

KROC

**MARCH
SCHEDULE**

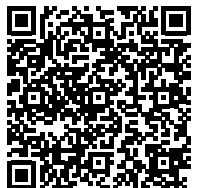


**HAPPY
5-YEAR
ANNIVERSARY
TO LIFEGUARD
ALEX!**

INSIDE

- **YOUTH + SENIOR
ED. CLASSES** Page 2
- **BECOME A KROC
CENTER LIFEGUARD** Page 4
- **YOUTH DEVELOPMENT
PANCAKE BREAKFAST!** Page 7

**JOIN THE
KROC TEAM!**



RAY & JOAN

KROC
CORPS COMMUNITY CENTER



MARCH HOURS

Sunday	Noon–6pm
Mon–Fri	5am–10pm
Saturday	7am–8pm

SPRING BREAK

Monday–Friday, March 14–18

POOL: 6am–8pm, BIG RED SLIDE: 11am–8pm

VENUE HOURS

Kroc Church

Sunday School 9:15am

Worship 10:30am attend Kroc Church in person or via Facebook Live. See page 7.

Aquatic Center *See spring break hours*

SUN 1–5pm

M–F 6am–1pm | 4–8pm

SAT 8am–7pm

Please see page 4 for Big Red Slide hours.

Huck's Hideout

SUN Closed

M–THU 8:30am–1pm | 4–8pm

FRI 8:30am–1pm | 4–7pm

SAT 8:30am–1pm

Ledge Game Room

SUN CLOSED

M–FRI 4–8pm

SAT 9am–1pm | 2–6pm

CLOSED
March 19

Rock Wall

WED 4–7pm

SAT Noon–5pm

Kroc Café

SUN 1–5pm

M–FRI 5am–9pm

SAT 7am–7pm

Smoking, tobacco products, alcohol, and vulgar language are not permitted on the premises. Animals (except for service animals), bicycles, skateboards, skate shoes, or inline skates are not permitted. Members or guests using the facility under the influence of alcohol or drugs may have their membership revoked or modified indefinitely. **Strollers not allowed on the walking track Mon–Thurs 5–7pm. Please do not enter the facility if you are sick.**

upcoming events

2-23-2022

Multiplication Tables Workshop

THURSDAYS,

MARCH 3–APRIL 7

5:30–6:30pm

\$10 Gold | \$12 Silver | \$15 Non Member



NEW CLASS!

Ages 8+ with accompanying adult. Do you know a child who struggles to learn their multiplication tables? Are you willing to come with them to a workshop to learn tips and techniques for mastering them? Sheila Eyster, a retired elementary school teacher, will be teaching a six week workshop on mastering the times tables. A parent or other interested adult is required to attend with the child in order to learn and practice these techniques.

Discovering Computers/Tablets

THURSDAYS, MAR 17–APRIL 7

11AM–NOON

\$23 Gold | \$25 Silver | \$30 Non Member

Do you want to brush up on your computer skills? Do you have a new tablet that you're wanting to learn how to use? Bring your device as we learn how to do things like navigating the internet safely, setting up and using an email account, using Facebook, making and receiving video calls, and even finding entertainment using video websites and reading applications.

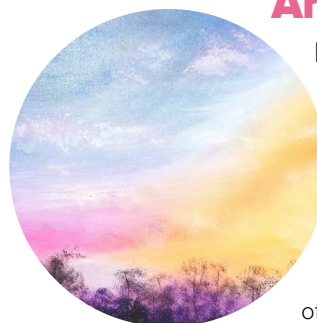


NEW CLASS!

Arty Party Paint Night

FRIDAY, MARCH 11 | 6–8pm

\$25 Gold | \$27 Silver | \$35 Non Member



Artists of all abilities, beginners through advanced, are invited to join us for a joint class brought to you by The Kroc Center and The District Art Gallery! At the end of this class you will have a beautiful piece of art at a cost less than you would pay to take the class at The Art Gallery itself.

Questions? Jonathon Weller, Education & Fine Arts Specialist
217-231-5641 | Jonathon.Weller@USC.SalvationArmy.org



Be in the Know with Text Alerts!

Text KROCQCY to 24365 to receive texts about class cancellations & facility/weather updates.



SELL YOUR STUFF!

SATURDAY, APRIL 2 | 8AM-1PM

RESERVE YOUR BOOTH BY **FRIDAY, MARCH 25**

TYPES OF CLASSES

DROP-IN

Gold Members FREE
All drop-in Group Fitness
& Aquatic Classes

10-Class Punch Pass
\$25 Members
\$75 Non-Members

Silver Member \$3
Many classes are Free.
Select classes are \$3

Non-Members \$8⁵⁰
A signed facility usage
waiver is required.

ROSTER (Members / Non-Members)

Ex: Swim lessons, fine art, or golf lessons.
Requires advanced registration. Classes or
activity fees and registration deadlines apply.



LES MILLS VIRTUAL

Free for Members and Day Pass users.



HOW TO REGISTER

Register for roster classes quickly and easily!

Visit the Control Desk

This is the best way to make sure you are in the correct class and that all paperwork is completed ahead of time. Drop-in classes are available for purchase only in person at our facility.

Call us at 217-222-5762

This reserves your spot in the activity of your choice. You must also fill out a program enrollment form available at our Control Desk. Please come at least 15 minutes early to your first class to get this done.

Register at KrocQuincy.org

1. Click 'Register for Roster Classes' icon
2. Search by program name, then click 'Learn More'
3. Click the 'Sign Up' button to register for your class or activity
4. Print and bring your receipt and waiver with you

At this time, non-members need to call to register.

MOVE'22

>>>> for our #KrocStars with SilverSneakers® or Renew Active® plans.



Scan for details.



\$650
IN GIFT CARDS

will be given to 14 lucky **MOVE'22** members through March! Additional gift cards will be awarded throughout 2022!

Aquatic Center + Swim Lessons

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

OPEN SWIM

>>>March 14-18 - Spring Break - 6am-8pm<<<

1-5pm

6am-1pm
4-8pm

6am-1pm
4-8pm

6am-1pm
4-8pm

6am-1pm
4-8pm

6am-1pm
4-8pm

8am-7pm

BIG RED SLIDE

>>>March 14-18 - Spring Break - 6am-8pm<<<

1-5pm

Closed

Closed

Closed

Closed

4-8pm

11am-7pm

LAP SWIM

Lap lanes may be available earlier than scheduled depending on program registrations and are subject to closure due to various facility events. *Lap lanes closed during swim lessons.*

1-5pm

6-8am
9am-1pm
4-8pm

*Lap Lanes closed
4-6:30pm on
March 21 for training.*

6-9am
10am-1pm

4-8pm

6-8am
9am-1pm

4-8pm

6-9am
10am-1pm

4-8pm

6-8am
9am-1pm

4-8pm

8am-7pm

GROUP SWIM LESSONS

GROUP SWIM LESSONS

REGISTRATION IS OPEN!

**PARENT/BABY
12-23 MONTHS**
6-6:30pm / 6:30-7pm
Starts March 7

**PARENT/TODDLER
24 MONTHS-3YRS**
5:30-6pm / 6-6:30pm
AGES 4-6 YRS
6-6:30pm / 6:30-7pm
AGES 7-10 YRS
7-7:30pm
Starts March 15

**PARENT/BABY
12-23 MONTHS**
5:30-6pm / 6-6:30pm
Starts March 9

**PARENT/TODDLER
24 MONTHS-3YRS**
6-6:30pm / 6:30-7pm
AGES 4-6 YRS
5:30-6pm / 6-6:30pm
AGES 7-10 YRS
7-7:30pm
Starts March 17

**PARENT/TODDLER
24 MONTHS-3YRS**
9-9:30am / 9:30-10am
4-6 YRS
8:30-9am
9-9:30am
9:30-10am
SCHOOL 7-10YRS
10-10:30am
Starts March 12

NOTE: River is turned off during Mon/Wed 8-8:45am Aqua Fit class.



LIFEGUARD CERTIFICATION

CLASSES AVAILABLE EACH MONTH

WE'RE HIRING!!!

Can you work 10 hours a week? **\$14 per hour** • Flexible hours
Free Kroc membership • Positive work atmosphere

Contact Nanette Johnson, Aquatic Specialist
217-231-5676 | Nanette.Johnson@USC.SalvationArmy.org



POOL PALS Child Watch

Children, ages 8-11, of members are allowed to enjoy our Aquatic Center while their parent or guardian exercises in

another area of the building. Member parent/guardian **MUST** remain in the facility during this time. **FREE** for members! *Please register at The Control Desk on the main floor.*

Sprays & Fountains Play features: sprays and fountains will be on.

Open Swim Open for all ages. Some spaces may be used temporarily for scheduled classes.

Health Policy No food or drink, besides water in closed containers, allowed in the Aquatic Center. Shoes may NOT be worn in the pool area.

Big Red Slide Open for those at least 48" tall and under 300 pounds. Lifeguards will measure all riders.

Lap Swim Both lap lanes are available for lap swimming. Lanes available on a first come-first serve basis. Three adults can fit in one lane- please share. Water jog is allowed (up to 3 lap swimmers). Children must have adult with them in the same lap lane to swim laps.

Drop-In Group Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gold Members FREE: All drop-in Group Fitness & Aquatic Classes.	Les Mills BODYPUMP 5:30-6:30am \$ Fitness Room A	Les Mills BODYFLOW 5:30-6:25am ★★ Fitness Room B	Les Mills BODYPUMP 5:30-6:30am \$ Fitness Room A	Les Mills BODYFLOW 5:30-6:25am ★★ Fitness Room B	Les Mills BODYPUMP 5:30-6:30am \$ Fitness Room A	Cycling Room/Virtual will be unavailable due to instructor training. Saturday, March 26 8:30am-4pm Sunday, March 27 Unavailable until 1:30pm
Silver Member Many classes are free. Select classes are \$3 as marked. \$	AQUA FIT 8-8:45am, Lap Lanes 3/7 & 3/14 Subbed with Water In Motion** **These classes will remain free to both silver and gold members.	AQUA BLAST 8-8:45am River	AQUA FIT 8-8:45am, Lap Lanes 3/9 & 3/16 Subbed with Water In Motion**	AQUA BLAST 8-8:45am River	WATER IN MOTION 8-8:45am \$ Lap Lanes	Les Mills BODYPUMP 8:45-9:45am \$ Fitness Room A
Youth in Fitness Open to ages 8+ with an accompanying adult. ★★	Les Mills BODYPUMP 9-10am Fitness Room A \$	KROC CYCLING 8:15-8:45am Cycling Room		KROC CYCLING 8:15-8:45am Cycling Room		
	KROC DANCE FITNESS 9:15-10am Fitness Room B \$ ★★	WATER IN MOTION 9-9:45am \$ Lap Lanes		WATER IN MOTION 9-9:45am \$ Lap Lanes	Les Mills BODYPUMP 9-10am \$ Fitness Room A	
		ZUMBA 9-9:45am \$ ★★ Fitness Room B	KROC DANCE FITNESS 9:15-10am \$ ★★ Fitness Room B	ZUMBA 9-9:45am \$ ★★ Fitness Room B	KROC DANCE FITNESS 9:15-10am \$ ★★ Fitness Room B	
		EASY GOING 10-10:45am River		EASY GOING 10-10:45am River		
	Les Mills BODYFLOW Noon-12:45pm ★★ Fitness Room B	Les Mills BODYPUMP Noon-12:45pm Fitness Room A	Les Mills BODYFLOW Noon-12:45pm ★★ Fitness Room B	Les Mills BODYPUMP Noon-12:45pm Fitness Room A		
	POUND* 5:30-6:15pm ★★ Fitness Room B	STEP IT UP 5:30-6:30pm Fitness Room A 3/15 - Cancelled, virtual classes available	Les Mills BODYFLOW 5:30-6:25pm ★★ Fitness Room B 3/9 - Virtual BodyFlow	STEP IT UP 5:30-6:30pm Fitness Room A 3/17 - Cancelled, virtual classes available		
	Les Mills BODYPUMP 5:30-6:30pm \$ Fitness Room A 3/7 - Virtual BodyPump	Les Mills BODYCOMBAT 5:30-6:25pm \$ ★★ Fitness Room B	Les Mills BODYPUMP 5:30-6:30pm \$ Fitness Room A	Les Mills BODYCOMBAT 5:30-6:25pm \$ ★★ Fitness Room B		
	TRANSFORM* 6:45-7:15pm Fitness Room A		TRANSFORM* 6:45-7:15pm Fitness Room A			

NOW HIRING FITNESS INSTRUCTORS



Aquatics,
Les Mills,
Cycling,
+ MORE!

Scan for
details ▶



***TRANSFORM**
 A high-intensity cardio conditioning class that uses a step to ramp up your calorie burn.

*Class can be modified using no step, so no step experience is necessary. Free to Gold & Silver members - ages 13+.

LesMills
OnDEMAND
@ HOME

TO GET
YOUR
FREE
TRIAL!



Sign up for Les Mills On Demand through The Kroc Center member affiliate link and receive a **30-DAY FREE TRIAL!**
 Pay just \$9⁹⁹/month after the trial (savings of \$5/month).



Video-based classes provide an amazing workout, anytime.
 Available in 3 group fitness studios when live classes are not scheduled.

GROUP FITNESS AGE GUIDELINES: Ages 13+ are allowed to attend all group fitness classes.

REGISTRATION: Participants may only register for back-to-back drop-in group fitness classes that have 15 minutes or less between end and start times.

LES MILLS® and its respective classes: BODYPUMP®, BODYCOMBAT®, and BODYFLOW®, are trademarks of Les Mills International LTD, used under license. POUND® and Ripstix® are registered trademarks of Pound Rockout workout, LLC. ZUMBA® is a trademark owned by Zumba Fitness, LLC used under license through certified instructors.

USAGE GUIDELINES: Proper workout attire is required, including closed-toe athletic shoes. No jeans allowed. No food or drink, other than water in closed containers, is allowed in the fitness, gymnasium, weight, and track areas. Please be courteous to other members and arrive on time. Instructors may deny access to class if you arrive after the warm-up period. The RJKCC reserves the right to cancel any class on the basis of low attendance. Drop-in group fitness classes are first-come, first-served. All participants must check-in and pay (if applicable) at the control desk. Participants may check-in no sooner than 30 minutes before the start of class.

CLASS CAPACITY: Participation numbers limited due to equipment and space constraints.

Sports & Recreation

Questions? Contact our Recreational Sports Specialist at 217-231-5635 or at Kristy.Stegeman@USC.SalvationArmy.org

ADULT DROP-IN PICKLEBALL

No experience necessary! Learn the rules of pickleball, basic skills, and techniques. This class is geared toward beginners, but all levels are welcome to play and have fun. Equipment will be provided. Led by The Kroc Center's recreational sports staff.

**THURSDAYS,
FEB 3–MARCH 10
10–11:30AM**

Members Free | Non-Members \$8⁵⁰



ROCK WALL

**WEDNESDAY, 4–7PM
SATURDAYS, NOON–5PM***

Members Free

Non-Members: Youth \$3 | Adult (18+) \$5

Looking for a challenge and a unique workout? The Kroc Rock Climbing Wall is the go-to wall in the area! Available to ages 3+. Those 11 years & under must have a parent/guardian present. Ages 12–15 must have a parent in the building while ages 16+ may be alone. Additional optional shoe rental charges may apply.



KROC YOUTH MADNESS 3 vs 3 BASKETBALL JAM

Get your friends together and join us for this fun 3 on 3 Basketball Jam! Teams of 4. Double elimination tournament style. All teams guaranteed two 20-minute running clock games.

Register by March 1.

Age Brackets: 3rd/4th | 5th/6th | 7th/8th

**SAT–SUN, MARCH 12–13
8AM–5PM**

\$120/4-player team/includes t-shirt.



MEN'S FULL COURT 5 vs 5 BASKETBALL LEAGUE

Games consist of two 20-minute halves with a running clock. The league is open to adults ages 18+. Teams may roster up to 10 players, players may only play on one team in the league. Teams are guaranteed 8 games.

Register by March 4.

**TUESDAYS & THURSDAYS,
MARCH 22–MAY 12
6–10PM**

\$300 per team



Gym

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYMNASIUM	OPEN GYMNASIUM 5:30am–5pm	OPEN GYMNASIUM 5:30am–5pm	OPEN GYMNASIUM	OPEN GYMNASIUM 5:30am–5pm DROP IN PICKLEBALL 10–11:30am, Court B Ends March 10	OPEN GYMNASIUM 5:30am–5pm	OPEN GYMNASIUM CT B: FAMILY TIME 10am–1pm
JR. SPIKERS VOLLEYBALL CLINIC Noon–4pm, Court B Starts March 20	CO-ED REC VBALL 5:30–10pm, Court B Ends March 14	MENS 5 VS 5 BASKETBALL 5:30–10pm, Full Court Starts March 22		ADULT COMPETITIVE PICKLEBALL 5:30–9pm, Court B Ends March 17	CO-ED COMPETITIVE VOLLEYBALL 5:30–10pm, Court B Ends March 18	

Church & Congregational Life

SUNDAY

SUNDAY SCHOOL
9:15–10:15am
Fellowship Hall
Check-In, All Ages
-Meadows, LABS-Adults:
Questions Jesus Asked
-Ledge, XP3-Teens:
Real Talk Series
-Green Room, 252-Kids:
On My Block Series
-Huck's Hideout, First
Look Pre-School:
It's a Party Series

**KROC CHURCH
HOLINESS WORSHIP**
10:30–11:30am
Worship Theater

JR CHURCH
11am, Green Room

MONDAY

**TEEN & YOUTH
MUSIC CLASSES**
3–3:30pm Singing Co.
4pm Youth Music
4:30pm Youth Music

CORPS CADETS
4–5pm, The Ledge

TUESDAY

WOMEN'S MINISTRY
10am–Noon
Meadows B
Ages 16+

WEDNESDAY

WEEKLY DEVOTIONS
10–10:15am
Meadows B
All Ages Welcome

**K.R.O.C. KIDS
KICK BACK** 3–4pm
Boys & Girls, K–5
Worship Theater,
Meadows, Ledge, Gym

K.R.O.C. KIDS 4–5pm
MOONBEAMS
Boys & Girls Pre
K–K, Green Room

SUNBEAMS
Girls Grades 1–5
Bluffs

EXPLORERS
Boys Grades 1–5
Meadows A, B, C

GIRL GUARDS
Girls, Grades 6–12
The Ledge

RANGERS
(Young Men) Grades 6–12
The Ledge

MEAL 5–5:30pm

SENIOR BAND
7–8pm (ages 14+)
Worship Theater

THURSDAY

FRIDAY

SATURDAY



ALL YOU CAN EAT!
PANCAKES,
BACON, EGGS,
COFFEE, & MILK

**LUMBERJACK
PANCAKE BREAKFAST**
Saturday, March 26 • 8–11am

Ages 3 & under, FREE • Ages 4–11, \$3 • Ages 12+, \$6
All proceeds support Youth Ministries.

PRAISE TEAM
4–5pm, Worship Theater

**YOUTH LEADER
COMMITTEE**
5–6pm | March 1 & 3
Virtual Training
Every other Thursday of
the month

JOIN
us in person
or virtually on
The Kroc Church
Facebook Page!



After-School Program

Take the home out of homework!
K–6th + 7th–12th CITs

Weekly, Mon–Fri • 2–7pm

Mon: Interactive Bible Lesson
Tue: Sports & Fitness
Wed: Character Building
Thurs: S.T.E.A.M.
Fri: Aquatic Center

Daily healthy snack,
homework assistance,
and game room. After-
school transportation
provided for Quincy
area schools.

\$65/wk
Members
\$80/wk
Non-members

 CIT opportunities/
positions available.

Guardian guide available at KrocQuincy.org.

What are CITs? COUNSELORS IN TRAINING

CITs are an integral part of our youth programs & receive all of the benefits that come with the program they are attending, as well as hands-on training, mentoring, and leadership development.



When school's not in session!

K–6th + 7–12th CITs

Monday–Friday, March 14–18

CHILDREN ENJOY

- Aquatic Center
- Interactive game room
- Gymnasium
- Art, Science & discovery
- Free play, movie
- Engaging Bible lesson

Pack a sack lunch!

\$20/day
for Members

\$25/day
for Non-members

Always supervised!

 CIT opportunities/
positions available.



Personal Training

Your first session will include a fitness assessment, a current health status, and an exercise routine. Based upon your schedule and goals, you and your trainer will determine when and how often the two of you will meet.

Member Pricing

Session(s)	1 PERSON	2 PEOPLE	3 PEOPLE
1	\$38	\$52 \$26/person	\$60 \$20/person
3	\$108 \$36 ea	\$140 \$70/person	\$144 \$48/person
5	\$175 \$35 ea	\$230 \$115/person	\$240 \$80/person
10	\$340 \$34 ea	\$444 \$222/person	\$450 \$150/person
20	\$640 \$32 ea	\$860 \$430/person	\$870 \$290/person

Membership Benefits

Regular 1 Year Memberships

Applications available at the Welcome Desk or at KrocQuincy.org. Payments are accepted annually or by automatic monthly withdrawal.

Ask about corporate memberships!

Silver Memberships

YOUTH AGES 3-12 \$10⁵⁰ monthly <small>\$126 PER YEAR</small>	TEEN AGES 13-17 \$18³⁸ monthly <small>\$220⁰⁰ PER YEAR</small>	GOLDEN AGER AGES 62+ \$22⁰⁵ monthly <small>\$264⁰⁰ PER YEAR</small>
ADULT AGES 18-61 \$29⁴⁰ monthly <small>\$352⁰⁰ PER YEAR</small>	FAMILY UP TO 5 \$52⁵⁰ monthly <small>\$630 PER YEAR</small>	FAMILY OVER 5 \$60⁹⁰ monthly <small>\$730⁰⁰ PER YEAR</small>

Gold Memberships

YOUTH AGES 3-12 \$12⁶⁰ monthly <small>\$151⁰⁰ PER YEAR</small>	TEEN AGES 13-17 \$22⁰⁵ monthly <small>\$264⁰⁰ PER YEAR</small>	GOLDEN AGER AGES 62+ \$26³³ monthly <small>\$315⁰⁰ PER YEAR</small>
ADULT AGES 18-61 \$36²³ monthly <small>\$434⁷⁰ PER YEAR</small>	FAMILY UP TO 5 \$63⁰⁰ monthly <small>\$756 PER YEAR</small>	FAMILY OVER 5 \$72⁴⁵ monthly <small>\$869⁰⁰ PER YEAR</small>

Which Membership is Right for Me?

WHAT YOU ENJOY	GOLD	SILVER	DAY PASS ²
Aquatic Center	•	•	•
Gymnasium & Indoor Track	•	•	•
Cardio & Weight Area	•	•	•
The Ledge Game Room	•	•	•
Locker Rooms	•	•	•
FREE Equipment Orientation	•	•	•
Discounted Swim Lessons	•	•	•
Pool Pals Service (See page 4)	•	•	•
FREE Huck's Hideout	•	•	•
FREE Rock Wall Climbing ¹	•	•	•
FREE Guest Passes per Year	12	6	•
FREE Drop-In Fitness & Aquatic Classes	ALL	SELECT	•
FREE Les Mills Virtual Fitness Classes	•	•	•
Discount on Youth After-School & Day Camps (includes School's In Day Camp)	•	•	•
Discount on Kroc Programs & Activities ³	40%	30%	•
1 FREE Personal Training Fitness Assessment ⁴	•	•	•



¹Equipment rental fees may apply. ²Fees apply. Must have a facility usage waiver signed. ³Excludes leagues and rec programs. ⁴Free Personal Training Fitness Assessment is NOT a training session and not included with any membership special promotions.



405 Vermont St. | Quincy, IL 62301
217-222-KROC (5762) | KrocQuincy.org



RAY & JOAN

KROC
CORPS COMMUNITY CENTER