

KROC

**APRIL
SCHEDULE**



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EASTER WEEKEND**

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**CAMP
KROC**
REGISTER
NOW!



Be a **Camp
Counselor!**



RAY & JOAN



KROC
CORPS COMMUNITY CENTER

APRIL HOURS

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

Good Friday, April 15 5am–5pm
Pool 6am–4pm, Big Red Slide 11am–4pm
Huck's Hideout 8:30am–1pm
The Ledge Closed
Good Friday Service 6pm

Easter Sunday, April 17
Open for church only, Fitness Facility closed.

Monday, April 18
Pool 6am–8pm, Big Red Slide 11am–4pm
Huck's Hideout 8:30am–1pm | 4–8pm
The Ledge 4–8pm

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

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

Rock Wall

WED 4–7pm
SAT Noon–5pm

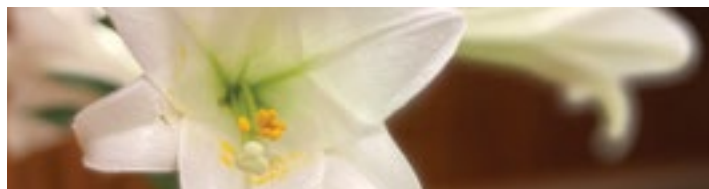
Kroc Café

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

4-7-2022



United Good Friday Service

FRIDAY, APRIL 15 | 6–8PM

Six area Christian denominations will come together with The Kroc Church for this unique ecumenical service. The following community leaders will be speaking at the United Good Friday Service:

Pastor Mark Madigan – Quincy Emmanuel Church of the Nazarene
Pastor Jason Sommerfeldt – Central Baptist Church
Pastor Tom Rains – Quincy First Southern Baptist Church
Rev. Carl Terry – Bethel AME Church
Pastor Todd Hastings – Bethel Assembly of God Church
Majors Trevor & Shelley McClintock – The Salvation Army

Bunny Hop Easter Party

SATURDAY, APRIL 16 | 10AM–NOON

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

Easter Sunday Worship Service

SUNDAY, APRIL 17 | 9AM–NOON

9am Breakfast
10:30am Worship Service
Come worship with us! Open to all ages.



Be in the Know with Text Alerts!

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

Summer dates are filling up...

BOOK YOUR SPLASH BASH POOL PARTY TODAY!

Go to KrocQuincy.org for details.




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.

Aquatic Center + Swim Lessons

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

OPEN SWIM

>>>April 15 - Good Friday - 6am-4pm | April 18 - 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

>>>April 15 & April 18 - 11am-4pm<<<

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
3:30-6:30pm on
April 25 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**

REGISTER NOW!

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

Starts May 2

**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 May 10

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

Starts May 11

**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 May 12

**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 May 14

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

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.

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.*

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	
		AQUA FIT 8-8:45am, Lap Lanes	AQUA BLAST 8-8:45am River	AQUA FIT 8-8:45am, Lap Lanes	AQUA BLAST 8-8:45am River	WATER IN MOTION 8-8:45am \$ Lap Lanes <i>4/1 & 4/15 Subbed with Aqua Fit</i>	
Silver Member Many classes are free. Select classes are \$3 as marked.			KROC CYCLING 8:15-8:45am Cycling Room		KROC CYCLING 8:15-8:45am Cycling Room		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 \$	WATER IN MOTION 9-9:45am \$ Lap Lanes		WATER IN MOTION 9-9:45am \$ Lap Lanes	Les Mills BODYPUMP 9-10am \$ Fitness Room A	
		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	ZUMBA 9-9:45am \$ ★★ Fitness Room B	KROC DANCE FITNESS 9:15-10am \$ ★★ Fitness Room B	
 NOW HIRING FITNESS INSTRUCTORS Aquatics, Les Mills, Cycling, + MORE!  Scan for details!			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	Les Mills BODYFLOW 5:30-6:25pm ★★ Fitness Room B	STEP IT UP 5:30-6:30pm Fitness Room A <i>4/7 - Canceled, virtual classes available</i>		
		Les Mills BODYPUMP 5:30-6:30pm \$ Fitness Room A	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			

***TRANSFORM**
 A high-intensity interval training (HITT) 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+.*

Meet Group Fitness Instructor Stephanie Chandler



NEW CLASS

LES MILLS VIRTUAL

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

LES MILLS RPM

COMING SOON!

GROUP FITNESS AGE GUIDELINES: Ages 13+ are allowed to attend all group fitness classes. Ages 8+ are allowed to attend select classes as marked.

CLASS CAPACITY: Participation numbers limited due to COVID-19 social distancing requirements.

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™, BODYFLOW™, and RPM™ 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 RJKCCC 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.

Sports & Recreation

DIG IT! Volleyball Camp

\$40 Members | \$50 Non

Grab your knee pads and lace up your shoes, this is one camp you don't want to miss. Join the HLGU Volleyball team and Head Coach Maliah Blakemore for a fun, exciting, and memorable volleyball camp. Register by June 3 to receive a camp t-shirt!



GRADES 3-5

M-F June 6-10 9-10:30am

GRADES 6-8

M-F June 6-10 10:45am-12:15pm

Jr. Spikers LEARNING Volleyball League

NEW!

\$50 per person. Includes t-shirt.

Individual sign-ups. Designed to help introduce and improve both fundamentals and skills with an emphasis on fun, sportsmanship, hard work, and character development. After the first week of practice, players will be divided into separate teams within their age-group. Competitive balance will be sought while creating each team. Players must be the age indicated by the first day of practice to enroll within that age-group. Incoming grades. Space is limited and for planning purposes, team assignments are final. Want to be a volunteer coach? Please contact Kristy! No class July 5.

GRADES 3-4

Register by June 3

Tuesdays June 14-Aug 9 5:30-10pm

Jr. Spikers Volleyball League

\$330 per team

Grades 5-8

Play in youth girls volleyball league this summer! The league will follow IHSA girls volleyball rules. All teams will get shirts provided to wear as uniforms for up to 8 players and 1 coach, additional player t-shirts can be purchased at \$10. Team sign-ups only. Incoming grades. No class July 4 and July 6.

GRADES 5-6

Register by June 3

Monday June 13-Aug 8 5:30-10pm

GRADES 7-8

Register by June 3

Wednesdays June 15-Aug 10 5:30-10pm

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

Gym

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYMNASIUM	OPEN GYMNASIUM	OPEN GYMNASIUM 5:30am-5pm	OPEN GYMNASIUM	OPEN PICKLEBALL 10am-Noon, Court B Free for Members \$8 ⁰⁰ for Non	OPEN GYMNASIUM	OPEN GYMNASIUM CT B: FAMILY TIME 10am-1pm
JR. SPIKERS VOLLEYBALL CLINIC Noon-4pm, Court B Ends April 10		MENS 5 VS 5 BASKETBALL 5:30-10pm, Full Court		MENS 5 VS 5 BASKETBALL 5:30-10pm, Full Court		

Arts & Education

Private Music Lessons

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

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

Pricing is for six (30-minute) lessons.

*All participants must be Members to receive Member pricing.

Sign Up Today!

We will work with you to find the time and day that works the best with your schedule.

Contact Jonathon Weller at 217-231-5641 or Jonathon.Weller@USC.SalvationArmy.org



Group Ukulele

TUESDAYS, APRIL 5-26
11AM-NOON

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

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!





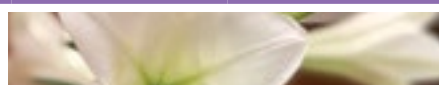

Paint Pouring

FRIDAY, APRIL 8 | 6-8pm


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

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!

Church & Congregational Life

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SUNDAY SCHOOL 9:15–10:15am Fellowship Hall Check-In, All Ages -Meadows, LABS-Adults: <i>Questions Jesus Asked</i> -Ledge, XP3-Teens: <i>Real Talk Series</i> -Green Room, 252-Kids: <i>On My Block Series</i> -Huck's Hideout, First Look Pre-School: <i>It's a Party Series</i></p> <p>KROC CHURCH HOLINESS WORSHIP 10:30–11:30am Worship Theater</p> <p>JUNIOR CHURCH 11am, <i>Green Room</i></p> 	 <p>JOIN us in person or virtually on The Kroc Church Facebook Page!</p> <p>TEEN & YOUTH MUSIC CLASSES 3–3:30pm Singing Co. 4pm Youth Music 4:30pm Youth Music</p> <p>CORPS CADETS 4–5pm, <i>The Ledge</i></p>	<p>WOMEN'S MINISTRY 10am–Noon <i>Meadows B</i> Ages 16+</p>	<p>WEEKLY DEVOTIONS 10–10:15am <i>Meadows B</i> All Ages Welcome</p> <p>K.R.O.C. KIDS KICK BACK 3–4pm Boys & Girls, K–5 <i>Worship Theater, Meadows, Ledge, Gym</i></p> <p>K.R.O.C. KIDS 4–5pm MOONBEAMS Boys & Girls Pre K–K, <i>Green Room</i></p> <p>SUNBEAMS Girls Grades 1–5 <i>Bluffs</i></p> <p>EXPLORERS Boys Grades 1–5 <i>Meadows A, B, C</i></p> <p>GIRL GUARDS Girls, Grades 6–12 <i>The Ledge</i></p> <p>RANGERS (Young Men) Grades 6–12 <i>The Ledge</i></p> <p>MEAL 5–5:30pm</p> <p>SENIOR BAND 7–8pm (ages 14+) <i>Worship Theater</i></p>	 <p>United Good Friday Service FRIDAY, APRIL 15 6–8PM Six area Christian denominations will come together with The Kroc Church for this unique ecumenical service. See page two for a list of the speakers.</p> <p>Bunny Hop Easter Party SATURDAY, APRIL 16 10AM–NOON Join us for a FREE Easter celebration with treats, games, crafts, activities, and Bible Lessons!</p> 	<p>EASTER SUNDAY - APRIL 17th 9am Breakfast 10:30am Worship Service</p>	

Youth Development



After-School Program


Take the home out of homework!

K–6th + 7th–12th CITs

Daily healthy snack, homework assistance, and game room.

Mon: Music Ministries
Tue: Sports & fitness
Wed: Character building
Thurs: S.T.E.A.M. or park
Fri: Swimming

After-school transportation provided for Quincy area schools. Guardian guide available online.



Weekly, 2–7pm

\$65/wk for Members

\$80/wk for Non-members



Do something FUN this summer!

K–6th + 7th–12th CITs

Registration opens April 1

See back page for details



Day Camp

K–6th + 7th–12th CITs

When school's not in session

April 15 & 18 • 7am–7pm


Always Supervised!
Your child will enjoy:

- Aquatic center
- Interactive game room
- Gymnasium
- Art, science & discovery
- Free play, movie
- Engaging Bible lesson
- Snacks are provided daily

\$20/day for Members
\$25/day for Non-members

Pack a sack lunch!





What are CITs?

COUNSELORS IN TRAINING

Grades 7th–12th | 50% OFF

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.



JOIN THE FUN! JUNE 6–AUGUST 12

K–6th & 7th–12th CITs

Weekly, 7am–7pm

- Supervised by trained and certified camp staff.
- Pool, gym, game room, and archery.
- Parks, field trips, and summer food program.
- Bible lesson, scouting, wellness, literacy, and wilderness lessons.
- S.T.E.A.M, drama, and games.

Full time 4-5 days

\$120 Member

\$150 Non-member

Register NOW at
KrocQuincy.org

Dates and times are subject to change. Space is limited. Scholarships and discounts are available. Check KrocQuincy.org and the guardian guide for details.



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>\$220 PER YEAR</small>	GOLDEN AGER AGES 62+ \$22⁰⁵ monthly <small>\$264 PER YEAR</small>
ADULT AGES 18–61 \$29⁴⁰ monthly <small>\$352 PER YEAR</small>	FAMILY UP TO 5 \$52⁵⁰ monthly <small>\$630 PER YEAR</small>	FAMILY OVER 5 \$60⁹⁰ monthly <small>\$730 PER YEAR</small>

Gold Memberships

YOUTH AGES 3–12 \$12⁶⁰ monthly <small>\$15 PER YEAR</small>	TEEN AGES 13–17 \$22⁰⁵ monthly <small>\$264 PER YEAR</small>	GOLDEN AGER AGES 62+ \$26³³ monthly <small>\$315 PER YEAR</small>
ADULT AGES 18–61 \$36²³ monthly <small>\$434 PER YEAR</small>	FAMILY UP TO 5 \$63⁰⁰ monthly <small>\$756 PER YEAR</small>	FAMILY OVER 5 \$72⁴⁵ monthly <small>\$869 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



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