

January 1-April 30, 2022

KROC



Give the gift of an **EXPERIENCE**
Look inside for the GREEN BOW!



**20 Q&A with
Kroc Personal Trainers**

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Explore God's World & Word

12 DISCOVERING COMPUTERS

*Bring your device & learn
how to use it properly.*

15 DARLENE STEINKAMP

*How lifeguarding prepared
her to be an RN*



RAY & JOAN
KROC
CORP'S COMMUNITY CENTER

405 Vermont Street
Quincy, IL 62301
KrocQuincy.org

Search 'KrocQuincy' online



Join the KROC



Give the gift of an **EXPERIENCE**

Look for the **GREEN BOW** for Kroc experience options!
Kroc gift cards can be loaded with any dollar amount & used for classes, Kroc gear, & treats from the Café.



7

■ Child Watch options make working out easier for parents.



10

■ Youth Development Programs encourage healthy habits.



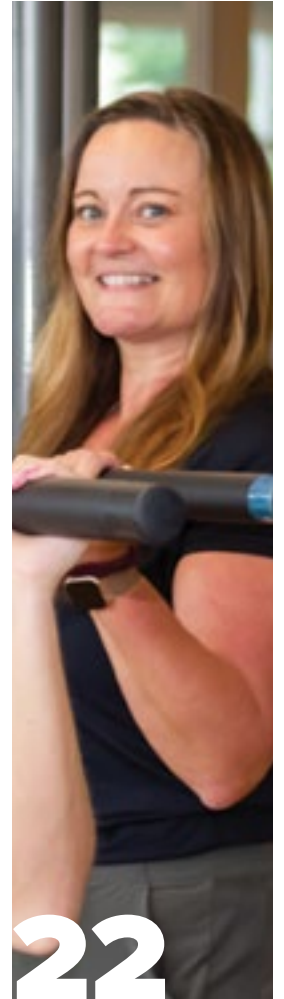
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■ Music Lessons
 Choose from voice, guitar, piano, brass... so many options!



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■ Register your child for swim lessons and life-saving skills.



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■ Invest in yourself with a personal trainer.



217-222-5762
KrocQuincy.org

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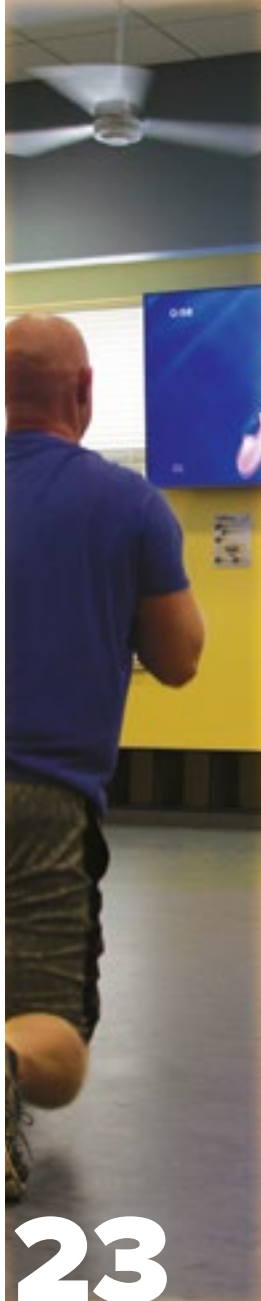
Dec 31	New Year's Eve	7am – 3pm
Jan 1, 2022	New Year's Day	9am – 5pm
April 15	Good Friday	5am – 5pm
April 17	Easter	Facility Closed*
May 30	Memorial Day	9am – 5pm

*Except for Kroc Church

Operating Hours

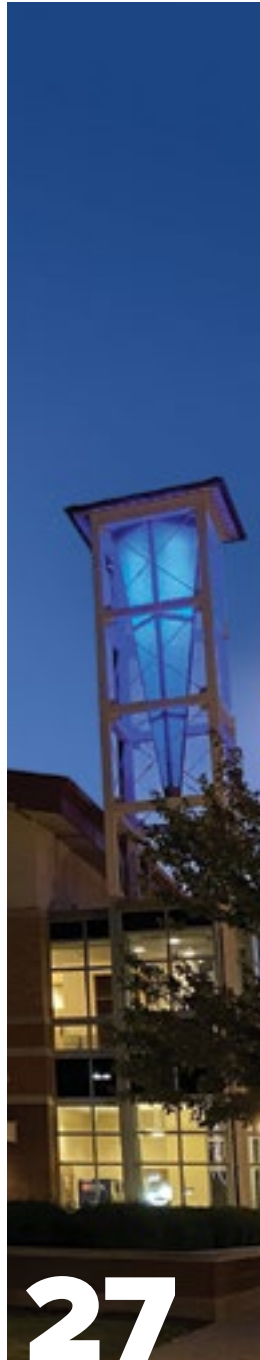
Monday– Friday	5am – 10pm
Saturday	7am – 8pm
Sunday	Noon – 6pm Kroc Church: 9:15am Sunday School, 10:30am Worship

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Questions or concerns? Please email us at info@KrocQuincy.org



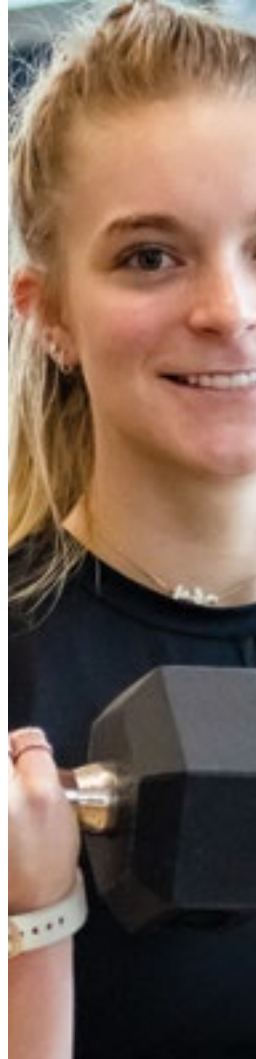
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Not able to attend a live workout class? Check out Les Mills Virtual.



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The Kroc 10-year impact.



Silver & Gold Membership Specials through January 31! See back cover for details.

Go to KrocQuincy.org for up-to-date hours & info

Our Vision

The Kroc Center in Quincy fosters an environment where individuals are enabled to reach their maximum potential, physically and spiritually, while providing the opportunity to be involved in the mission of The Salvation Army. We are Inspired by God's Holy Spirit, Instructed by God's Word, and Involved in God's work.

Welcome



QUINCY AREA COMMAND LEADERS
+ SENIOR KROC OFFICERS, MAJORS
TREVOR AND ROCHELLE MCCLINTOCK

Majors' Message

Welcome to our 2021-22 Spring Program Guide! Are you ready for a new year?

As we kick off 2022, we are excited to offer new programs, classes, and opportunities for you to enjoy:

- Spiritual activities to nurture your soul. *(pages 8-9)*
- Arts and Educational offerings to develop new skills or hone your abilities. *(pages 12-13)*
- Fitness classes to keep you strong and healthy. *(pages 24-25)*
- Recreational programs to keep you and your family moving and growing. *(pages 30-31)*

All of these and more are included in this guide. These offerings are all free or very affordable with your Kroc membership.

So sign up for a class and bring a friend – life is better when it is shared!



May God bless you in the new year ahead.

Majors Trevor & Shelley McClintock



Contact Us

General Information	217-222-5762	Emergency Shelter	217-222-8655	Marketing	217-231-5628
Aquatics	217-231-5619	Family Services	217-222-2087	Memberships	217-222-5762
Birthday Party/Rentals	217-231-5636	Family Store (Quincy)	217-224-5998	Scholarships	217-222-5762
Kroc Café	217-231-5645	Fitness & Wellness	217-231-5638	Sports & Recreation	217-222-5762
Day Camps/After-School	217-231-5658	Fitness Initiatives	217-231-5640	Volunteering	217-231-5633
Development	217-231-5627	Huck's Hideout Kid Care	217-222-5762	Worship/Ministry	217-231-5674
Education & Fine Arts	217-231-5641	The Ledge Game Room	217-231-5644	Youth Ministry	217-231-5667



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.



How to Register

We're pleased to offer you a fast and easy way to register for select roster classes!

NOTE For online purchases, Non Members must call 217-222-KROC to set up your Kroc account. Group fitness classes are not sold online.

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.

NOTE: Fitness classes are drop-in not roster classes.

REGISTER ONLINE
at KrocQuincy.org

1. Click 'Register for Roster Classes Online' 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

Facility Age Requirements

AREA OF BUILDING	AGE IN YEARS					
	0-5	6-7	8-11	12-13	14-15	16+
Aquatic Center <small>*Applies to members only</small>	○	○	◐*	◑	◑	●
Big Red Water Slide <small>Must be 48" tall & under 300 lbs.</small>	○	○	○	◑	◑	●
Rock Wall	○	○	○	◑	◑	●
Gymnasium	○	○	○	◑	◑	●
Ledge Game Room <small>*Members DO NOT require supervision by adult (ages 6–11).</small>	○	○*	○*	●	●	●
Fitness & Wellness Classes			○	◑	◑	●
Walk / Run Track	○	○	○	◑	◑	●
Weight Equipment <small>*Permitted ONLY with Teen Fit Certification. See page 24</small>				◑*	◑*	●
Cardio Equipment <small>*Permitted ONLY with Teen Fit Certification. See page 24</small>				◑*	◑	●
Huck's Hideout	◑	◑				
Family Cabana Rooms	○	○	○	◑	◑	●
Locker Rooms	○	○	○	◑	◑	●
Day Camps / After School			●			

● Grades K-6 & CITs 7-12

- MAY PARTICIPATE WITHOUT A PARENT OR GUARDIAN ADULT IN THE FACILITY General facility policy allows anyone age 16 and up to use the facility without an adult.
- ◑ MUST HAVE A PARENT OR GUARDIAN ADULT IN THE FACILITY Adult does not need to be present in the activity area or venue.
- MUST HAVE PARENT/GUARDIAN IN THE ACTIVITY AREA/VENUE.

Please consult individual department supervisors or a Welcome Desk attendant for further information.

How to Volunteer

The Salvation Army has a place for you! There are many rewarding opportunities available such as Emergency Disaster Services, bell ringing, playing/teaching music, and youth programs. Our volunteers are held to the same high standards as our employees including background checks and youth protection training. Contact Jeremy Koren at 217-231-5633 or Jeremy.Koren@USC.SalvationArmy.org to learn more about volunteering with The Salvation Army.

WE
NEED
YOU!



Silver Sneakers Benefits and Eligibility



The Healthways SilverSneakers® Fitness program is an insurance benefit included in more than 65 Medicare health plans. Through SilverSneakers®, health plans and group retirement plans provide a gym membership to their insured, usually at no additional cost. Eligibility is determined by the individual's health plan. Check your eligibility on the Healthways SilverSneakers® website: SilverSneakers.com or ask a desk attendant at The Kroc Center. Other insurance based memberships may be available.

The SilverSneakers® benefit offered by The Kroc Center is equivalent to a Golden Ager Silver level membership. Additional benefits through other levels of SilverSneaker® participation may not be offered by the Quincy Kroc Center. Gold level membership is not offered as a benefit of SilverSneakers® at The Quincy Kroc Center.



See page 28 for information about our monthly Healthy Aging Seminars,

Become a Member



Give the gift of The Kroc EXPERIENCE! Programs marked with the green bow make a great experience gift! See KrocQuincy.org for info.



Which Membership is Right for Me?

WHAT YOU ENJOY	GOLD	SILVER	DAY PASS ²
Aquatic Center	•	•	•
Gymnasium & Indoor Track	•	•	•
Cardio & Weight Area	•	•	•
Ledge Game Room	•	•	•
Locker Rooms	•	•	•
FREE Equipment Orientation	•	•	•
Discounted Swim Lessons	•	•	
'Pool Pals' Service (See page 7)	•	•	
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	•	•	
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 sports programs, includes education and fine arts programs. ⁴Free Personal Training Fitness Assessment is NOT a training session and not included with any membership special promotions.

Regular 1-Year Memberships

Applications available at the Welcome Desk or at KrocQuincy.org/membership. 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>*\$434⁰⁰ per year</small>	FAMILY UP TO 5 \$63⁰⁰ monthly <small>*\$756 per year</small>	FAMILY OVER 5 \$72⁴⁵ monthly <small>*\$869⁰⁰ per year</small>

See page 14 for scholarship info.

Military Rate

Discount valid for active military personnel only. Please present a current valid military ID.

Adult (ages 18–61)	\$18 ¹¹ per month
Family (up to 5 people)	\$36 ²³ per month
Family+ (over 5 people)	\$44 ⁶³ per month

Day Passes

Try us out for a day to enjoy everything we offer! Fees apply to our group fitness and aquatic classes.

Youth (ages 3–12)	\$5
Adult (ages 13+)	\$8 ⁵⁰
Military (active)	\$3
Veterans	\$3
10-Day Punch Pass	\$75

Rock Wall

11 years & under must have a parent/guardian present. Ages 12–15 must have a parent in the building. Ages 16+ may be alone.

ALL MEMBERS CLIMB FREE*

Non Member Youth (17 years & under)	\$3
Non Member Adult (18+)	\$5

*Additional rental fees may apply.

Drop-In Classes

Register up to 30 minutes before your fitness or aquatic class begins.

Gold Member	FREE
Silver Member	FREE* / \$3
Non Member	\$8 ⁵⁰

*We offer many classes that are free. Select drop-in fitness and aquatics classes are \$3 for Silver members.



From Aqua Fit to Zumba you'll find a great workout at The Kroc. Unable to attend live fitness classes? Check out Les Mills Virtual. See pages 24-25 for details.

Parents love our child watch options!

OUR VENUES ARE ALWAYS SUPERVISED BY TRAINED STAFF ENSURING A SAFE ENVIRONMENT FOR YOUR LITTLE ONES.



Ledge Game Room

FREE & ALWAYS SUPERVISED!

Open to ages 12+. All participants must check-in with the Ledge attendant.

Non Members: signed waiver required. Children under 12 MUST be supervised by a parent/guardian at least 15 years of age. See page 11 for hours.

Members: For children ages 6–11, supervision is not required. Guardians must check-in at the Control Desk to receive an armband for unsupervised play.

Parent/guardian MUST remain in the building during this time.



Pool Pals

A CONVENIENT ALTERNATIVE TO CHILD WATCH*

Children of members, ages 8–11, are allowed to enjoy the Aquatic Center while their parent or guardian exercises in another area of the building. Check in required.

* Check KrocQuincy.org for pool/Big Red Slide hours. Member parent/guardian MUST remain in the building during this time.



Huck's Hideout

SUPERVISED CHILD WATCH FOR YOUR LITTLE ONES.

Huck's Hideout provides a safe, caring environment for your child to have fun and make friends, while you participate in any activity in the facility. Affordable rates are available for Non Members.

Parents must remain in the building while using Huck's Hideout child watch service. Open to children ages 6 months to 7 years. There is a 2 hour limit per child, per day and a 10 hour max per week.



Kroc Academy

TAKE THE HOME OUT OF HOMEWORK!

The Kroc Center takes after-school care to a whole new level! Available for K–6th and 7th–12th (CITs) grades. Transportation from the Quincy area schools is included.



Visit page 10 for more information about Kroc Academy and School's Out Day Camp!

Worship

INSPIRING, INSTRUCTING, + INVOLVING INDIVIDUALS
THROUGHOUT THEIR SPIRITUAL JOURNEY WITH JESUS



47,061

PEOPLE
have attended
**KROC CHURCH
WORSHIP
SERVICES**

see page 27 for
more 10th Anniversary
impact stats



**KROC
CHURCH**

Sunday School 9:15am

Worship Service 10:30am



SUNDAY SCHOOL

All Ages

Sundays, 9:15–10:15am in various rooms

A hands-on approach to applying God's Word to our lives through Bible instruction that combines the **light of the church** with the **love of a family** to make **a greater and lasting impact**.

WORSHIP SERVICE

All Ages

Sundays, 10:30–11:30am in the Worship Theater

Join in worship with The Salvation Army Band, Praise Team, and timely preaching that will touch your heart. Free nursery provided.

WEDNESDAY DEVOTIONS

All Ages

Wednesdays | 10–10:30am in Meadows B

A time of prayer and inspiration from God's word.

BIBLE STUDY

All Ages

See our Kroc Church Quincy Facebook page for a day and time.

Gathering together to open the Word of God. Looking at, studying, and applying scripture to our everyday lives. All are welcome.

CORPS CARRY-IN

All Ages

Held Quarterly | Noon–1:30pm

See the Kroc Church Quincy Facebook page for details.

WOMEN'S MINISTRY

Ages 16+

Tuesdays | 10am–Noon

Women experience a variety of programs and opportunity including fellowship, education, service and worship. Free and open to the public.

CORPS CADETS

Grades 6–12

Mondays, Resumes Jan 10 | 4–5pm in Meadows B

This youth program combines study and service for the ultimate leadership development for teenagers in The Salvation Army.

**JOIN
US VIRTUALLY!**

@krocchurchquincy



The Salvation Army Women's Auxiliary

Women 18+

Fridays at Noon | Feb 11, Mar 11, Apr 8

The Salvation Army of Quincy Women's Auxiliary was officially chartered in 1953. Since then, they have provided hundreds of thousands of hours of volunteer service and raised substantial dollars for The Salvation Army. The purpose of the Auxiliary is to raise public awareness of The Salvation Army, to facilitate services to the needy, and to strengthen the financial base of the local Salvation Army. Members also volunteer throughout the year for various on-going programs. Membership is open to all women in the community. \$10 annual membership.



Music & Praise

PRAISE BAND

Ages 14+

Thursdays 4-5pm, Through May 26 | Sundays 10:30am
Combine your love of God with your love of contemporary Christian music. You'll have an opportunity to practice and participate in our Sunday worship services. Both vocalists and instrumentalists are encouraged to attend.

SENIOR BAND

Ages 14+

Wednesdays 7-8pm, Through May 25 | Sundays 10:30am
Senior Band rehearses on Wednesdays and then is on duty for our weekly church services. Instrumentation follows a British Brass Band style (all brass instruments reading treble clef plus percussion). Our music is designed to support the worship of our church, while being fun, challenging, and remaining inspirational.

NEW!

TEEN & YOUTH MUSIC CLASSES

Mondays, Through May 16

Ages 7+

4-5pm

Ages 12-18

3-3:45pm

Learn how to play a brass instrument, piano, or ukulele with other musicians your age who are just starting out! These **FREE CLASSES** are a great way to start learning to play an instrument!



Join us for
Good Friday & Easter
Sunday Services.

Easter Weekend

UNITED GOOD FRIDAY SERVICES

All Ages

Friday, April 15 | 6-8pm

Join us for virtual worship on Good Friday!

BUNNY HOP EASTER PARTY

Ages 12 & under

Saturday, April 16 | 10am-Noon

Join us for an Easter celebration with treats, games, crafts, activities, and Bible lessons!

EASTER SUNDAY WORSHIP SERVICE

All Ages

Sunday, April 17 | 9am-Noon

9am - Easter Breakfast

10:30am - Easter Worship Service in the Worship Theater



JOIN US FOR OUR SOUP-ER BOWL PARTY!

Sunday, February 13 | 5pm | \$5 per dinner

All ages are invited to attend this night of food, fellowship, & football!

Enjoy the Super Bowl with family, friends, and the big screen. Bring your appetite as we kick off our soup competition to raise money for Youth Ministry.

For more info about The Kroc Center's music programs, please e-mail our Education & Fine Arts Specialist at Jonathon.Weller@USC.SalvationArmy.org.

Learn more at KrocQuincy.org



Youth Development



10,857
CHILDREN
have attended
DAY CAMP

see page 27 for
more 10th Anniversary
impact stats



Transportation to The Kroc provided
for Quincy area schools.

After-School Program

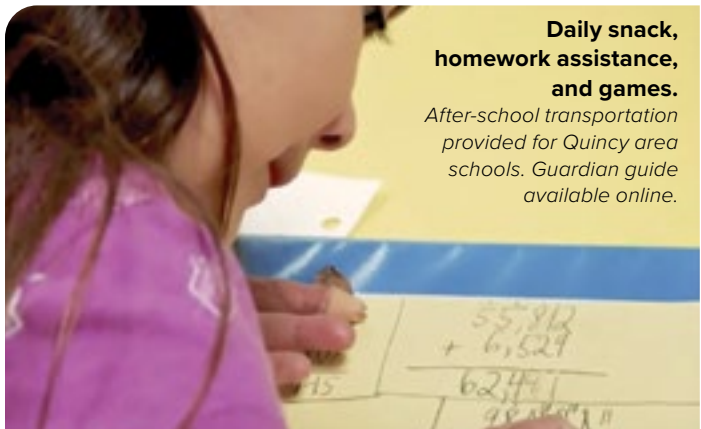
Take the home out
of homework!

K-6th + 7-12th CITs

Resumes Jan 3 • Mon-Fri • 2-7pm

- Mon Bible & Music Ministries
- Tue Gym & P.E.
- Wed Character Building
- Thu S.T.E.A.M.
- Fri Aquatic Center

\$65/week
for Member
\$80/week
for Non Member



Daily snack,
homework assistance,
and games.
After-school transportation
provided for Quincy area
schools. Guardian guide
available online.



Day Camp

K-6th + 7-12th CITs

When school's
NOT in session!

Always Supervised!
Your child will enjoy:

- Aquatic Center
- Interactive game room
- Gym & P.E.
- Science & discovery
- Free play
- Bible lesson
- Daily Snack

7am-7pm

\$20/day
for Member

\$25/day
for Non Member

Pack a sack lunch!



Counselor In Training

Grades 7-12th receive **50% OFF**

Counselors in Training (CITs) receive all of the benefits
that come with the program as well as hands-on
training, mentoring, and leadership development.

Teens take on an assistant helper role in our day camp and after
school programs. Limited positions available.

Submit your registration for review at KrocQuincy.org.
Approved CIT applicants will receive a call with more info.

Multiple Child Discount Provide proof of guardianship when
registering 3 or more children for day camp/after school to receive 25% off.
Must register at least a week prior to admission into program.

Questions? Please contact our Youth Development
and Outreach Specialist at 217-231-5667 or at
Jakin.Logsdon@USC.SalvationArmy.org.



KROC
Keep Relying On Christ
KIDS

K.R.O.C KIDS: DIVINE SERVICE

Sunday, May 15 | 10:30am in Worship Theater & Meadows C
 During our Worship Service, the K.R.O.C Kids character building troops are presented in their uniforms, awarded their emblems, and share their Singing Company Performance. It is a night of recognition to celebrate the children's efforts and accomplishments.

Runs Wednesday, Jan 5–May 18

Kick Back 3–4:30pm

After school fun including snack, game room, open gym, and singing all leading up to our exciting scouting programs!

Kids Character Building 4:30–5:30pm



MOONBEAMS
 Grades Pre K–K



SUNBEAMS
 Girls, Grades 1–5



EXPLORERS
 Boys, Grades 1–5



GIRL GUARDS
 Young Women
 Grades 6–12

RANGERS
 Young Men
 Grades 6–12



Meal 5:30–6pm

Group meal will be held in Meadows A & B.



LEDGE
 GAME ROOM

SUNDAY 1–5pm
MONDAY–FRIDAY 4–8pm
SATURDAY 9am–1pm | 2–6pm

Education & Fine Arts

MUSIC & ART

SCHOLARSHIPS

see page 14

Digital Arts

PHOTOGRAPHY LEVEL 1

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



Ages 14+

Do you want to become a better photographer? Join a local photographer as they lead an introduction to photography class. You'll learn the basics of image composition, camera features, and editing. Whether you have a basic phone camera or a top of the line DSLR that you want to learn to use better, this class is for you!

Tuesdays	Feb 1-22	6-7:30pm
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PHOTOGRAPHY LEVEL 2

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



Ages 14+

If you've taken the first level of photography classes with us but still want to learn more, this class is for you! Our Level 2 Photography class dives into even more detail as we guide you through more advanced topics to help you take even better photos! It's recommended that you take Level 1 before you take Level 2, but you can sign up for both of these classes within this session!

Tuesdays	April 5-22	6-7:30pm
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>>> NEW CLASS!

DISCOVERING COMPUTERS/TABLETS

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



GREAT CLASS for SENIORS!

Ages 14+

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.

Thursdays	Mar 3-24	11am-Noon
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Community Education

MULTIPLICATION TABLES WORKSHOP

Ages 8+ with accompanying adult

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

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.

Thursdays	Mar 3-Apr 7	5:30-6:30pm
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FUN CLASSES for groups or couples!



Fine Arts

>>> NEW CLASS!

PAINT POURING Ages 14+ (8+ with accompanying adult)

\$25 Gold | \$27 Silver | \$35 Non Member - per night

Join us for a fun and easy night of art presented by The District Art Gallery and The Kroc Center! Instead of using traditional paint brushes, we'll pour paint directly onto the canvas to create beautiful works of art. Fun for artists of all ages and a great family night activity that's less expensive than anywhere else!

Friday	Jan 21	6-8pm
Friday	April 8	6-8pm

ACRYLIC PAINTING

\$25 Gold | \$27 Silver | \$35 Non Member - per night



Ages 14+

Artists of all abilities, beginners through advanced, are invited to join us in a joint class brought to you by The Kroc Center and The District Art Gallery! You'll walk away with a completed painting at a cost less than you would pay to take this class at the Art Gallery itself! Supplies provided. Snacks to eat during class are welcome.

Friday	Feb 11	6-8pm
Friday	Mar 11	6-8pm

HAND LETTERING

Ages 14+ (8+ with accompanying adult)

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



Hand Lettering has become more and more popular and now you have the opportunity to learn about this art form with talented local artist, Leah Hanlin (ig: @leahhanlin). During this one-day class, you'll work with Leah to create a beautiful, handmade gift for Valentine's Day! All the supplies you'll need will be provided and you'll go home with something special for that special someone!

Saturday	Feb 5	1-4pm
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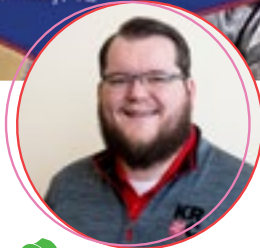
Music Lessons



Give the gift of The Kroc EXPERIENCE! Programs marked with the green bow make a great experience gift! See KrocQuincy.org for info.



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



GROUP UKULELE Ages 14+
 \$25 Gold | \$27 Silver | \$35 Non Member - per night



Have you ever wanted to try learning a new instrument? Even if you've never touched an instrument before, the Ukulele is a great way to start learning - no matter what age you are! We'll meet once a week during the day to explore this fun and easy-to-learn instrument. Instruments and music will be provided, but if you have your own ukulele, feel free to bring it along!

Thursdays Apr 5-26 11am-Noon



SIGN UP TODAY!
 Find the time and day that works the best with your schedule! For more info about The Kroc Center's music programs, please contact our Education & Fine Arts Specialist at 217-231-5641 or Jonathon.Weller@USC.SalvationArmy.org.

LOOKING FOR MUSIC LESSONS?

At The Kroc Center - both instrumental and vocal lessons - are available for all levels. No matter if you are a beginner or advanced, Jonathon and his team of instructors will help you reach the next level.

VOCAL LESSONS focus on good vocal technique, music reading & theory, and solo repertoire.

INSTRUMENTAL LESSONS focus on technique, reading music, theory, and solo repertoire.

GROUP LESSONS are an introductory/economical way to start learning an instrument or improving vocal talent.

PRIVATE LESSONS allow our instructors to work closely with musicians and singers, beginners through advanced musicians ages 7+ through adults, who want learn/improve their skills and hone their talent.



**VOICE • GUITAR • UKULELE • PIANO
 BRASS • WOODWIND • PERCUSSION**

People	Member	Non Member
1	\$54 per person	\$80 per person
2	\$66 \$33 per person*	\$95 \$47 ⁵⁰ per person
3	\$66 \$22 per person*	\$96 \$32 per person

Pricing for six (6) 30-minute lessons. *All participants must be Members.



NEW! TEEN & YOUTH MUSIC CLASSES

Learn how to play a brass instrument, piano, or ukulele with other musicians your age who are just starting out! These **FREE CLASSES** are great way to start learning to play an instrument. See page 9 for more info.

Scholarships



REFRESHMENT SERVICES PEPSI SCHOLARSHIP

This scholarship is funded by donations and helps provide access to memberships for those who might not be able to afford them. Scholarships are available in amounts of 25%, 50%, and 75%. No full scholarships awarded.



JO KIRLIN BENEVOLENT SCHOLARSHIP

This scholarship works in association with the Refreshment Services (RS) Pepsi scholarship fund. The RS Pepsi Fund will be used to cover the traditional amount of the scholarship (up to 75%). However, the amount the recipient should pay shall be underwritten by the funds donated to the JKB

Scholarship fund. Therefore, the recipient will NOT be required to pay any portion of the membership fee for the membership year the JKB Scholarship is awarded. This is an annual scholarship. Please see KrocQuincy.org for details.

AL BECK SCHOLARSHIP FOR CREATIVE ACTIVITY

Created through a fund generously founded by a dedicated Kroc Center member, retired college professor and author, Al Beck. The scholarship was developed to help children engage in creativity by providing 25% and 50% scholarships for specific education and fine arts classes.

THE PATTY DOUGLAS SCHOLARSHIP

An education and fine arts scholarship, honoring former Development Director Patty Douglas who retired in 2021, will soon be available. Information regarding qualifications and application process will be released soon.



A VISION BECOMES A REALITY

It was Joan Kroc's vision to provide all individuals with equal opportunities to grow their natural gifts & talents.

WANT TO HELP SOMEONE BECOME A KROC MEMBER?

*Donate today or contact Development
Director Matt Schmidt at 217-231-5694.*

How to Apply

- 1. FILL OUT THE APPLICATION AND GUIDELINES.**
Stop by the Control Desk for an application.
- 2. COMPLETE YOUR SCHOLARSHIP APPLICATION.**
Attach all household income verification documents to your completed application.
- 3. SUBMIT YOUR APPLICATION.**
Completed applications, with copies of your household income documents, may be submitted to the Control Desk.

Learn more at [KrocQuincy.org](https://www.krocquincy.org)



IN HER OWN WORDS

with Darlene Steinkamp

How **LIFEGUARDING** prepared her for life as a registered nurse.

You started working at a young age -15 -what sparked your interest in becoming a lifeguard?

I had always thought being a Lifeguard looked like a fun job.

What was your favorite part of lifeguarding at The Kroc?

I loved doing swim lessons but most of all I made some of the best friends. We would go for ice cream after work and called ourselves The Kroc Krew.

We know you and our Aquatics Specialist Nanette have a special relationship. How has having Nanette as your supervisor impacted you? *Nanette helped teach me about what it meant to be a leader. She helped me learn how to respond to difficult situations and how to best serve a patron. This comes in handy on the weekends when I'm in charge of the ICU. I am able to see the "gray area" and make the best situation for my patients. My leadership skills are the best thing I could have gotten from The Kroc Center.*

You put yourself through college -how did the money you earned help you? *I applied for every scholarship I could find. On breaks I would come home and work to pay for anything extra I needed.*

Who you are today? *Today I am a bedside nurse, working on getting my trauma nurse specialist certification. I am also a student who is working on earning her doctorate in nursing to be a nurse practitioner.*

“ *The Kroc became a second family.*

We helped each other out. I got help when I was moving or anything else I needed in life. It wasn't just my coworkers, but it became the patrons too. The kids I taught swim lessons became a huge part of my life and thoughts. The women I taught water fitness to gave me some of my biggest laughs. I enjoyed going to work and seeing my second family. We all worked together on end of the night duties and had a great time doing them.

”



November 2013
Age 15 • Kroc Lifeguard
My first job!



April 2018
Cover photo
with Nanette!



2021
Trauma/Burn ICU
Charge Nurse

We're hiring lifeguards! See page 18

Aquatics



Give the gift of The Kroc EXPERIENCE! Programs marked with the green bow make a great experience gift! See KrocQuincy.org for info.



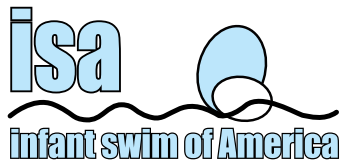
GROUP SWIM LESSONS

Session 1 & 2
on Sale Dec. 1



25,766
PEOPLE
have attended
SWIM LESSONS

see page 27 for
more 10th Anniversary
impact stats



The Area's **ONLY** Certified Rescue Swim Facility!

Parent's Guide

- Class levels are frequently repeated to allow students to master skills and feel successful before moving on to a new level. Patience is the key to learning how to swim.
- Participants must be picked up immediately following class.
- **You MUST register for swim lessons 5 days prior to class start date or a \$10 late fee will be applied to your registration fee.**

Registration Policies

- **Late registration will be accepted with a \$10 surcharge. We accept late registrations until the first scheduled day of class as space allows.**
- No registrations accepted after classes begin.
- Any class not meeting the minimum number of participants may be canceled. Refunds/transfers will be made at our Control Desk upon approval from the Aquatics Specialist within the first week of the session.



Private Swim Lessons

Self Rescue · Skill Development · Endurance

Infant -Toddler

9 months–4 years

Instructors teach infant swim recovery techniques to help reduce and help prevent accidental drowning. 15 minute lesson. Capacity: 1

1 Participant / 6 Lessons	Member \$72	Non Member \$90
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School Age -Adult

Ages 5+

Private or semi-private lessons are available for participants of any ability. 30 minute classes. Capacity: 1–2.

1 Participant / 8 Lessons	Member \$92	Non Member \$115
2 Participants / 8 Lessons	Member \$112 (\$56 per swimmer)	Non Member \$140 (\$70 per swimmer)
3-5 Participants / 8 Lessons*	Gold \$36 Silver \$42	Non Member \$60

*Must contact aquatics specialist.

Group Swim Lessons

Class Capacity 5 **Gold** \$36 | **Silver** \$42 | **Non Member** \$60

Parent / Child



*Parent or caregiver accompanies child in class.
Kids under 3 years of age must wear a swim diaper.*

TADPOLES – BABIES

1–2 years

Introduces self-rescue techniques along with games that focus on water comfort and basic swim skills. *Parent or caregiver accompanies child in class.*

Mon	Jan 10-Feb 28	6-6:30pm / 6:30-7pm
Mon	March 7-Apr 25	6-6:30pm / 6:30-7pm
Wed	Jan 5-Feb 23	5:30-6pm / 6-6:30pm
Mon	March 9-Apr 27	5:30-6pm / 6-6:30pm

FROGS – TODDLERS **No class April 16**

2–3 years

Participants are introduced to self rescue skills, swim strokes, and water safety techniques. *Parent or caregiver accompanies child in class.*

Tue	Jan 11-March 1	5:30-6pm / 6-6:30pm
Tue	March 15-May 3	5:30-6pm / 6-6:30pm
Thurs	Jan 13-March 3	6-6:30pm / 6:30-7pm
Thurs	March 17-May 5	6-6:30pm / 6:30-7pm
Sat	Jan 15-March 5	9-9:30am / 9:30-10am
Sat	March 12-May 7	9-9:30am / 9:30-10am

Intermediate

Continue to work on balance in the water through stroke development and water safety skills, working to become an independent swimmer.

Suitable for kids who can:

- swim with their face in the water
- float on front and back with no assistance
- goggles optional

LOBSTERS **No class April 16**

4–6 years

Tue	Jan 11-March 1	6:30-7pm
Tue	March 15-May 3	6:30-7pm
Thurs	Jan 13-March 3	6:30-7pm
Thurs	March 17-May 5	6:30-7pm
Sat	Jan 15-March 5	9:30-10am
Sat	March 12-May 7	9:30-10am

OTTERS **No class April 16**

7–10 years

Tue	Jan 11-March 1	7-7:30pm
Tue	March 15-May 3	7-7:30pm
Thurs	Jan 13-March 3	7-7:30pm
Thurs	March 17-May 5	7-7:30pm
Sat	Jan 15-March 5	10-10:30am
Sat	March 12-May 7	10-10:30am

Beginner

Introduces beginning swimmers to the water in a fun setting. Children learn floating and water safety through play and creative repetition and take instruction from an instructor. No swim experience required.

Suitable for kids who can:

- attend classes independently (parents are not present in this class)
- goggles optional

KROCODILES **No class April 16**

4–6 years

Tue	Jan 11-March 1	6-6:30pm / 6:30-7pm
Tue	March 15-May 3	6-6:30pm / 6:30-7pm
Thurs	Jan 13-March 3	5:30-6pm / 6-6:30pm
Thurs	March 17-May 5	5:30-6pm / 6-6:30pm
Sat	Jan 15-March 5	8:30-9am / 9-9:30am
Sat	March 12-May 7	8:30-9am / 9-9:30am

ALLIGATORS **No class April 16**

7–10 years

Tue	Jan 11-March 1	7-7:30pm
Tue	March 15-May 3	7-7:30pm
Thurs	Jan 13-March 3	7-7:30pm
Thurs	March 17-May 5	7-7:30pm
Sat	Jan 15-March 5	10-10:30am
Sat	March 12-May 7	10-10:30am



How to Register

1. Find Skill Level
2. Find Age
3. Select Date and Time

BE A
LIFEGUARD AT
THE KROC!
**APPLY
TODAY @**
KrocQuincy.org

\$14 PER HOUR

FLEXIBLE SCHEDULE

EXCELLENT TRAINING



Lifeguarding

Lifeguard Pre-Course Swim Test

\$25 Registration Fee

Lifeguard candidates must successfully complete the pre-course swim test prior to registering for the American Red Cross Lifeguard Certification Course. Pre-course testing times are available on Mondays and Wednesdays of each month.

- Swim 300 yards continuous swim, demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke, or a combination of both. Swimming on the back or side is not allowed. Swim goggles may be used.
- Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
- Starting in the water, swim 20 yards. The face may be in or out of the water, swim goggles are not allowed. Surface dive, feet-first or head-first, to retrieve a 10-pound object. Return to the surface and swim 20 yards on back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps.

**CALL OUR AQUATICS SPECIALIST AT 217-231-5676 TO
SCHEDULE YOUR 30-MINUTE TIME SLOT.**

American Red Cross Lifeguard Certification

\$90 Gold | \$105 Silver | \$150 Non Member Capacity: 8

MUST BE 15 YEARS OLD BY END OF CLASS

The American Red Cross lifeguard training and certification are imperative to the process of getting hired on as an official Red Cross lifeguard. Our detailed training includes both testing of hands-on skills as well as comprehension on written tests. The certifications, which include first aid, CPR, and AED training, is valid for two years upon completion and is accepted nationwide. The American Red Cross is the most respected source for training and certification of this kind.

**YOU MUST COMPLETE THE PRE-COURSE SWIMMING
SKILLS TEST PRIOR TO REGISTERING FOR THE AMERICAN
RED CROSS CERTIFICATION COURSE.**

Jan 10-15	Monday-Friday: 4-9pm Saturday: 9am-1pm
Feb 7-12	Monday-Friday: 4-9pm Saturday: 9am-1pm
March 16-19	Wednesday-Friday: 9am-5pm Saturday: 9am-1pm
March 28-Apr 2	Monday-Friday: 4-9pm Saturday: 9am-1pm
Apr 11-16	Monday-Thursday: 4-9pm Friday-Saturday: 9am-1pm
Apr 25-30	Monday-Friday: 4-9pm Saturday: 9am-1pm

Parties & Rentals



Give the gift of The Kroc EXPERIENCE! Programs marked with the green bow make a great experience gift! See KrocQuincy.org for info.



PARTY
★ **LIKE A** ★
KROC
Star



89,298
PEOPLE
have attended
RENTAL
EVENTS

see page 27 for
more 10th Anniversary
impact stats

Splash Bash – POOL PARTY!

The Aquatic Center, complete with a current river, big red water slide, play water structures, and a whirl pool, is perfect for swimmers of all ages. Even the adults will enjoy swimming or lounging poolside.

Parties are available on weekdays and weekends and last a total of 2 hours. All pool parties are held during open public swim time. Party goers may bring their own food and drinks. Party space is limited, so book at least two weeks in advance.

SPLASH BASH DETAILS

- Available Saturdays at 10am or 1pm | Sundays at 2pm
- 2-hour party, includes Sandbar room rental and swim time
- Tableware in your chosen theme



SANDBAR A - \$205 (includes full kitchen)
SANDBAR B - \$185

- 16 participants (table settings)
- A max capacity of 24 guests

SANDBAR A+B - \$360

- 32 participants (table settings)
- A max capacity of 48 guests

Special Events

BIRTHDAY PARTIES
FAMILY REUNIONS • CONCERTS
CONFERENCES • SHOWERS
LECTURES • WEDDINGS • RECEPTIONS

- Meadows, Bluffs, and Sandbar meeting rooms can be divided into several smaller rooms or used as larger rooms for a party or event.
- Non-alcoholic and family-friendly environment.
- Each room has its own presentation screen.
- A beautiful, stone fireplace is located in Meadows B and is accessible from inside and outside the building on the patio.



Book your **PARTY!**

Questions? Contact our
Special Events and Scheduling Coordinator at
Brookney.Wade@USC.SalvationArmy.org
or call 217-231-5636 for availability.



Learn more at KrocQuincy.org

Q&A with Kroc Personal Trainers

Kroc Center time is YOU time. Your goals brought you here. At the Kroc, we believe everyone gets fit differently. We invite you to FIND YOUR FIT. We're all in this together, no matter what equipment you use or how you go about your routine.

Our fitness staff is here to help you discover the next step of your journey, whether you're itching to add more weight to your bench press, or sweat an extra lap around the track.

See page 22 for personal trainer pricing/packages.

Jalene

Training since 2005

W.I.T.S. Level 3 Certified



Why is it important to exercise regularly?

We are meant to move! There are so many benefits: you'll feel better, have more energy, stay strong, reduce risks of diseases & a better quality of life.

Is having a variety of exercises in my routine important?

So many reasons YES! One example being hitting different muscle groups & body systems.

How do I make working out a habit?

Start small even if it's 10 minutes a day, but weave it into your daily routine. Make it enjoyable & find accountability.

AMY

Training since 2016

Master of Science in Exercise Physiology

ACSM Certified Exercise Physiologist



Regular exercise is very important because it helps to keep us healthy, both physically & mentally. Regular exercise helps to prevent diseases, slows the aging process, & can even reverse some health ailments.

Yes, having a variety ensures that you are working several different muscles. Also, a variety helps to prevent boredom, & also helps with regular exercise adherence.

Put your workouts in your calendar, just like you would any other appointment! Once you begin to realize how much better you feel after a workout, it will start to become part of your regular routine, because you'll make it a priority.

Ryan

Training since 2011

NASM Certified

NASM Certified Weight Loss Specialist

Youth & Senior Fitness Specialist



Exercise improves your mind & body. Physiological improvements include flexibility, balance, strength... Psychological improvements include mental clarity, uplifting mood, sense of well-being, helps with anxiety & depression, better sleep, and have a positive mental attitude.

Yes, it is very important to include all components of exercise. Train strength, cardiovascular, balance, flexibility, core. Hiring a personal trainer assists with having well-rounded workouts.

Generally, the benefits that you receive from starting an exercise program will spark the willingness to make it habitual.



How does fitness help with mental health?

Fitness does wonders for our mental health. Examples being, self-confidence, stress reducing, mood boosting, helps memory & cognition... Overall equals happiness!

Exercise releases chemical messengers called endorphins to your brain, which gives us that happy feeling after a workout. Also, when we feel better, we are just naturally in a better mood.

Fitness helps relieve anxiety & depression. It uplifts moods & increases energy.

It promotes a positive mental attitude & can help reverse the aging process or at least slow it down.

Can exercising relieve stress?

Yes! movement feels great & gives plenty of endorphins to lighten that mood & it's a positive way to let the stress out.

Yes, it's a great stress reliever. Some people prefer yoga & meditation with slow breathing to relieve stress. Others prefer an intense sweaty workout to literally get it out. Either method is so good for the body & the mind.

Absolutely - it's one of the best natural ways to relieve stress.

How many days per week should I workout?

Activity should be every day, cardio 30 minutes a day five days a week, & lifting two to three times a week.

As many days as you can. Research suggests 150 minutes per week, but anything is better than nothing. Make a conscious effort every day to do something active, even if it's taking the stairs instead of the elevator. Consistency pays off over time.

Six days a week with one rest day.

Cardio or weights – which should I do first?

My personal preference is always weights first, so you don't run your body out of gas & have bad form when you're lifting.

Do a small amount of cardio to warm up (get the blood flowing, muscles warm, & the heart rate elevated). If you are lifting heavy weights, do your weight exercises, & finish with cardio (so that you have the most energy for the hardest part of the workout). If you are lifting lighter weights, you can do the cardio first, & then lift. Conserving your energy is the most important part, so that you aren't lifting on tired muscles.

Traditionally weight lifting first followed by cardio. But you can always change the game & rotate it.

Personal Training



Give the gift of The Kroc EXPERIENCE! Programs marked with the green bow make a great experience gift! See KrocQuincy.org for info.



GET INTO
THE BEST
SHAPE OF
YOUR LIFE!

What to Expect

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 <small>*\$26/person</small>	\$60 <small>*\$20/person</small>
3	\$108 <small>*\$36 ea</small>	\$140 <small>*\$70/person</small>	\$144 <small>*\$48/person</small>
5	\$175 <small>*\$35 ea</small>	\$230 <small>*\$115/person</small>	\$240 <small>*\$80/person</small>
10	\$340 <small>*\$34 ea</small>	\$444 <small>*\$222/person</small>	\$450 <small>*\$150/person</small>
20	\$640 <small>*\$32 ea</small>	\$860 <small>*\$430/person</small>	\$870 <small>*\$290/person</small>

Non-Member Pricing



Session(s)	1 PERSON	2 PEOPLE	3 PEOPLE
1	\$50	\$66 <small>*\$33/person</small>	\$75 <small>*\$25/person</small>
3	\$138 <small>*\$46 ea</small>	\$176 <small>*\$88/person</small>	\$180 <small>*\$60/person</small>
5	\$220 <small>*\$44 ea</small>	\$290 <small>*\$145/person</small>	\$294 <small>*\$98/person</small>
10	\$420 <small>*\$42 ea</small>	\$560 <small>*\$280/person</small>	\$573 <small>*\$191/person</small>
20	\$760 <small>*\$38 ea</small>	\$1,100 <small>*\$550/person</small>	\$1,104 <small>*\$368/person</small>

Meet the Trainers!



Ryan

NASM Certified | NASM Certified Weight Loss Specialist | Training since 2004 | Youth & Senior Fitness Specialist

Fitness Philosophy: Incorporate all components of exercise and train them routinely. This includes cardio, strength, balance, flexibility and core. Also for complete wellness, I recommend mind, body, and spirit.



Jalene

W.I.T.S. Level 3 Certified | Training since 2005

Fitness Philosophy: Make good lifestyle habits now or prepare for illness later. It's a daily choice, choose to move, sleep well, and eat right and you'll be amazed at how your body feels for life.



Amy

ACSM Certified Exercise Physiologist

Training since 2016

Fitness Philosophy: Good health is a lifestyle, not a temporary fix. It's a journey of consistent small wins that include healthy food, exercise, drinking water, and managing stress.

For more info about personal training, please contact our Fitness and Wellness Specialist at 217-231-5638.

LES MILLS VIRTUAL

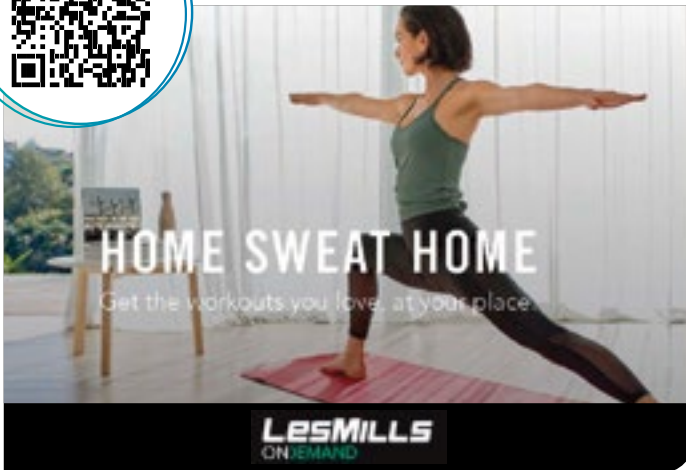
AVAILABLE IN THE KROC CENTER'S GROUP FITNESS STUDIOS WHEN LIVE CLASSES ARE NOT AVAILABLE!

Featuring the chart-topping music, leading-edge choreography, and world class instructors that Les Mills classes are famous for, these video-based classes provide an amazing workout.

Virtual On Demand BODYCOMBAT, BODYFLOW, BODYPUMP, CORE*, SH'BAM, RPM, GRIT, and BARRE are available in The Kroc Center's group fitness rooms when live group fitness classes are not being offered. OnDemand, where you have the opportunity to choose the class type and length, is available in 15, 20, 30, 45 and 60 minutes options. Necessary equipment is available so all you have to do is show up! **Formerly CXWORX*



SCAN WITH **YOUR PHONE** TO GET YOUR **FREE TRIAL** OR VISIT **KROCQUINCY.ORG**



30-DAY FREE TRIAL!

WHEN YOU SIGN UP FOR LES MILLS ONDEMAND THROUGH THE KROC CENTER MEMBER AFFILIATE LINK.

Pay just \$9⁹⁹/month after the trial, a savings of \$5/month.

KROC FIT CHALLENGE INDOOR MARATHON OR ULTRA

\$10, MEMBERS ONLY (Ages 13+)

February is American Heart Month. What better way to improve your heart health than finishing a marathon! Walk or run your way to the finish line on a treadmill, elliptical, stepper, using our indoor track, or a combination of all four (biking does not count towards this challenge). The goal is for participants to finish 26.2 miles within 28 days. Think that's too easy? Sign up for the Ultra-Marathon and finish 50 miles within 28 days! All activity must be completed in The Kroc Center. All finishers receive a prize! Registration limited to Kroc Center members. **REGISTER BY JANUARY 31**

Rent-2B-Fit!



Rent an instructor for a private group fitness class on the date and time of your choice. Workout alongside friends, co-workers, or relatives. Class dates and times are dependent upon instructor availability. Class fees/sizes vary. Class location is dependent upon equipment used.

CONTACT THE FITNESS & WELLNESS SPECIALIST AT 217-231-5638 TO SCHEDULE A CLASS!

Free Equipment Orientation

NO APPOINTMENT NECESSARY!

Fitness equipment can be intimidating. How do you use it? What muscle groups does it work? We're here to help you answer those questions with our free equipment orientations, which will teach you the basics of how to use our equipment. Simply ask a Kroc Center fitness and gym attendant.

Teen Fit Certification



Ages 13-15

\$40, MEMBERS ONLY

Teens learn the proper usage of The Kroc fitness equipment covering basic safety, fitness etiquette, and resistance training with a certified personal trainer. Upon completion, teens are allowed to use both cardio and weight equipment with a parent or guardian in the building. Sign-up at the Control Desk.

Fitness Assessment

\$26²⁵
Members
Non-Member: \$35

This assessment will provide a baseline measurement of your individual fitness level. Gold members will receive one free assessment per year. Includes Tanita Body Composition scan.

Not a personal training session.

Body Composition

\$10
Members
Non-Member: \$20

Anyone serious about improving his or her total health and fitness will love a Tanita full body analysis. Measurements include fat mass, muscle mass, total body water, bone mass, visceral abdominal fat, and physique rating.

Fitness + Wellness



**DANCE YOUR
WAY TO A
FITTER YOU!**

Land Based Drop-In Group Fitness

Registration deadlines do not apply - just simply drop-in. Register up to 30 minutes before class. Space is limited.

Rhythmic / Dance Fitness

POUND® Capacity: 20
FREE, Gold | \$3 Silver | \$8⁵⁰ Non Member ★★ Ages 8+

POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses into a 45-minute series. Using Ripstix™, lightly weighted exercise drumsticks, torch calories, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music.

KROC DANCE FITNESS Capacity: 20
FREE, Gold | \$3 Silver | \$8⁵⁰ Non Member ★★ Ages 8+

Work on your dance moves and your fitness in this cardio-inspired dance class! This class combines easy-to-follow moves with a variety of music so you'll never get bored. No dance experience necessary.

ZUMBA® Capacity: 20
FREE, Gold | \$3 Silver | \$8⁵⁰ Non Member ★★ Ages 8+

Dance your way to a fitter you. Inspired by Latin dance and music, Zumba® uses a variety of dance styles with music alternating between fast and slow rhythms for a cardiovascular workout that is both fun and easy to follow. Ditch the workout, join the party. No dance experience necessary.

Cardio

KROC CYCLING Capacity: 12
Gold & Silver: FREE | \$8⁵⁰ Non Member Ages 13+

This high-energy cardio workout is an unmatched way to make your fitness goals a reality. With no complicated moves to learn, getting into the best shape of your life has never been more fun. New students please come early for assistance with proper bike set up.

STEP IT UP Capacity: 20
FREE, Gold | \$3 Silver | \$8⁵⁰ Non Member Ages 13+

Step up to the challenge of improving your cardiovascular fitness! This cardio class combines easy-to-follow step sequences using a traditional step platform with upbeat music for a fun, heart-pumping workout. Participants choose the height of their step, so all fitness levels and abilities are welcome to attend.

Cardio / Strength Combo

LOW-IMPACT FITNESS Capacity: 20
Gold & Silver: FREE | \$8⁵⁰ Non Member Ages 13+

Low-impact, easy-to-follow cardio and strength exercises designed to increase your heart rate, but not hurt your joints. Great for all fitness levels.

SENIOR FIT Capacity: 20
Gold & Silver: FREE | \$8⁵⁰ Non Member Ages 13+

A low impact workout including cardio, strength, and flexibility exercises in order to help improve balance and activities of daily living.

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

Youth in Fitness! ★★

In an effort to help children & parents/guardians get healthy together, you are invited to bring your child to select fitness classes as noted by the red stars. Ages 8+



Les Mills Virtual!

LES MILLS

Choreographed workouts that mix the hottest music with cutting-edge exercise science, motivation, and energy.

Mind / Body ★★

BODYFLOW™ Capacity: 20
 FREE, Gold | Class fees vary, Silver | \$8⁵⁰ Non Member Ages 8+

BODYFLOW™ is an athletic blend of Yoga, Tai Chi, and Pilates that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration, and a carefully structured series of stretches, moves, and poses to music create a holistic workout that brings the body into a state of harmony and balance.

Cardio ★★★

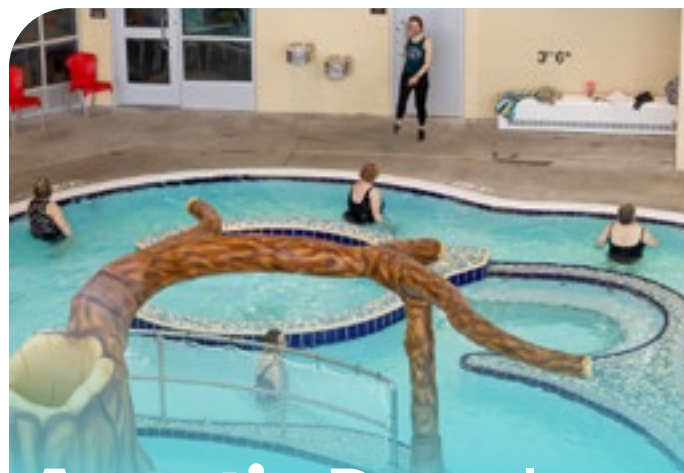
BODYCOMBAT™ Capacity: 15
 FREE, Gold | Class fees vary, Silver | \$8⁵⁰ Non Member Ages 8+

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi, and muay thai. Strike, punch, kick, and kata your way through calories to superior cardio fitness!

Strength

BODYPUMP™ Capacity: 19
 FREE, Gold | Class fees vary, Silver | \$8⁵⁰ Non Member Ages 13+

BODYPUMP™ is the original barbell class that strengthens your entire body. This workout is designed to improve strength and endurance in all the major muscle groups while simultaneously burning calories for fat loss. The combination of great music and your choice of weight inspire you to get the results you came for - and fast!



Aquatic Drop-In Group Fitness

Registration deadlines do not apply - just simply drop-in. Register up to 30 minutes before class. Space is limited.

WATER IN MOTION Capacity: 12
 FREE, Gold | \$3 Silver | \$8⁵⁰ Non Member Ages 13+

This pre-choreographed class is an exciting workout that combines cardio training with muscle toning in the water. You'll receive the benefit of a high energy, calorie burning workout without the pull that gravity plays on the body.

EASY GOING Capacity: 15
 Gold & Silver: FREE | \$8⁵⁰ Non Member Ages 13+

Perfect for anyone who suffers from achy bodies or low flexibility. A gentle activity in the comfort of the water to gain strength and flexibility. No extra strain on joints or muscle, while enjoying decreased pain and stiffness.

AQUA FIT Capacity: 15
 Gold & Silver: FREE | \$8⁵⁰ Non Member Ages 13+

A shallow water exercise class with easy to follow exercises designed to increase your cardiovascular health and build strength.

AQUA BLAST Capacity: 15
 Gold & Silver: FREE | \$8⁵⁰ Non Member Ages 13+

A high energy water fitness class with alternating cardio and resistance exercises to increase strength and stamina.

Find the fitness class that works the best for YOU! See a Class Schedule for times and days. Available at the Welcome Desk or at KrocQuincy.org



For more info about The Kroc Center's fitness programs, contact our Fitness and Wellness Specialist at 217-231-5638.

No matter where you are in your fitness journey.



Whatever type of workout you do.



Preworkout



Weight Loss



Protein Powders & Bars



Muscle Building

We have you covered.

Not sure where to begin? Ask one of our friendly NHQ Team members.



Vitamin & supplement retail store dedicated to helping you reach your personal health & fitness goals.



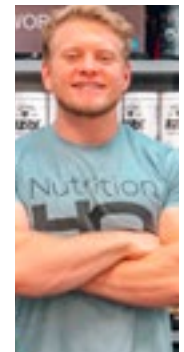
Tyler
NHQ Owner



Gage



Dori



Damon

3712 Broadway • Quincy | 217-209-0804 | NutritionHQQuincy.com





“A beacon of
Light & Hope
 in the community.”

— Joan Kroc
 Kroc Center Benefactor

HOW IT ALL BEGAN

In San Diego California, in the 1990s, Joan Kroc, wife of McDonald’s founder Ray Kroc toured her city and recognized its need for a safe gathering place, a place with facilities and trained professionals to nurture children’s social skills, arts appreciation, and athletic potential. She described The Kroc Center as being a beacon of light and hope in the community.

A VISION BECOMES REALITY

It was Joan Kroc’s vision to provide all individuals with equal opportunities to grow their natural gifts and talents. Quincy’s Kroc Center is one of 26 nationwide.

Development of The Quincy Kroc Center was made possible by a \$40 million combined capital and endowment grant from a bequest to The Salvation Army by the late Mrs. Joan Kroc, widow of McDonald’s founder Ray Kroc. As a condition of the Kroc grant, the community also raised \$8.6 million locally, representing a total community investment of nearly \$50 million.

Construction of The Quincy Kroc Center began on November 2, 2009, and the facility opened in September 2011.

The 98,000 square-foot Quincy Kroc Center redefines what a community center is all about. This unprecedented place of gathering and enrichment houses an array of education, sports, faith, arts and supportive programs never before assembled in our region.

SCHOLARSHIPS

Refreshment Services Pepsi Kroc Scholarship Program helps provide access to memberships for those who might not be able to afford them. The program is funded by donations and community efforts throughout the year. Scholarships are available in amounts of 25%, 50% and 75%. *Additional scholarships and information about them can be found at KrocQuincy.org.*

\$383,671
IN SCHOLARSHIPS
AWARDED

4,531
MEMBERSHIP
SCHOLARSHIPS
PROVIDED

1,820,873
MEMBERS &

246,865
GUESTS
 have come through
 Kroc Center doors.

406,694*
PEOPLE
 have participated in
KROC FITNESS &
SPORTS PROGRAMS

10,857
CHILDREN
 have attended
DAY CAMP

5,992
PEOPLE
 have participated in
KROC BIBLE
STUDIES

25,766
PEOPLE
 have attended
SWIM LESSONS

89,298
PEOPLE
 have attended
RENTAL
EVENTS

558
WORSHIP
EVENTS

47,061
PEOPLE
 have attended
KROC CHURCH
WORSHIP SERVICES

*406,694 People have participated in Kroc fitness and sports & rec activities including: group fitness (roster & drop-in) classes, sports leagues (adult & youth), fitness field trips, personal trainings, tournaments, sports camps, climbing wall, etc.

Healthy Aging



Give the gift of The Kroc EXPERIENCE! Programs marked with the green bow make a great experience gift! See KrocQuincy.org for info.

SENIORS
62+



Seminars are
FREE!

Monthly Seminars

WEDNESDAYS @ 9AM

Healthy Aging seminars take place on the third or fourth Wednesday of each month. Seminars are free and open to the public.

DATE	TOPIC	SPEAKER
Jan 26	Musculoskeletal Health	Emily Ver Meer RN Blessing
Feb 23	Malnutrition in Older Adults	Olivia Rees RD, QMG
Mar 23	Estate Planning & Wills	Joe Ott Schmiedeskamp Robertson Neu & Mitchell LLP
Apr 27	Avoiding Scams	Rick Thomas Thomas Family Insurance



HEALTHY AGING

Older Adult Wellness Program

Healthy Aging, a community enrichment program geared toward senior citizens, strives to provide learning experiences and opportunities. The Healthy Aging program also provides fellowship, community, and a way for older adults to stay active and involved through life's changes.

Members

\$1875
Registration

Non Members

\$25
Registration



Upcoming Sessions (14 weeks)

Tuesdays, Feb 15 – May 3 • 2–3:30pm

Thursdays, Feb 17 – May 5 • 2–3:30pm

Each session includes

- Devotion & Prayer
- Lesson Plans
- *Active Living Every Day by Human Kinetics*
- Healthy Snack or Recipe
- Exercise/Physical Activity
- Nutrition | Exercise | Wellness Education

FAQs

- Body composition evaluation will be performed
- Casual dress
- Limit of 12 people per session





FITNESS CLASSES

See page 24

Everyone has felt the effects of the COVID-19 pandemic. One group in particular, older adults, have been deeply impacted. Due to the population's at-risk nature, they have experienced loneliness, food inaccessibility, weight gain, and muscle weakness due to lack of physical activity and isolation. Now more than ever, it is important for older adults to start taking care of their physical and mental health. The Kroc Center is invested in the health and wellbeing of our community's older adult population, which is why the Healthy Aging Series for individuals ages 62+ has been implemented.

During each Healthy Aging session, participants gather together and learn about different behavior strategies to adopt physical activity into their everyday life. These sessions are a great way to safely get out of the house, meet new friends, and learn how to live a healthier lifestyle. Each session begins with prayer and devotion. Some light, modifiable exercises and stretches, that participants can safely do at home are also taught. Additionally, a small healthy snack is provided at each program session.

Would you or someone you know benefit from the Healthy Aging program? If so, simply contact Amy Junkerman today!



PEANUT BUTTER BANANA SMOOTHIE

INGREDIENTS (2 Servings)
 1 banana 1 cup milk
 1/4 c peanut butter 1 Tbls honey/to taste
 1 cup of ice

Place ingredients in a blender & blend until smooth, about 30 seconds.

Recipe Source:
<https://www.allrecipes.com/recipe/221261/peanut-butter-banana-smoothie/>



Questions regarding the Healthy Aging Series?
 Please contact Kroc Center Fitness Initiatives Coordinator Amy Junkerman at 217-231-5640 or Amy.Junkerman@USC.SalvationArmy.org

During Healthy Aging students learn about portion sizes and how they impact diets.

"The Healthy Aging program was a great reminder of how many areas of our life work together. Right away it was apparent that 'all foods are good.'"

The mental aspect of healthy living is addressed.

"Healthy Aging helped me to look at many areas of my lifestyle and redefine what was important to expand to benefit my health. The commitment to make that once a week meeting guaranteed success along with the homework to change my behavior. I encourage everyone to grab a friend and join. It certainly changed my behavior, I lost 15 pounds, and got a shopping spree to celebrate."

– Norma Hofmeister, Healthy Aging Participant



Sports + Recreation



Give the gift of The Kroc EXPERIENCE! Programs marked with the green bow make a great experience gift! See KrocQuincy.org for info.



Registration

- Advance registration is required for all leagues and registration deadlines do apply. **Space is limited.**
- Registration forms available at the Control Desk.
- The Kroc Center reserves the right to cancel any program if minimum participation requirements are not met.
- **Need help finding a team?** To be placed on a waiting list, contact Kristy today!

Go to KrocQuincy.org for information regarding our Youth Volleyball programs & dates.



Learn more at KrocQuincy.org



SIGN UP TODAY!

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



Adult Volleyball Leagues

Ages 18+

Register by Jan 3.

\$200 per team

Adult volleyball leagues will consist of 7 regular season games and at least one playoff game. All teams are guaranteed 8 games total. Playoffs schedule will be released after week 7 of regular season play.

CO-ED RECREATIONAL

Non-competitive league where games are laid-back rather than competitive. Standard co-ed rules apply. No spiking in front of the 10-foot line for both males and females.

Mon	Jan 10–Mar 14	6–10pm
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CO-ED POWER 6 vs 6

Both men and women can spike at the net. Net will be set at standard men's volleyball height.

Tues	Jan 11–Mar 15	6–10pm
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CO-ED COMPETITIVE

Competitive league with standard co-ed rules enforced. Women can spike at the net. Men can spike from behind the 10-foot line only.

Fri	Jan 14–Mar 18	6–10pm
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Golf Club Rentals

\$25
per golf set

Adult + Youth | Rentals begin March 1

Contact Recreational Sports Specialist Kristy Stegeman at 217-231-5635 for information.

Limited availability. Please have height info ready when registering. Must pick up at The Kroc Center.



Volleyball + Pickleball + Ninja + Basketball



Ninja Training

Ages 4–6

Register by February 14

Members \$40 Non Members \$60

NEW!

Get ready to have fun on this ninja training course. This high-octane combination of obstacle training, martial arts, gymnastics, and freestyle movement is designed to harness the limitless energy of young children for a total body workout that builds strength, endurance, and character.

Tues	Feb 22 – Mar 29	5:30-6:15pm
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Adult Pickleball

\$70 per team of 2

Ages 18+

Compete in this unique league! Games and times will be scheduled in advance for each team. Each game will have a 35 minute time limit. Standard USAPA rules with adaptations will be followed. Equipment will be provided if needed. **Register by Jan 3.**

RECREATIONAL Doubles - Level 3.0

Wed	Jan 12 – Mar 16	6–10pm
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COMPETITIVE Doubles - Level 4.0+

Thurs	Jan 13 – Mar 17	6–10pm
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DROP-IN

Members Free | Non-Members \$8⁵⁰

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.

Thurs	Feb 3 – Mar 10	10–11:30am
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Men's Basketball Leagues

Ages 18+

Register by March 4.

\$300 per team

MEN'S FULL-COURT 5 vs 5 BASKETBALL LEAGUES

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.

Tues & Thurs	Mar 22 – May 12	6–10pm
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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.

Age Brackets: 3rd/4th | 5th/6th | 7th/8th
\$120/4-player team/includes t-shirt.

Register by February 20.

Sat-Sun	March 12-13	8am–5pm
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Paddle Battle PICKLEBALL TOURNAMENT

APRIL 9 | 8am–1pm

Show your paddle skills and compete in our Spring pickleball tournament! This is a doubles tournament. Teams will be divided into divisions based on team's skill level.

\$60
per team of 2

Contact Recreational Sports Specialist at 217-231-5635 to register!

ROCK THE KROC ROCK WALL!

Members Free | Youth \$3 | Adult \$5

For hours & details go to KrocQuincy.org.



A STORY OF

HOPE



“This is the first time we’ve ever had to do something like this,” says Joshua, who found himself homeless at The Salvation Army Emergency Shelter in Fall of 2021. This, after losing two jobs over the last year because of the COVID-19 pandemic. Joshua worked in food service, and was let go after the restaurants had to cut staff. His wife, Lauren is a nurse, but hasn’t worked for the past several years, as she’s been raising the couple’s three children. She’s also due with their fourth child in December. Since entering the emergency shelter, Joshua and Lauren’s children have been placed in foster care...also a first for the family.

Sometimes “firsts” are hard because you don’t know the outcome. In the spring of 2021, The Salvation Army of Quincy started a new fundraiser called Unmasking the Singer. We had five contestants dress up in local mascot costumes, and sing a song. The first year, we had to do Unmasking the Singer virtually. We released one performance a night on our Facebook page, and the public voted. We named a winner at the end of two weeks of fundraising. The money we raised helped our clients, just like Joshua and Lauren.

In the spring of 2022, The Salvation Army is going for another first. We are holding our Unmasking the Singer live and in-person. It will be Friday, April 29 at The Atrium on 3rd in Quincy. It’s guaranteed to be a fun night,

including a dinner, a cash bar, and a whole lot of entertainment. Our secret contestants are already lined up, and are currently choosing their songs. We are now seeking sponsorships for the event. If you have a business, and want to help raise money to help people like Joshua, Lauren, and their children, contact Chad Douglas at Chad.Douglas@usc.salvationarmy.org, and he will get you more information. Details on how you can attend the event will be released after the first of the year.

“
**YOU...
RAISED OUR
SPIRITS.
YOU GAVE
US HOPE.**
”

Another first is also happening for Joshua and Lauren. Joshua has landed a good job with a Quincy manufacturer. The couple is working to get their children back, find a place to live, and take that first step of their new life as a family of six. Thanks to The Salvation Army, and money raised in fundraisers like Unmasking the Singer, the family is well on its way to success. “You guys raised our spirits,” said Joshua. “You gave us hope,” adds Lauren.

Want to help raise money to help people like Joshua, Lauren, and their children? Email Chad.Douglas@USC.SalvationArmy.org



YOUR SPONSORSHIP WILL **IMPACT** OUR COMMUNITY...

**EVENT
SPONSOR**
\$5000



SHELTER
2 MONTHS FOR 2
HOMELESS FAMILIES

**MASCOT
SPONSOR**
\$2000



FOOD
FOR A WEEK FOR
15-25 FAMILIES

**ENCORE
SPONSOR**
\$800



Rx MEDICINE
FOR A LOCAL
VETERAN

For more info about the event &/or sponsorships - contact Chad.Douglas@usc.salvationarmy.org • 217.231.5647

CODE OF CONDUCT

In order to facilitate positive life experiences while visiting The Kroc Center, mutual respect between members, guests and staff is required at all times. Failure to observe these guidelines will result in disciplinary action and/or termination of membership privileges. Some areas have individually stated guidelines. Please make yourself informed of all rules before entering the area. Kroc Center personnel have the right to refuse service to anyone deemed disruptive or abusive.

PAYMENT & PROGRAM/CLASS REFUNDS OR TRANSFERS

The Kroc Center accepts cash, check, Visa or Mastercard.

- Full payment is required at the time of enrollment.
- No refunds are given unless the program is cancelled by The Kroc Center.
- The Kroc Center reserves the right to cancel any activity due to low enrollment and will provide a full refund. If the program is cancelled by The Kroc Center, you will be given the choice of a full refund, class transfer or Kroc gift card.
- If you request to cancel your class enrollment five or more days prior to the first class, you will receive a full credit on a Kroc Center gift card or you may choose to transfer to another session if available.
- Requests made less than five days prior to the start date are not eligible for a refund or credit, except in the case of personal emergencies.
- Credits or pro-rated credits will not be issued for missed days of class due to illness, partial attendance, behavior issues or any other reason.
- Schedules, pricing, programming and policies subject to change without notice.

MEMBER DEFINITION

Hereafter, the term "Member" shall be used in all policies to reference: An individual who has a current, valid membership to The Kroc Center, and is currently in good-standing with The Kroc Center, both financially and in conduct.

FAMILY MEMBERSHIP DEFINITION

A family membership is defined as one adult or two married adults living in a household together, with up to three additional immediate family members up to the age of 21.

An immediate family member is defined as an individual, 21 years of age and younger, who is a current dependent to the adults, living at home, and must be unmarried, and have no children of their own. An individual with a disability or an elderly parent who is living in the same household will remain eligible for the family membership. If the household has more than five members, they must purchase the larger family membership if they wish for all family members to have access to The Kroc Center. All other individuals will need to acquire a separate adult membership. Verification of guardianship, family status and residency may be required. For example, tax return, utility bill, health insurance, etc.

MEMBERSHIP ACCESS

Membership to The Kroc Center grants members access to the following areas within The Kroc Center facility during normal operating hours:

- Basketball/volleyball courts in The Kroc Center
- General use locker room (All members must pay an additional fee to rent a locker on a yearly basis).
- Family Cabanas
- Running/jogging/walking track
- Fitness Floor (must be age 16 years of age or older (Students age 13–15 may access this area, but must be supervised by an adult member at all times!))
- Weight room (must be 16 years of age or older or hold a Teen Fit Certification Card - no exceptions!)
- Aquatics Center and Splash Pad (seasonal only)
- Designated fitness classes

NOTE: Some exceptions will apply. Areas will be unavailable at times due to various programs, events and maintenance shutdowns.

MONTHLY PAYMENTS/ ONE TIME ANNUAL PAYMENT

Membership fees can be paid monthly via recurring debit/credit card charge. Prorated fees will be due at the time of enrollment and may vary depending on enrollment date. Any requested changes must be submitted prior to the 10th of the month in order to be processed for the following month.

Annual payments may be paid in full by cash, check, Visa or MasterCard. Fees are equivalent to 12 monthly payments. The annual fee is due at time of enrollment.

MEMBERSHIP PAYMENT POLICY

Members may choose to pay for their membership in any of the following ways:

- Cash • Check • Visa or MasterCard • Debit Card

Returned/cancelled checks will be charged a \$25 fee.

Members who elect a monthly deduction from a debit/credit card will have one-twelfth of their yearly membership fee deducted on the 20th of each month for a period of 12 months.

At the end of one year, membership deductions will continue to be taken on the 20th of each month unless a membership cancellation form has been filled out and turned in by the member. The membership cancellation fee is \$50.

Non-Sufficient Funds - In cases where The Kroc Center is notified by the bank or other financial institution that insufficient funds are available to pay the monthly membership fee, the following actions will be taken:

- All membership cards associated to this membership will be deactivated, and all individuals listed on the membership will be denied access to The Kroc Center.
- A \$25 fee will be accessed each and every month to the membership, in addition to the monthly membership charge.
- All fees must be paid prior to the individuals associated to the membership are given access to The Kroc Center.
- These individuals will not be allowed to purchase a daily use pass to access the facility.
- All questions regarding these issues shall be directed to a Welcome Desk Supervisor or the Membership Services Manager.

SUSPENSION/TERMINATION OF MEMBERSHIPS

The Kroc Center has the right to suspend or terminate memberships for violations of policies or stated rules, failure to pay dues or actions which violate any federal, state or local laws. Additionally, all Kroc Center members must abide by The Salvation Army's Code of Conduct. Consequences of violations may include suspension or termination of Kroc Center access privileges.

All members will undergo a background screening, and any member found to have questionable history as determined by The Salvation Army may have their membership revoked immediately.

Member understands that if TSA has actual knowledge that an individual is a registered sex offender, such individual shall be denied access to The Salvation Army's facility. Member represents to TSA, that neither Member, nor any of Member's guests, which may from time to time attend the facility, are to Member's knowledge registered sex offenders in any legal jurisdiction, and furthermore, that Member, has an affirmative duty to TSA to immediately disclose to TSA any change in Member's knowledge of the registered sex offender status for any family member of Member or any of Member's guests, who may from time to time seek admittance at the facility pursuant to this Agreement.

In order to promote a safe and secure environment, The Salvation Army Kroc Center has placed video cameras in various locations. As part of our commitment to the safety of children and vulnerable persons, The Salvation Army Kroc Center reserves the right to consult public sources to determine

whether any member or guest of any member poses an unreasonable risk of harm to its patrons, staff, or visitors. The Salvation Army Kroc Center has the authority to make visual recordings, for its responsible use, of all individuals who enter.

Although not all inclusive, the following list represents reasons for the suspension and/or termination of membership:

- Failure to pay membership fees on time or in full
- Continued disregard for Kroc Center policies and procedures
- Fighting or abusive/profane language
- Disregard for Kroc Center staff
- Use of alcohol, tobacco or illegal drugs on The Salvation Army or Kroc Center property
- Behavior that presents imminent danger to the individual, Kroc Center patrons or The Salvation Army staff
- Disregard for our facility, equipment or property
- Failed background check

An individual whose membership has been suspended or terminated will NOT be entitled to a membership fee refund.

- If the individual has registered for a class at The Kroc Center, they will not be allowed to take part in this class, and must contact the Membership Services Manager to determine if a refund will be provided.

An individual who has had their membership terminated will not be allowed to purchase a membership to The Kroc Center for a period of at least two years, and will be required to meet with the Operations Director and Senior Kroc Officer prior to purchase.

MEMBERSHIP CHANGES

Any requested change that affects the billing of your membership must be submitted by the 10th of the month to be processed for the following month. If changes occur after the 10th of the month, you will receive a pro-rated amount. Membership downgrades and removal of family members are subject to a \$30 change fee.

CLASS/PROGRAM CANCELLATIONS

Full payment is expected at the time of enrollment. No cash refunds are given unless the program is cancelled by The Kroc Center. If the program is cancelled by The Kroc Center, you will be refunded the fee via a Kroc Center gift card or check. If you request to cancel your class enrollment five or more days prior to your first class, you will receive a full credit on your Kroc Center account or you may choose to transfer to another session if available. Requests made less than five days prior to the start date are not eligible for a refund or a credit, except in the case of personal emergencies. No credits or prorated credits will be issued for missed days of camp or class due to illness, partial attendance, behavior issues or any other reason.

KROC CENTER TEXTING POLICY

The Kroc Center will periodically send out text notifications to members. These notifications may address facility closures, class cancellations, special hours of operations or any other item of business. The Kroc Center deems necessary and pertinent information. If a member does not wish to receive a text notification they may opt out of the service at any time by texting the word "STOP" to any message received. A member may opt in for the service by texting KROCQCY to 24365.



Learn more at [KrocQuincy.org](https://www.KrocQuincy.org)

Activities by Age

Education & Fine Arts

Piano	5–17 yrs
Guitar	5–17 yrs
Ukulele	5–17 yrs
Private Music Lessons	5+ yrs
Youth Music Ensembles	8–18 yrs
Creative Ministry	Grades 6–12
Digital Arts: Photography/Computers & Tablets	14+ yrs
Fine Arts: Hand Lettering/Painting	14+ (8 w/adult)
Community Education: Multiplication Tables Workshop	8+ w/ adult

Congregational Life

Sunday Worship Service	All Ages (Nursery provided)
Kroc Academy	Grades K–6 7–12 CITs
School's Out Day Camp	Grades K–6 7–12 CITs
Moonbeams	Grades Pre K–K
Adventure Corps - Explorers	(Boys) Grades 1–5
Sunbeams	(Girls) Grades 1–5
Adventure Corps - Rangers	(Boys) Grades 6–12
Girl Guards	(Girls) Grades 6–12
The Ledge Game Room	12+ yrs
Senior Band	14+ yrs
Praise Team	14+ yrs
Women's Ministry	16+ yrs
Wednesday Devotions	All Ages
Corps Cadets	Grades 6–12
Salvation Army Women's Auxiliary	Women 18+ yrs
Kroc Student Ministry	Grades 6–12

Ages

Aquatics

Ages

Parent/Baby: Learn to Swim - Tadpoles	12 mo–23 mo
Infant & Toddler: Swim Training/Private Lessons	9 mo–3 yrs
Parent/Toddler: Learn to Swim - Frogs	24 mo–3 yrs
Preschool: Beginner - Krocodiles	4–6 yrs
Preschool: Intermediate - Lobsters	4–6 yrs
School Age & Adult Private Lessons	4+ yrs
School Age: Beginner - Alligators	7–10 yrs
School Age: Intermediate - Otters	7–10 yrs
American Red Cross Lifeguarding	Must be 15 years old by end of class

Fitness & Wellness

Ages

Zumba®	8+ yrs
POUND®	8+ yrs
Kroc Dance Fitness	8+ yrs
Personal Training	13+ yrs
Strength Core	13+ yrs
Kroc Cycling	13+ yrs
Les Mills BODYCOMBAT® & Les Mills BODYFLOW®	8+ yrs
Les Mills BODYPUMP®	13+ yrs
Low-Impact Fitness	13+ yrs
Senior Fit	13+ yrs
Step It Up	13+ yrs
Healthy Aging	65+ yrs
Water in Motion	13+ yrs
Easy Going	13+ yrs
Aqua Fit	13+ yrs
Aqua Blast	13+ yrs

Sports & Recreation

Ages

Golf Club Rentals	18 yrs & under
Youth Volleyball	8–14 yrs
Adult Volleyball	18+ yrs
Rock Climbing	All Ages / Must be able to fit in harness
Pickleball	18+ yrs
Ninja Training	4–6 yrs
Men's Basketball	18+



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Convenient.
Delicious!**



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SILVER & GOLD MEMBERSHIP SPECIALS

ON SALE
Dec 1, 2021–
Jan 31, 2022



10% OFF
GOLD
Membership
+ ONE Month **FREE**



1 MONTH
FREE
when you purchase a **NEW**
SILVER
Level Membership

Membership must be kept active for 12 consecutive months from date of purchase, with no payment lapses. Depending on date of purchase, either the December 2022 or the January 2023 payment will be waived. All memberships paid in full will be extended one (1) free month. Offer applies to new memberships ONLY. No downgrades available. Offer expires Jan 31, 2022. Free fitness assessment not included.

Refer a Friend, WIN A MEMBERSHIP!

Refer a new member and be entered to win a FREE 1-year membership for you AND your friend. Winners receive a FREE 1-year extension on their memberships. Next drawing to be held December 31. Every member who refers a friend gets a FREE Kroc t-shirt!

Purchase of a new 1-year Silver or Gold Level Membership is required. Referred friend may not have been a member within the last 12 months. See KrocQuincy.org for complete rules.

FIND us online **KrocQuincy.org**

The Salvation Army Ray & Joan Kroc Corps Community Center
405 Vermont Street | Quincy, IL 62301 | 217-222-5762
INSPIRE | INSTRUCT | INVOLVE



RAY & JOAN
KROC
CORPS COMMUNITY CENTER
QUINCY, IL