

KROC

MAY
SCHEDULE



**SUMMER
MEMBERSHIP
SPECIALS**

ON SALE
MAY 1

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View
ONLINE!



RAY & JOAN

KROC
CORPS COMMUNITY CENTER



MAY HOURS

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

Memorial Day - Monday, May 30

Facility 9am–5pm
 Pool 10am–4pm, Big Red Slide 11am–4pm
 Huck's Hideout 9am–1pm
 The Ledge Closed

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.**



Be in the Know with Text Alerts!

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

Arts & Ed Events

5-6-2022

Group Ukulele

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

Ages 14+

Wednesdays, May 11–June 1 | 11am–Noon

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

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

*Ages 14+

Friday, May 20 | 6–8pm

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! *(8+ with accompanying adult).

Arty Party Paint Night

\$27 Gold | \$30 Silver | \$35 Non

Ages 14+

Friday, June 3 | 6–8pm

Create a step-by-step painting on a canvas using acrylic paint and different brush techniques. Artists of all abilities are welcome!

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

WE'RE HIRING! JOIN THE KROC CREW!

SILVER LEVEL MEMBERSHIP
 for all employees!



Scan for details.

KrocQuincy.org

Lifeguards
 Camp Kroc Counselors
 Fitness & Gym Attendants
 Welcome Desk Attendants
 Rock Wall Attendants
 Custodians
 Event Hosts

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 (Desktop)

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



**Download the app
for mobile purchase!**

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 >>>MAY 30 - Memorial Day - 10am-4pm<<<						
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 >>>MAY 30 - Memorial Day - 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. <i>Lap lanes closed during swim lessons.</i>						
1-5pm	6-8am 9am-1pm 4-8pm <i>Lap Lanes closed 3:30-6:30pm on May 23 for training.</i>	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 <i>Starts May 2</i>	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 <i>Starts May 10</i>	PARENT/BABY 12-23 MONTHS 5:30-6pm / 6-6:30pm <i>Starts May 11</i>	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 <i>Starts May 12</i>	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 <i>Starts May 14</i>	
	NOTE: River is turned off during Mon/Wed 8-8:45am Aqua Fit class.					

FUN + SUN!

Splash Pad OPENS MAY 28

SATURDAYS 11AM-7PM SUNDAYS 1-4:30PM

All areas available: Sunbathing | Picnic Area | Fountains On



POOL PALS Child Watch

Children, ages 8-11, of members are allowed to enjoy our Aquatic Center while their parent or guardian exercises in another area of the building. Member parent/guardian **MUST** remain in the facility during this time. **FREE** for members! *Please register at The Control Desk on the main floor.*

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

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

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

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

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

Drop-In Group Fitness

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>MEMORIAL DAY MON, MAY 31 NO CLASSES, VIRTUAL AVAILABLE</p> <p>Gold Members FREE: All drop-in Group Fitness & Aquatic Classes.</p> <p>Silver Member Many classes are free. Select classes are \$3 as marked.</p> <p>Youth in Fitness Open to ages 8+ with an accompanying adult.</p>	Les Mills BODYPUMP 5:30-6:30am \$ Fitness Room A	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		
	TRANSFORM 5:30-6am NEW TIME Fitness Room B	LES MILLS RPM 5:30-6:15am NEW CLASS Cycling Room	TRANSFORM 5:30-6am NEW TIME Fitness Room B	LES MILLS RPM 5:30-6:15am NEW CLASS Cycling Room	LES MILLS RPM 5:30-6:15am NEW CLASS Cycling Room	LES MILLS RPM 5:30-6:15am NEW CLASS Cycling Room		
	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	AQUA BLAST 8-8:45am River	WATER IN MOTION 8-8:45am \$ Lap Lanes		
			LES MILLS RPM 8:15-8:45am NEW CLASS Cycling Room		LES MILLS RPM 8:15-8:45am NEW CLASS Cycling Room		Les Mills BODYPUMP 8:45-9:45am \$ Fitness Room A	
	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	ZUMBA 9-9:45am \$ ★ Fitness Room B	KROC DANCE FITNESS 9:15-10am \$ ★ Fitness Room B	
		EASY GOING 10-10:45am River			EASY GOING 10-10:45am River			
	LES MILLS RPM Noon-12:30pm Cycling Room NEW CLASS				Les Mills BODYFLOW 10-10:55am ★ Fitness Room B			
	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	Les Mills BODYPUMP Noon-12:45pm Fitness Room A <i>5/26 Subbed with Virtual BodyPump</i>	HIGH FITNESS Noon-12:45pm Fitness Room A NEW CLASS		
	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	Les Mills BODYFLOW 5:30-6:25pm ★ Fitness Room B	STEP IT UP 5:30-6:30pm Fitness Room A		
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 <i>5/18 Subbed with Virtual BodyPump</i>	Les Mills BODYCOMBAT 5:30-6:25pm \$ ★ Fitness Room B	Les Mills BODYPUMP 5:30-6:30pm \$ Fitness Room A <i>5/18 Subbed with Virtual BodyPump</i>	Les Mills BODYCOMBAT 5:30-6:25pm \$ ★ Fitness Room B			



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

LES MILLS RPM

Gold & Silver FREE / Non-Member \$8⁵⁰

Combines hit music with an inspiring instructor leading you on a choreographed journey of hill climbs, sprints, and flat riding. This class is a great no-impact way to improve aerobic fitness and lose body fat. RPM™ is simple - there are no fancy moves to master, you simply jump on a bike and pedal. Although the instructor will give cues to increase or decrease resistance and speed, participants control their intensity so this class is suited for everyone from novice to advanced cyclists. You'll release stress, have a blast, and feel like a champ! Ages 13+

HIGH FITNESS

Gold & Silver FREE / Non-Member \$8⁵⁰

HIGH Fitness has all the benefits of old school aerobics, but with a modern twist. This cardio and toning class is designed to get you moving and keep you motivated. Classes are fun, easy to follow, and choreographed to set you up for success! Ages 13+

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 are limited due to equipment and space needs.

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.

Gym

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYMNASIUM	OPEN GYMNASIUM	OPEN GYMNASIUM 5:30am-5pm MENS 5 VS 5 BASKETBALL 5:30-10pm, Full Court Ends May 24	OPEN GYMNASIUM	OPEN PICKLEBALL 10am-Noon, Court B Free for Members \$8 ⁰⁰ for Non MENS 5 VS 5 BASKETBALL 5:30-10pm, Full Court Ends May 24	OPEN GYMNASIUM FIT KIDS EVENT 4-7pm, Court B May 6 Only	OPEN GYMNASIUM CT B: FAMILY TIME 10am-1pm

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.



GRADES 3-5

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

GRADES 6-8

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

Register by June 3 to receive a camp t-shirt!

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

JOIN THE TEAM!

Want to be a volunteer coach? Contact Kristy!

Ninja Class

\$40 Members | \$50 Non

Ages 4-7

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. Sessions are 4 weeks long.

Register by May 31.

AGES 4-5

Tuesdays June 7-28 4:15-5pm

AGES 6-7

Tuesdays June 7-28 5:15-6pm

Pom Pon & Dance Camp

Ages 3+

MEMBER \$30 | NON-MEMBER \$40

All girls and boys are welcome to come show us your dance moves. Pom Pon and dance instruction by the Quincy Notre Dame IDTA State Champion Pom Pon team and coaches. Campers will get the chance to perform at a Quincy Gems baseball game. Camp T-shirt included with registration fee. Spaces are limited. Parents can purchase game tickets for the performance through the Quincy Gems.

Register by June 3 to receive a camp t-shirt!

M-TH June 13-16 10-11am

Pom Pon campers will perform at the Quincy Gems baseball game on **THURSDAY, JUNE 16!**

Golf Club Rentals

Adult + Youth

\$25 per set

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

Please contact Kristy at **217-231-5635** for more info.

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

Church & Congregational Life

SUNDAY

SUNDAY SCHOOL
9:15–10:15am
Fellowship Hall
Check-In, All Ages
-Meadows, LABS-Adults:
Rejected
-Ledge, XP3-Teens:
Never Give Up
-Green Room, 252-Kids:
Bounce Back Series
-Huck's Hideout, First
Look Pre-School:
Scavenger Hunt

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

JUNIOR CHURCH
11am, Green Room

MONDAY



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

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

CORPS CADETS
4–5pm, *The Ledge*

YOUTH LEADER COMMITTEE
5–6pm
Virtual Training - Every other Monday of the month.

TUESDAY

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

WEDNESDAY

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

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

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

SUNBEAMS
Girls Grades 1–5
Bluffs

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

GIRL GUARDS
Girls, Grades 6–12
The Ledge

RANGERS
(Young Men) Grades 6–12
The Ledge

MEAL 5–5:30pm

SENIOR BAND 7–8pm, *Worship Theater*
Ends May 25

THURSDAY

FRIDAY

SATURDAY

THE SALVATION ARMY WOMEN'S AUXILIARY

Friday, May 13 at Noon

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 (ages 18+) in the community. \$10 annual membership.

INTERESTED IN JOINING PRAISE BAND?

Ages 14+

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.

PRAISE BAND

4–5pm, *Worship Theater*
Ends May 26

INTERESTED IN JOINING SENIOR BAND?

Ages 14+

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.

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 OPEN!

See back page for details



Day Camp

K–6th + 7–12th CITs

When school's not in session

June 3 • 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!

Always supervised!

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.

WHICH **MEMBERSHIP** IS RIGHT FOR ME?

Choosing the perfect membership for you and your family is easy. Visit KrocQuincy.org to download a membership application, or pick one up at the Control Desk. Applications and payment can be submitted to the Control Desk.

5% OFF **GOLD MEMBERSHIP**

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

SILVER MEMBERSHIP

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

3 Month **SUMMER MEMBERSHIP**

AVAILABLE MAY 1-JUNE 30
Benefits are equivalent to a Silver level membership. Must purchase all three months at one time. No guest passes.

YOUTH AGES 3-12 \$54	TEEN AGES 13-17 \$72	GOLDEN AGER AGES 62+ \$81
ADULT AGES 18-61 \$102	FAMILY UP TO 5 \$171	FAMILY OVER 5 \$195

\$25 **SUMMER Student MEMBERSHIP**

AVAILABLE MAY 1-JULY 31
Open to full-time college students only. Must present a current student I.D. \$25 per month, \$75 when paying for all three months. No guest passes.

UPCOMING EVENTS / ACTIVITIES



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



+ LIFEGUARD CERTIFICATION

CLASSES AVAILABLE EACH MONTH!

- Can you work 10 hours a week?
- Flexible hours
- \$14 per hours
- FREE Kroc membership
- Positive work atmosphere

Contact Aquatic Specialist Nanette Johnson for more information at 217-231-5676 or Nanette.Johnson@USC. SalvationArmy.org.

HEALTHY AGING SEMINARS
WED, MAY 25 @ 9AM
FALL PREVENTION AND TREATMENTS
 Attend this care-focused seminar to learn about exercises to help keep you on your feet.
Free and open to the public!



Camp Kroc Parent Preview Night

THURSDAY, MAY 12 | 6-7PM

Sign your kids up for an unforgettable summer of friendship, adventure, and fun!! Want more information? Join us for a parent preview night and chat with our incredible leads.

Ken Bigelow KIDS' DAY AT CAMP SAUKENAUK **July 16 | 9am-1pm**



VIEW UPCOMING EVENTS AT KROCQUINCY.ORG



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

