | 13+

In partnership with Tae Park Tae Kwon Do
In partnership with Godai Judo Club
AYSO SOCCER

SPRING 2020 REGISTRATION

Register for all AYSO programs at ayso1634.org

AYSO PLAYGROUND SOCCER

Ages 3–5  |  Min 4/Max 6

$40* members or non-members

*AYSO adds a once–yearly player registration fee. See ayso1634.org for details.

The Kroc Center is proud to be the home of Grand Rapids' only city-based AYSO program! Playground is a developmental soccer program designed for 3–to–5 year olds and their parent! This program develops a child’s fundamental motor skills such as hopping, skipping, jumping, throwing, balance and kicking through age–appropriate activities, with soccer themes.

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<thead>
<tr>
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<tbody>
<tr>
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<tbody>
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<td>Fridays, Feb. 28–Apr. 3</td>
<td>9–9:45 AM</td>
</tr>
</tbody>
</table>

COACHES NEEDED!

There's no better way to experience the joy of youth sports than by volunteering. We need coaches and referees for AYSO soccer and our Kroc Youth Basketball League. Email katie.deatherage@usc.salvationarmy.org for more information.

AYSO CORE PROGRAM

Our league operates under AYSO's six philosophies: everyone plays, open registration, balanced teams, positive coaching, good sportsmanship, and player development.

6U Coed | Players born in 2014 or 2015
- 4v4 small-field play, no goalkeepers; 4-6 players per team
- One weekly combined session of 30-minute practice & 30-minute game.
- Games/practice on Thursdays.

8U Coed | Players born in 2012 or 2013
- 4v4 small-field play, no goalkeepers; 4-6 players per team
- One 60-minute practice and one 45-minute game each week.
- Practice on Thursdays/games on Saturday.

10U Boys & Girls | Players born in 2010 or 2011
- 7v7 small-field play, adding goalkeepers, referees, and offside rule; 8-10 players per team
- One 60-minute practice and one 60-minute game each week.
- Practice on Thursdays/games on Saturday.

12U Boys & Girls | Players born in 2008 or 2009
- 9v9 small-field play; 10-12 players per team
- Two 60-minute practices and one 75-minute game each week.
- Practice on Mondays and Thursdays, games on Saturdays.

NOTE: If there are not enough players for both boys' and girls' teams, they will be combined into one coed division.

AYSO SOCCER

2020 Dates

Spring Session registration deadline: March 15
Spring Season: April 16–May 30
Spring Parent Meeting: Tuesday, April 14

$80* per season

*Does not include annual AYSO membership fee of $20. This fee is only paid once if playing both fall and spring seasons.

Payment due at time of registration.

AYSO REGION 1634 GRAND RAPIDS

2500 S. Division Avenue, Grand Rapids, MI 49507   |   GrKrocCenter.org   |   616.588.7200   |   19
BABYSITTER TRAINING CLINIC
Ages 11–15  |  Meets 1 times  |  Min 5/Max 10

$68 members, $85 non–members

Build your babysitting resumé with this American Red Cross class. Students gain the knowledge and confidence to care for children and learn to respond to emergencies and illnesses with first aid. They also learn how to administer and become certified in CPR and other appropriate care, recognize safety and hygiene issues and care for infants and communicate with parents. Pizza lunch and snack are provided.

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>WINTER SESSION 1</th>
<th>TIME</th>
<th>REG. DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>E10401c</td>
<td>Wednesdays, Jan. 6–Feb. 12</td>
<td>12–2 PM</td>
<td>Feb. 14</td>
</tr>
<tr>
<td>E20401c</td>
<td>Wednesdays, Feb. 26–Apr. 1</td>
<td>12–2 PM</td>
<td>Apr. 14</td>
</tr>
</tbody>
</table>

In partnership with MSU Extension.

COOKING FOR ONE
FREE
Ages 18+  |  Meets 6 times  |  Min 10/Max 20

This one-day class teaches the skills needed to respond to breathing, cardiac, and first aid emergencies using basic CPR, an automated external defibrillator (AED), and a variety of first aid skills. Those who pass the practical skills test and score 80% or higher on the written exam will receive Adult and Pediatric CPR, AED, and First Aid and Bloodborne Pathogens certifications from the American Red Cross (valid for two years).

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>WINTER SESSION 1</th>
<th>TIME</th>
<th>REG. DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>E10400c</td>
<td>Mondays, Jan. 6–Feb. 10</td>
<td>6–8 PM</td>
<td>Feb. 14</td>
</tr>
<tr>
<td>E20400c</td>
<td>Mondays, Feb. 24–Mar. 30</td>
<td>6–8 PM</td>
<td>Mar. 30</td>
</tr>
</tbody>
</table>

Program Scholarships are available for individuals that qualify for assistance. See page 23 for more details.
The Kroc Center is proud to partner with Home Repair Services to offer...

**BASIC PLUMBING** [FREE]
Ages 18+ | Meets 1 time | Min 5/Max 20

Basic Plumbing studies the two water systems in your home: the supply system which brings in the fresh water, and the drain system for removing waste water. Students will get hands-on training to repair leaky faucets, toilets that keep running and connecting various types of supply lines.

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>WINTER SESSION 1</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>E12001c</td>
<td>Tuesday, January 14</td>
<td>6–8 PM</td>
</tr>
</tbody>
</table>

**BASIC HOME MAINTENANCE** [FREE]
Ages 18+ | Meets 1 time | Min 5/Max 20

Basic Home Maintenance covers a long list of home repairs and upkeep including the filtering systems, venting systems, general repair and preventive maintenance. The student will also learn various ways to save energy dollars and cost savings on most repairs. Weatherization is included and sealing windows, doors and foundations are specific topics covered.

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>WINTER SESSION 1</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>E12000c</td>
<td>Tuesday, February 11</td>
<td>6–8 PM</td>
</tr>
</tbody>
</table>

**DRYWALL REPAIR** [FREE]
Ages 18+ | Meets 1 time | Min 5/Max 20

Instruction includes learning about the proper types of interior wall materials, proper installation and finishing, repair techniques, how to hang drywall, joint finishing and more.

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>WINTER SESSION 2</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>E22001c</td>
<td>Tuesday, March 10</td>
<td>6–8 PM</td>
</tr>
</tbody>
</table>

**BASIC ELECTRICAL** [FREE]
Ages 18+ | Meets 1 time | Min 5/Max 20

Learn the functions of electricity as they relate to circuits, voltage, wiring and more. Learn about all things electrical as it relates to your home.

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>WINTER SESSION 2</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>E22000c</td>
<td>Tuesday, April 14</td>
<td>6–8 PM</td>
</tr>
</tbody>
</table>

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**DEFENSE AGAINST DIABETES**

You may be able to take a six-week KROC CENTER program at NO COST TO YOU!

**STEP 1: ASSESS YOUR RISK**

FACT: 1 IN 3 ADULTS HAS A HIGH RISK OF DEVELOPING TYPE 2 DIABETES.

TAKE THE INTERACTIVE TEST AT CDC.GOV/DIABETES

**STEP 2: PICK UP FLYER**

IF YOU'RE AMONG THE 1 IN 3 ADULTS WITH INCREASED RISK, VISIT THE KROC CENTER WELCOME DESK AND ASK FOR THE DEFENSE AGAINST DIABETES PROGRAM FLYER.

**STEP 3: CHOOSE YOUR PROGRAM**

Sign up for one of the programs below (look for the Lions Club icon next to the program listing), and Lions of Michigan will cover the registration fee!

- River Walking (see page 13)
- Water Aerobics (see page 13)
- Advanced Water Aerobics (see page 13)
- Aqua Yoga (see page 13)
- Aqua Stretch & Tone (see page 13)
- Hustle Line Dance Cardio (see page 14)
- Cooking Matters (see page 20)
- Cooking for One (see page 20)

In-person registration only. Programs available on a first-come, first-served basis; space is limited. Limit one free program per person, per program session. Not valid on other programs not listed above or on prior purchases. Email jon.shaner@usc.salvationarmy.org with any additional questions.
**FITNESS**

**SPECIAL EVENTS**

**TURKEY BURN OFF**
*Friday, November 29*, 9-11 AM
Two hours of post-Thanksgiving calorie burning. The class will include elements of Zumba™, Boot Camp and Yoga. All levels are welcome. Free to members & day-pass users.

**MERRY FITNESS**
*Tuesday, December 24*, 9-11 AM
Get out of the house and get moving for this two-hour cardio class. The class will include elements of Zumba™, kickboxing and Yoga. Free to members & day-pass users.

*No additional fitness classes will be running on these days.*

**COOKIES WITH SANTA**
*Saturday, December 14*
2–5 PM
FREE for Members!

$16 per member child, $20 per non-member child, $25 at the door
Parents’ Night Out is back and we are ready to hang out with your kids while you go... well, do whatever it is you want to do! Your kids will have a lot of fun too while they enjoy a fun night at the Kroc burning energy with fun inflatable games, craft projects, open gym time and a family-friendly movie. Dinner is included! Don’t miss out, sign up today! Children ages 3 (must be potty trained) to 15 years old are invited to this fun event.

**PARENTS’ NIGHT OUT**

<table>
<thead>
<tr>
<th>CLASS #</th>
<th>DATES</th>
<th>TIME</th>
<th>REGISTER BY</th>
</tr>
</thead>
<tbody>
<tr>
<td>PNO122119</td>
<td>Saturday, December 21</td>
<td>5–9 PM</td>
<td>Dec. 12</td>
</tr>
</tbody>
</table>

**HOLIDAYS AT THE KROC CENTER**

**CHRISTMAS BREAK**

**RECREATION HOURS**

*December 23, 26–27*
9 AM–12 PM..........................Parent & Toddler Swim
12–8 PM..............................Climbing Wall
12–8:30 PM.........................Open Swim, Game Room Open
1–4 PM..................................Art Room

*December 24 and 31*
9 AM–12 PM..........................Parent & Toddler Swim
12–2 PM..............................Open, Swim, Climbing Wall
1–2 PM..................................Art Room

*Building closes at 2 PM on December 24 and 31.*

**HOLY KROC CENTER**

**10th ANNIVERSARY**

Did you know? RJ’s After School Academy is a program for third- through fifth-grade students at Brookside Elementary School. The Kroc Center is able to offer this program at no cost to students thanks to donations placed in The Salvation Army’s red kettles during the Christmas season.
CONTACT US

GENERAL INFORMATION
616.588.7200

AQUATICS
616.588.7200 ext 2037

BUSINESS
616.588.7200 ext 2009

CHILD WATCH
616.588.7200 ext 2036

DAY CAMPS
616.588.7200 ext 2021

EDUCATION
616.588.7200 ext 2010

FITNESS DESK
616.588.7200 ext 2028

GYMNASIUM
616.588.7200 ext 2040

MEDIA/MARKETING
616.588.7200 ext 2008

MEMBERSHIPS
616.588.7200 ext 2033

MINISTRY/CHURCH
616.588.7200 ext 2004

PARTIES & RENTALS
616.588.7200 ext 2019

RECREATION & SPORTS
616.588.7200 ext 2014

THE KROC’S COMMITMENT TO CHILDREN

The Salvation Army Kroc Center is committed to the protection, nurturing, and safekeeping of everyone who walks through our doors. We believe that all people, especially children and young people, have the right to be treated with respect and listened to, as well as the right to live free from the fear of harm, abuse, and exploitation.

We take seriously our responsibility to promote child-safe practices, and have taken the following steps to create and maintain a safe environment for all:

1. Our staff and volunteers are hired through a comprehensive process which includes interviews, references, and background checks.
2. Our staff and volunteers receive training through The Salvation Army’s “Safe from Harm” child protection program, which provides instruction on how to best work with children and keep them safe.
3. We regularly screen members and visitors against public sources to help ensure that no one in our facility presents a risk of harm toward children.

Thank you for joining us in our efforts to keep the children we serve safe by respecting our guidelines. If you have any questions or comments, please give us a call at 616.588.7200 or send an email to: WMIGrandRapidsKroc@usc.salvationarmy.org.

PROGRAM REGISTRATION

ONLINE
Visit GrKrocCenter.org and look for the computer icon on our homepage.

IN PERSON
Register at the Kroc Center Welcome Desk.

PROGRAM SCHOLARSHIPS

Program Scholarships are available for individuals that qualify for assistance. Scholarships cover up to 50% of the regular member or non-member price (not promotional pricing). For more information on our program scholarships, pick up an application at the Welcome Desk or visit GrKrocCenter.org/scholarships. Scholarship requests are due 30 days before the desired program session deadline. Program Scholarships do not apply to special events or day camp.

PROGRAM GUIDELINES

• A parent/guardian of any child under the age of 18 must be present for the first 10 minutes of their child’s first class of the session to receive important class announcements and waiver information.
• A parent/guardian of any child under the age of 12 must remain on the Kroc Center campus for the duration of their child’s class each time it meets, with the exception of Camp Kroc day camp.
• A parent/guardian must be present on the pool deck during swim lessons for any child under the age of 12.
• Registrations may be accepted after the final registration deadline based on class availability and, if accepted, will include a $10 late fee. The Kroc Center reserves the right to close enrollment at the deadline, after which placement is not guaranteed.
• The Kroc Center reserves the right to change schedules, pricing, programming and guidelines.
• Early bird discounts do not apply to camps, special events, or adult sports leagues.

PAYMENT INFORMATION

• The Kroc Center accepts cash, check, Visa, MasterCard and Discover.
• Full payment is expected at the time of enrollment.
• No cash refunds are given unless the program is cancelled by the Kroc Center.
• The Kroc Center reserves the right to cancel or close programs that have not met minimum enrollment numbers. Those registered for a program that is cancelled by the Kroc Center will be given the choice of a full refund, class transfer, or Kroc Center gift card for the amount paid.
• If you cancel your class enrollment prior to the final registration deadline, you will receive a full credit on a Kroc Center gift card, minus a $5 processing fee, or you may transfer to another session, if available. (Registration deadline for Winter 1 Session 12/29, Winter 2 Session 2/18.
• Requests made after the final registration deadline are not eligible for a refund or credit.
• Credits or prorated credits will not be issued for missed days of class due to illness, partial attendance, behavior issues, or any other reason.
• Credit card information is no longer to be taken over the phone. For those wishing to enroll in a program from home, enroll online at GrKrocCenter.org.

The Salvation Army Kroc Center is proud to partner with Wyoming Parks and Recreation to develop and grow program opportunities to serve residents throughout the greater Grand Rapids area.

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Looking for a job? Help others and earn a free Kroc Center membership when you join our Krew. We have a number of available positions for students especially as lifeguards, Child Watch staff and fitness attendants. We may even pay for your training and certification if you come work for us!

To apply, visit: GrKrocCenter.org/work