

May 1 – August 31, 2022

# KROC



**CAMP KROC**  
SUMMER DAY CAMP  
SEE PAGE 12

## 16 KATE SAID YES!

Opportunity + initiative led to her new full-time fitness career

## INSIDE

### 14 GET CREATIVE!

See our Art classes for the whole family

### 24 MAKE A SPLASH

Summer swim lessons!  
Splash Pad opens May 28

### 29 GET YOUR KIDS ACTIVE!

with Kroc Tots Multi-Sports Camp



RAY & JOAN  
**KROC**  
CORPS COMMUNITY CENTER

405 Vermont Street  
Quincy, IL 62301  
[KrocQuincy.org](http://KrocQuincy.org)

Search 'KrocQuincy' online



# Join the **KROC**



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■ Get your family active with a 3-month Summer Membership. Specials start May 1.



**11**

■ Celebrate God's awesomeness at our Monumental Vacation Bible School.



**15**

■ Get creative as a family with hand lettering, painting, and jewelry classes.



**19**

■ Camp Kroc counselors wanted! Also, what can your child expect?



**20**

■ Build muscle and friendships in our group fitness classes!



217-222-5762

**KrocQuincy.org**



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■ Meet Grant, our newest Personal Trainer!



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■ Looking for a summer job? Learn how to become a lifeguard.



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## Reduced Hours & Closures

May 30	Memorial Day	9am-5pm
July 4	Independence Day	CLOSED
Sept 6-11	Annual Aquatic Center Shutdown	

## Operating Hours

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

Published by The Salvation Army Ray & Joan Kroc Corps Community Center, 405 Vermont, Quincy, IL 62301. For questions or concerns, please email us at [info@KrocQuincy.org](mailto:info@KrocQuincy.org)

## 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

Greetings from The Kroc Center! When I was growing up summertime meant one thing: swimming and more swimming! I looked forward to swimming at the city park where I grew up. I looked forward to swimming in the lake when we would go camping. And I would look forward to going swimming at our overnight kids' camps. My sister and I would stay in the water until we would shiver, our fingers turned all wrinkly and waterlogged, or our mom told us that was enough. I'm sure summer evokes certain memories for us all, but taking a dip in the water and munching on an ice-cold popsicle come to my mind first.

A few years ago, Shelley and I had the opportunity to visit Israel to learn more about the Bible and see some of the important places to the history of the Christian, Jewish, and Muslim faiths. We were excited to see and step into some of the places that Jesus would have walked. We visited beautiful lush green places, but mostly we were surrounded by rocks and hard ground. And even though we visited in the springtime, we could see how the heat of the day would have drove people to rest near cool shade or even springs of water. One of the places we visited was called Ein Gedi – a beautiful mountain spring in the middle of a desert. Truly an oasis! This spring has such a rich history in our Bible, way before Jesus even walked the earth. Jesus, traveling with

his disciples, his closest friends and students – would surely have made a visit to this beautiful place. As I talked with a friend, he asked if I could just imagine Jesus and his buddies laughing in the heat of the day as they cooled in the mountain spring. As he described it, I could see it very clearly in my mind. Laughter and physical relief – being together and resting together.

I'm not sure if you have noticed, but our Kroc Center exists to be a place like that! A place where we can rest and recreate. A place of laughter and belonging. A place of cool refreshment and connection to others. We love it when we see people from all walks of life sit down together or exercise in a unique class together. A place to be involved.

Our vision statement highlights this goal: We want to foster 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. We are so glad you are here - come on in and have some fun!



Major Shelley at Ein Gedi

 - MAJORS TREVOR & SHELLEY McCLINTOCK

## Mission

**The Salvation Army, an international movement, is an evangelical part of the universal Christian Church. Its message is based on the Bible. Its ministry is motivated by the love of God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination.**

## A Place for Everyone

Welcome to The Quincy Kroc Center, a place for everyone. Located on one full city block, the 98,000 square-foot Salvation Army Kroc Center is the only community center of its kind in Quincy. It's a place where people young and old have opportunities to learn and grow, to build dreams and friendships, and to find hope in a safe, warm and welcoming environment. From first-time swimmers to experienced athletes, the Quincy Kroc Center has something for you and your family.



### GENERAL POLICIES

Please scan the QR code to see The Kroc Center's facility guidelines, safety information, membership policies, and program/payment guidelines.

## 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](mailto:Jeremy.Koren@USC.SalvationArmy.org) to learn more about volunteering with The Salvation Army.



## Facility Age Requirements

AREA OF BUILDING	AGE IN YEARS					
	0-5	6-7	8-11	12-13	14-15	16+
Aquatic Center <i>*Applies to members only</i>	○	○	◐*	◑	◑	●
Big Red Water Slide Must be 48" tall & under 300 lbs.	○	○	○	◑	◑	●
Rock Wall	○	○	○	◑	◑	●
Gymnasium	○	○	○	◑	◑	●
Ledge Game Room <i>*Members DO NOT require supervision by adult (ages 6-11).</i>	○	○*	○*	●	●	●
Fitness & Wellness Classes			○	◑	◑	●
Walk / Run Track	○	○	○	◑	◑	●
Weight Equipment <i>*Permitted ONLY with Teen Fit Certification. See page 22</i>				◑*	◑*	●

AREA OF BUILDING	AGE IN YEARS					
	0-5	6-7	8-11	12-13	14-15	16+
Cardio Equipment <i>*Permitted ONLY with Teen Fit Certification. See page 22</i>				◑*	◑	●
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.*

## Contact Us

<b>General Information</b>	217-222-5762	<b>Family Services</b>	217-222-2087	<b>Memberships</b>	217-222-5762
<b>Aquatics</b>	217-231-5619	<b>Family Store (Quincy)</b>	217-224-5998	<b>Scholarships</b>	217-222-5762
<b>Birthday Party/Rentals</b>	217-231-5636	<b>Fitness &amp; Wellness</b>	217-231-5638	<b>Sports &amp; Recreation</b>	217-222-5762
<b>Day Camps/After-School</b>	217-231-5658	<b>Fitness Initiatives</b>	217-231-5638	<b>Volunteering</b>	217-231-5633
<b>Development</b>	217-231-5694	<b>Huck's Hideout Kid Care</b>	217-222-5762	<b>Worship/Ministry</b>	217-231-5674
<b>Education &amp; Fine Arts</b>	217-231-5641	<b>The Ledge Game Room</b>	217-231-5644	<b>Youth Ministry</b>	217-231-5667
<b>Emergency Shelter</b>	217-222-8655	<b>Marketing</b>	217-231-5628		



## How to Register

**For online purchases, Non Members must call 217-222-KROC to set up your Kroc account.**

### 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.

*NOTE: Group Fitness classes are drop-in classes and 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.*

### ONLINE at KrocQuincy.org

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

# Become a Member



## 3-Month Memberships

<b>YOUTH</b> Ages 3–12 <b>\$54</b>	<b>TEEN</b> Ages 13–17 <b>\$72</b>	<b>GOLDEN AGER</b> Ages 62+ <b>\$81</b>
<b>ADULT</b> Ages 18–61 <b>\$102</b>	<b>UP TO 5 PEOPLE</b> <b>\$171</b>	<b>OVER 5 PEOPLE</b> <b>\$195</b>

## 1-Year Memberships

Applications available at the Control Desk. Payments are accepted annually or by automatic monthly withdrawal. Ask about corporate memberships!

## Silver Memberships

<b>YOUTH</b> Ages 3–12 <b>\$10<sup>50</sup></b> monthly <small>*\$126 per year</small>	<b>TEEN</b> Ages 13–17 <b>\$18<sup>38</sup></b> monthly <small>*\$220<sup>00</sup> per year</small>	<b>GOLDEN AGER</b> Ages 62+ <b>\$22<sup>05</sup></b> monthly <small>*\$264<sup>00</sup> per year</small>
<b>ADULT</b> Ages 18–61 <b>\$29<sup>40</sup></b> monthly <small>*\$352<sup>00</sup> per year</small>	<b>FAMILY UP TO 5</b> <b>\$52<sup>50</sup></b> monthly <small>*\$630 per year</small>	<b>FAMILY OVER 5</b> <b>\$60<sup>90</sup></b> monthly <small>*\$730<sup>00</sup> per year</small>

## Gold Memberships

<b>YOUTH</b> Ages 3–12 <b>\$12<sup>60</sup></b> monthly <small>*\$151<sup>00</sup> per year</small>	<b>TEEN</b> Ages 13–17 <b>\$22<sup>05</sup></b> monthly <small>*\$264<sup>00</sup> per year</small>	<b>GOLDEN AGER</b> Ages 62+ <b>\$26<sup>33</sup></b> monthly <small>*\$315<sup>00</sup> per year</small>
<b>ADULT</b> Ages 18–61 <b>\$36<sup>23</sup></b> monthly <small>*\$434<sup>00</sup> per year</small>	<b>FAMILY UP TO 5</b> <b>\$63<sup>00</sup></b> monthly <small>*\$756 per year</small>	<b>FAMILY OVER 5</b> <b>\$72<sup>45</sup></b> monthly <small>*\$869<sup>00</sup> per year</small>

## Which Membership is Right for Me?

WHAT YOU ENJOY	GOLD	SILVER	DAY PASS <sup>2</sup>
Aquatic Center	•	•	•
Gymnasium & Indoor Track	•	•	•
Cardio & Weight Area	•	•	•
Ledge Game Room	•	•	•
Locker Rooms	•	•	•
<b>FREE</b> Equipment Orientation	•	•	•
Discounted Swim Lessons	•	•	
'Pool Pals' Service (See page 7)	•	•	
<b>FREE</b> Huck's Hideout	•	•	
<b>FREE</b> Rock Wall Climbing <sup>1</sup>	•	•	
<b>FREE</b> Guest Passes per Year	12	6	
<b>FREE</b> Drop-In Fitness & Aquatic Classes	ALL	SELECT	
<b>FREE</b> Les Mills Virtual Fitness Classes	•	•	•
Discount on Youth After-School & Day Camps	•	•	
Discount on Kroc Programs & Activities <sup>3</sup>	40%	30%	
<b>1 FREE</b> Personal Training Fitness Assessment <sup>4</sup>	•		



<sup>1</sup>Equipment rental fees may apply. <sup>2</sup>Fees apply. Must have a facility usage waiver signed. <sup>3</sup>Excludes leagues and rec sports programs, includes education and fine arts programs. <sup>4</sup>Free Personal Training Fitness Assessment is NOT a training session and not included with any membership special promotions.

**3-Month Membership Details** Available May 1–June 30, 2022. Price is for all three months. Benefits equivalent to a Silver level membership. Must purchase all 3 months at one time. Membership will be active three months from purchase date. No guest passes. Drop-In Fitness classes are equivalent to a Silver Membership.

## 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 <sup>50</sup>
Military (active)	\$3
Veterans	\$3
10-Day Punch Pass	\$75

## Military Rate

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

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

## 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 <sup>50</sup>

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

## Have Questions?

We're here to help! Contact our helpful and caring staff today and we will be happy to help you with whatever you need.



## Welcome Desk Attendants

217-222-5762 | [info@KrocQuincy.org](mailto:info@KrocQuincy.org)

## Parents love our child watch options!

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



## Huck's Hideout

### SUPERVISED CHILD WATCH

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. 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.*



## 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.

**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.*



## 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 12 for more information about Kroc Academy and School's Out Day Camp!*



## 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](http://KrocQuincy.org) for pool/Big Red Slide hours. Member parent/guardian MUST remain in the building during this time.**

# Scholarships



Scan for details.



## 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.*

## Scholarships

### REFRESHMENT SERVICES PEPSI SCHOLARSHIP REFRESHMENT SERVICES PEPSI

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.

**AL BECK SCHOLARSHIP** 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.

## 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.

### PLEASE NOTE:

- Scholarship applications are accepted based on availability and applicant eligibility.
- The Salvation Army Kroc Center does not grant 100% scholarships.
- Scholarships are awarded for a 12-month period. Recipients are required to reapply with updated financial information.
- Please provide copies of all documents. We cannot accept originals of financial information. See [KrocQuincy.org](http://KrocQuincy.org) for acceptable and unacceptable forms of income verification.
- Scholarships are awarded on a first-come first-serve basis and are subject to a waiting list.

# Senior Programs

## MOVE'22

### A new program for Silver Sneakers and Renew Active members!

This rewarding and free new program has been created to encourage our #SeniorKrocStars to take full advantage of their insurance subsidized memberships!

For some, keeping active and on-the-MOVE can be difficult. Not sure where to begin? Simply stop by The Kroc Center and discover all of the great fitness classes, equipment, and options we have to keep you on-the-MOVE.

#### > What fitness options are available?

Ask for a tour from our Fitness and Gym Attendants! Also, please see page 20 for a list of group fitness classes.

#### > How do you use the equipment?

Our helpful staff is happy to show you! Request an equipment orientation at our Control Desk.

#### > What do I have to do?

Check-in and workout for at least 30 minutes. For every five (5) check-ins/workouts, your name will be entered to win monthly prizes. Members will only be counted once per day.

#### > How do I sign up?

No need!! Enrollment for all #KrocStars whose memberships are subsidized by insurance is automatic.

#### > What are the prizes?

Each month we will be drawing names – of those who qualify – for gift cards to **local businesses!**

>> See prizes and rules by visiting [KrocQuincy.org](http://KrocQuincy.org) or the Control Desk.



Scan for details.



## Silver Sneakers Benefits & 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](http://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.

*Please see page 20 for all our group fitness classes.*

## Healthy Aging Monthly Seminars

Seminars are free and open to the public.

### Fall Prevention & Treatments

WEDNESDAY, MAY 25 | 9AM

Attend this care-focused seminar to learn about exercises to help keep you on your feet.

**Speaker: Kristin Thompson, QMG Therapist**

### Chiropractic Care for Older Adults

WEDNESDAY, JUNE 22 | 9AM

Have you tried chiropractic care for any of your aches and pains? Not sure what to expect? Dr. Hightower will shed light on how seeing a chiropractor can help.

**Speakers: Dr. Daryle Hightower, Doctor of Chiropractic, Thrive Chiropractic**



# Worship

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



**JOIN**  
US VIRTUALLY!  
@krocchurchquincy



## Sunday School 9:15am

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.

**FIRST LOOK** Hucks    **XP3** Ledge  
**252KIDS** Green Room    **LABS** Meadows B

## Worship Service 10:30am

All ages are welcome! Free nursery is provided.



**Majors  
Trevor  
& Shelley  
McClintock**

**QUINCY AREA COMMAND LEADERS  
+ SENIOR KROC OFFICERS**

217-231-5662 | 217-231-5663

Trevor.McClintock@usc.SalvationArmy.org  
Rochelle.McClintock@usc.SalvationArmy.org

## Fellowship

**CORPS CADETS**                      Grades 6–12

*Mondays 4–5pm  
Ends May 16 | Resumes Aug 22*

Combining study and service for the ultimate leadership development for teenagers in The Salvation Army.

**CORPS CARRY-IN**                      All Ages

*Held Quarterly | Noon-1:30pm*

See the Kroc Church Quincy Facebook page for details.

**WOMEN'S MINISTRY**                      Ages 16+

*Every Tuesday | 10am–Noon*

Women experience a variety of programs and opportunities including fellowship, education, service and worship together.

**WEDNESDAY DEVOTIONS**                      All Ages

*Wednesdays | 10–10:30am*

Join us for staff led prayer and inspiration from God's word.

## The Salvation Army Women's Auxiliary

*Friday, May 13 and Thursday, June 9 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.*

## FAMILY SERVICES BLOCK PARTY



**Wednesday, August 17 | 4–6pm**

**- 5th Street & Broadway -**

between The Salvation Army Family Store & Family Services

Join us for this  
**FREE**  
family & neighbor event!  
Bring your entire family, lawn chairs, and plan on having a fun-filled evening!  
**Hot Dogs • Ice Cream • Cake Walk • Games**



### Corps Music & Praise

**PRAISE BAND** Ages 14+  
 Thursdays 4–5pm + Sundays 10:30am  
 Ends May 26 | Resumes Sept 15  
 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 + Sundays 10:30am  
 Ends May 25 | Resumes Aug 24  
 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 MUSIC CLASSES**  
 Mondays, Ends May 16 | Resumes Sept 12  
 3–3:30pm Singing Co.  
 4–5pm Youth Music  
 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.

Brought to you by Quincy Noon  
 Kiwanis Club and The Salvation Army

**AGES 5–12**

# Ken Bigelow

# KIDS' DAY

## AT CAMP SAUKENAU

### July 16 | 9am–1pm

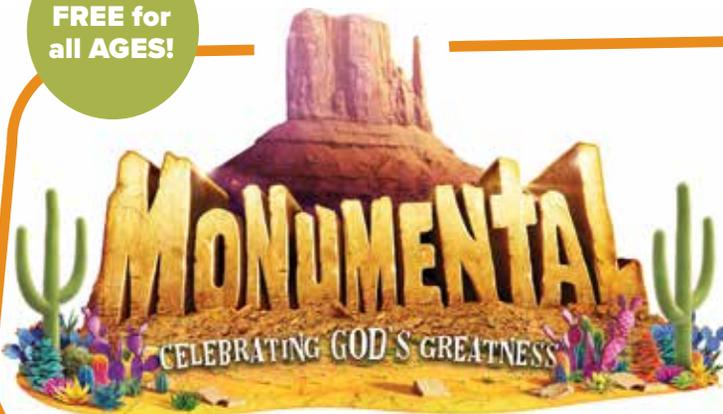
**SWIMMING • ROW BOATING**  
**FISHING • HIKING**

**\$5** Refundable deposit due at registration. Register by **JULY 8**

Meet at The Kroc Center at 8am. Snack, drinks, & cookout provided! Transportation provided.

**Questions?** Please call Youth Development Specialist Jakin Logsdon  
 217-231-5667 | [Jakin.Logsdon@usc.SalvationArmy.org](mailto:Jakin.Logsdon@usc.SalvationArmy.org)

**FREE for all AGES!**



## VACATION BIBLE SCHOOL

**Monday-Friday, July 18-22 | 6–8pm**  
**Sunday, July 24 | 10:30am**

Go off-road for a Monumental adventure through the colorful canyons and sunbaked trails of the southwest. By exploring God's awesomeness, kids form a rock-solid faith for the road ahead.

**Register at the Control Desk today!**

Ages 4 and under must be accompanied by an adult (ages 16+).



# Child Care

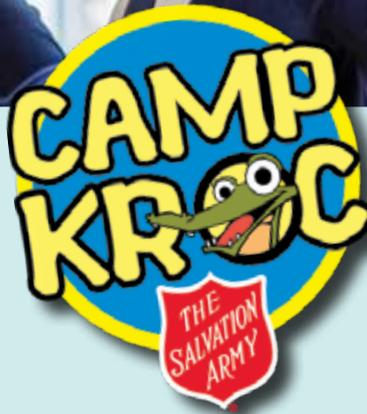
View dates and register at

**KrocQuincy.org**



## Parent/Guardian Info

- Advance registration is required.
- Registration forms available at the Control Desk and at KrocQuincy.org.
- Space is limited.
- Our youth programs are always supervised by Kroc staff.
- Dates and times are subject to change.
- Scholarships and discounts are available. Check KrocQuincy.org and the guardian guide for details.
- **Multiple Child Discount:** Provide proof of guardianship when registering 3 or more children to receive 25% off. Must register at least a week prior to program. If assistance is not being used regularly, it may be given to another applicant.



**JOIN THE FUN!**  
**JUNE 6 – AUGUST 12**

K-6<sup>th</sup> & 7<sup>th</sup>-12<sup>th</sup> CITs



## Weekly, 7AM-7PM



- Supervised by trained and certified camp staff.
- Pool, gym, game room, and archery.
- Parks, field trips, and free 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



**Jakin Logsdon**

YOUTH DEVELOPMENT & OUTREACH SPECIALIST  
217-231-5667 | [Jakin.Logsdon@usc.SalvationArmy.org](mailto:Jakin.Logsdon@usc.SalvationArmy.org)

Register at  
**KrocQuincy.org**





## After-School Program

K-6<sup>th</sup> & 7<sup>th</sup>-12<sup>th</sup> CITs 🌱

**Weekly, 2-7PM**

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

- Mon** Interactive Bible lesson
- Tue** Sports & fitness
- Wed** Character building
- Thu** S.T.E.A.M. or park
- Fri** Swimming

After-school transportation for Quincy area schools.



View Guardian Guide at [KrocQuincy.org](http://KrocQuincy.org)

**TAKE THE HOME OUT OF HOMEWORK!**

Daily snack, homework assistance, and game room.



## Ledge Game Room SUMMER HOURS

**MONDAY-FRIDAY 4pm-8pm**  
**SATURDAY 9am-1pm | 2-6pm**



## School's out! Day Camp

**When school's out!**

K-6<sup>th</sup> & 7<sup>th</sup>-12<sup>th</sup> CITs 🌱

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



### CHILDREN ENJOY

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

### Pack a sack lunch!

## COUNSELOR IN TRAINING

7<sup>th</sup>-12<sup>th</sup> receive 50% Off

Counselors in Training (CITs) receive 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.



## Character Building

Youth explore God's word and His world; while developing new skills, talents, and habits that will earn them emblems and prepare them for an adventure with Christ. Every Wednesday when school is in session.

Annual Fee: \$5 Emblem

Optional Fees: \$5 T-shirt and \$10 Sash

**Wednesdays**

ENDS MAY 18, RESUMES AUGUST 24

### Kick Back 2:30-4pm

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

### Kids Character Building 4-5pm



#### MOONBEAMS

Grades Pre K-K



#### SUNBEAMS

Girls, Grades 1-5



#### EXPLORERS

Boys, Grades 1-5

#### RANGERS

Boys, Grades 6-12



#### GIRL GUARDS

Girls, Grades 6-12

### Meal 5-5:30pm

#### K.R.O.C. KIDS: DIVINE SERVICE

Sunday, May 15 only | 10:30am

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 service of recognition to celebrate the children's efforts and accomplishments. Held in the Worship Theater.



# Education & Fine Arts



Learn more at  
**KrocQuincy.org**

## Registration

- **Advance registration is encouraged for all roster classes.**
- **Space is limited.**
- **Registration forms are available at the Control Desk.**
- **The Kroc Center reserves the right to cancel any program if minimum participation requirements are not met.**

## Music Lessons

- **Contact Jonathon to find the time and day that works the best with your schedule!**



**Jonathon Weller**

**FINE ARTS & EDUCATION SPECIALIST**

217-231-5641 | [Jonathon.Weller@usc.SalvationArmy.org](mailto:Jonathon.Weller@usc.SalvationArmy.org)

## Music Lessons

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. Guitar, ukulele, piano, brass, woodwind, and percussion offered.

**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.

PEOPLE	MEMBER	NON MEMBER
1	\$54 <i>per person</i>	\$80 <i>per person</i>
2	\$66 <i>\$33/person*</i>	\$95 <i>\$47<sup>50</sup>/person</i>
3	\$66 <i>\$22/person*</i>	\$96 <i>\$32/person</i>

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

## Music Classes

**GROUP UKULELE** Ages 14+  
\$25 Gold | \$27 Silver | \$35 Non

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.

Wednesdays May 11–June 1 11am–Noon



Search 'KrocQuincy'



# Art Classes

The District  
**ART GALLERY**  
& Learning Center

Artists of all abilities are invited to join us for joint classes brought to you by The Kroc Center and The District Art Gallery! At the end of these classes, you will have beautiful pieces of art at a cost less than you would pay to take the class at The Art Gallery itself. Snacks to eat during class welcome. Non alcoholic drinks also welcome.



## Paint Pouring

\*Ages 14+

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

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).

Friday	May 20	6-8pm
Friday	July 22	6-8pm

## Arty Party Paint Night

Ages 14+

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

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

Friday	June 3	6-8pm
Friday	July 1	6-8pm

**NEW!**

## Jewelry Making

Ages 14+

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

Kevin Hoing will guide you through the steps to create beautiful jewelry for you, or that someone special, to wear! All supplies will be provided.

Friday	June 17	6-8pm
Friday	August 19	6-8pm



## Hand Lettering

### HAND LETTERING BASICS CLASS

\*Ages 14+

\$37 Gold | \$40 Silver | \$45 Non - Fee includes sketchbook & pens.

Learn about this art form with talented local artist, Leah Hanlin. In this 6-week class, Leah will teach you the basic skills and then work alongside you as you hone your abilities! Cost for this class may seem higher than other classes, but it includes brush pens and sketchbook for you to take home with you! \*Ages 10+ with accompanying adult. **No class July 5.**

Tuesdays	June 14-July 26	6:30-8pm
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### HAND LETTERING WORKSHOP

\*Ages 14+

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

During this one-day class, you'll work with Leah to create a beautiful hand lettering project! All the supplies will be provided and you'll have something to take home by the end of our class! \*Ages 10+ with accompanying adult.

Saturday, August 6	1:30-4pm
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See Leah's work on Instagram @leahhanlin





Kate is looking forward to being certified to teach LesMills RPM, a cycling class, in addition to her many other roles.

# Kate Shuker said **YES!**

Kate never imagined that simply saying “yes” to each new opportunity presented to her at The Kroc Center would lead to a new full-time position.

# Q&A with KATE

**Q: Are you from the Quincy Area?**

**A: No, I am originally from Colorado. My daughter and I moved to Quincy to be closer to family.**

**Q: Were you a member prior to working at The Kroc Center?**

**A: I was a member before working here. I regularly took group fitness classes with my mom.**

**Q: How long have you worked at The Kroc Center?**

**A: About three years.**

**Q: As a working mom, what are the benefits of working here?**

**A: I see benefits to working at The Kroc Center as a working mom because Chloe can come and do classes, she can go and swim. There's always something going on that we can participate in.**

**Q: In any of the positions you have held at The Kroc Center, do you feel like you could have a work-life balance as a working mom?**

**A: Yes, I do. I have had a lot of jobs since I moved to Quincy and a lot of flexibility with all of them, but I think that The Kroc Center has been the best at working with me and around my schedule and the needs of my daughter. They are great at working with you on those kinds of things.**

**Q: What does the The Kroc Center's motto, "More than fitness...We are a community," mean to you?**

**A: It's like a whole other family when you come in here. Everybody knows everybody; everybody is super kind to each other. You get to know a lot about people when you're at The Kroc Center. For example, fitness classes. Many of the ladies who take fitness classes have holiday parties together; they're there for each other in a time of crisis. It's just like a whole other family. 🐾**

**K**ate Shuker is a busy mom and full-time #KrocStar. When she isn't with her nine-year-old daughter, Chloe, you'll more than likely find her at

one of her two jobs. She is hard-working, doesn't back down from a challenge, and is an inspiration as a working, single mom.

Kate became a member of The Kroc Community when her daughter started attending school. She had been regularly attending BodyPump, when in 2018, she was approached about becoming a group fitness instructor. At that time, The Kroc Center did not offer WaterinMotion™ (WIM) and actively sought an instructor to teach the class.

"My first response was 'no thank you.' I didn't think that I could be a fitness instructor," stated Shuker. "We had a few more conversations about it, and I was given some more information. I finally said, 'alright!' So, I earned my WaterinMotion certification and became The Kroc's first WIM instructor."

During the three years that Kate has been employed at The Kroc Center, she has gradually taken on new



*Kate is the first to instruct WaterInMotion, an aquatic group fitness class, at The Kroc Center. See page 21 for class days and times.*

responsibilities. After becoming a WIM instructor, she became a fitness and gym attendant and a cycling instructor. "I have slowly taken on different responsibilities within the Gym and Fitness Attendant position to help with different things such as working with maintenance or working on the machines in the fitness area."

Kate could have never imagined that simply saying "yes" to each new opportunity presented to her at The Kroc Center would eventually lead to a new full-time position at the facility.

Just as Kate was a pioneer in bringing WaterinMotion to The Kroc Center, she will also be the first to fill the Fitness Center Supervisor position. In this new, full-time role, Kate will oversee all of the fitness and gym attendants, manage all of the equipment, and oversee the maintenance of the equipment.

Don't worry; she'll continue to teach WaterinMotion and Kroc cycling! Kate will also become certified to teach LesMills RPM (cycling) at the end of March.

"I think there's a lot of opportunities to grow in this new position. To be honest, I really like working on the equipment, and I love our team. We all have a great working relationship. Even before having a full-time position, I enjoyed working at The Kroc. It's always something new every day. I like the people. I like the staff. I like the members. I have a whole circle of members who I talked to and worked with from 9am-1pm when I was a fitness and gym attendant. We've all exchanged phone numbers, so ►



Kate with Fitness and Gym Attendants Abbie (L) and Kaitlyn (R).  
Below: Fitness and Gym Attendant Cory cleans equipment.

if someone doesn't show up for a couple of weeks, our group calls and checks on them. It's like having another family."

When asked if she would encourage others to work at The Kroc Center, Kate stated, "I absolutely would encourage people to work here. I tell people all of the time to come work here."

The next time you're at The Kroc Center, be sure to say hello and congratulations to Kate! She'll be the friendly smile you see working on a piece of fitness equipment or encouraging a new member on their fitness journey.

If you're interested in starting your journey as a member of The Kroc Center's team, be sure to visit [KrocQuincy.org](http://KrocQuincy.org).

**We can't wait to meet you, #Krocstar!**



# WE'RE HIRING! JOIN THE KROC CREW!



**SILVER LEVEL MEMBERSHIP**  
for all employees!\*

## Part-Time

- Lifeguards
- Camp Kroc Counselors**
- Fitness & Gym Attendants
- Welcome Desk Attendants**
- Rock Wall Attendants
- Music/Art Instructors**
- Event Hosts

**[KrocQuincy.org](http://KrocQuincy.org)**

\*Employee pays tax on optional membership.

Fun Work Environment | Great Teams | Flexible Hours

# CAMP KROC



K-12th  
Grades

# Join the FUN!

JUNE 6–AUGUST 12  
Weekly, 7AM–7PM

## Why Camp Kroc?

- A clean, safe, and caring environment for your kids to spend their summer vacation.
- Organized activities throughout the day.
- Entire day is supervised by trained camp instructors.
- Kids will enjoy the pool, gym, game room, and MORE!

## What to expect?

Each day at Camp Kroc includes a morning game, ice-breakers, worship and camp songs, and large or small group lessons. Campers are grouped for the week by age. Activities vary each day and follow the week's theme to keep things fun and exciting.

## What to Bring?

- Backpack/bag – Campers should bring their belongings in a backpack or bag. EVERYTHING should be labeled with the camper's name.
- Water bottle
- Lunch – Free lunch provided by QPS. Healthy snacks will be provided during the day.
- Sunscreen – We recommend that you apply SPF 35 or higher before dropping off your child.
- Swimsuit – Campers swim frequently!
- EVERYTHING should be labeled with the camper's name.

**See page 12 for Camp Kroc pricing and additional registration info.**



## BE A CAMP COUNSELOR!

Now hiring for summer  
youth development staff!  
Scan the code for details >>



Registration  
opens **April 1**

# Fitness + Wellness



## 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 & Silver | \$8<sup>50</sup> Non* 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 | \$8<sup>50</sup> Non* 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 | \$8<sup>50</sup> Non* 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: 18  
*Gold & Silver: FREE | \$8<sup>50</sup> Non* 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 & Silver | \$8<sup>50</sup> Non* 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.

**TRANSFORM** Capacity: 20  
*FREE, Gold & Silver | \$8<sup>50</sup> Non* Ages 13+

**NEW!** A high-intensity cardio conditioning class that uses a step to ramp up your calorie burn. Class can be modified using no step, so no step experience is necessary.

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

Bring your child (ages 8+) to class! 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.



### JOIN THE TEAM!

Now hiring fitness instructors for Aquatics, Les Mills classes, Cycling, and MORE! Scan the code for details >>



# LES MILLS

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

## Mind / Body

### BODYFLOW™

FREE, Gold | Class fees vary, Silver | \$8<sup>50</sup> Non



Capacity: 20  
Ages 8+

BODYFLOW is the yoga-based class that will improve your mind, your body and your life. During class an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.

## Cardio

### BODYCOMBAT™

FREE, Gold | Class fees vary, Silver | \$8<sup>50</sup> Non



Capacity: 15  
Ages 8+

Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A certified instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ!

**NEW!**

### RPM™

FREE, Gold & Silver | \$8<sup>50</sup> Non

Capacity: 18  
Ages 13+

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 get to 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!

## Strength

### BODYPUMP™

FREE, Gold | Class fees vary, Silver | \$8<sup>50</sup> Non

Capacity: 19  
Ages 13+

BODYPUMP™ is the ideal workout for anyone looking to get lean, toned and fit - fast. Using light to moderate weights with lots of repetition, you get a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music - helping you achieve much more than on your own!

# LES MILLS VIRTUAL >>>

**AVAILABLE IN THE KROC CENTER'S GROUP FITNESS ROOMS 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 OnDemand 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!



## 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

FREE, Gold | \$3 Silver | \$8<sup>50</sup> Non

Capacity: 12  
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

Gold & Silver: FREE | \$8<sup>50</sup> Non

Capacity: 15  
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

Gold & Silver: FREE | \$8<sup>50</sup> Non

Capacity: 15  
Ages 13+

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

### AQUA BLAST

Gold & Silver: FREE | \$8<sup>50</sup> Non

Capacity: 15  
Ages 13+

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



**Grab a Class Schedule for times and days!**  
Available at the Welcome Desk or at  
**KrocQuincy.org**

# BUILD A BETTER YOU in 2022!

The Salvation Army Kroc Center is much more than signing up for a health club or wellness center. This is a place where YOU will feel welcomed and supported no matter what your physical, educational, or social goals. Every person in the #KrocCommunity is a critical component.

New to working out?  
**NO PROBLEM!**



## Aquatic Center

The Kroc Aquatic Center features approximately 86° water, lap lanes, current river, zero-entry, sprays, and fountains. The lap lanes are 17.1 yards by 14 feet. CABANAS: 10 co-ed cabanas for adults 18+ and parents/guardians with children. Two handicap stalls are available.



## Cardio Room

Features weight machines, treadmills, upright and recumbent bikes, ellipticals, steppers, and more!

## Gymnasium

Two court gymnasium hosts basketball, volleyball, pickleball, and free play.



## Indoor Track

12.5 laps = 1 mile

## Locker Rooms

Men's and women's locker rooms include individual shower stalls, toilet stalls, and sinks.

## Weight Room

Free weight area with benches, dumbbells, kettlebells, pull-up bars, squat racks, plate-loaded equipment, and more.



## Need Child Watch?

See page 7 for options.

More than fitness...

We are a community!

**Become a Member Today**

## Fitness Initiatives

### 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 PROGRAM 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

**\$27**

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.**

**\$10**

Members

Non-Member: \$20

### Body Composition

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.

# Personal Training



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>

PLEASE CONTACT OUR FITNESS PROGRAM SPECIALIST AT 217-231-5638 FOR MORE INFO!

## Meet the Trainers!



### Grant

NASM Certified  
Training since 2022

**Fitness Philosophy:** Proper body and mind exercises are essential for an optimal daily life. Exercise and nutrition can allow you to be the best version of yourself. So why wait? Let's get started!



### 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.



### Ryan

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

**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.

# Aquatics



**REGISTER TODAY!**



## 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.

## Registration Policies

- **Late registrations 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 or activity is subject to cancellation at our discretion if minimum participation levels are not met.** Refunds/transfers will be made at our Control Desk upon approval from the Aquatics Specialist within the first week of the session.
- Pool closures will be refunded at the end of the session.



**Nanette Johnson**

**AQUATICS SPECIALIST** | 217-231-5676  
Nanette.Johnson@usc.SalvationArmy.org

## 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. Capacity: 1

INCLUDES SIX (6) 15 MINUTE LESSONS

Member	Non Member
\$72	\$90

### School Age-Adult

Ages 5+

Private or semi-private lessons are available for participants of any ability.

EIGHT (8) 30 MINUTE CLASSES

Swimmers	Members	Non Members
1	\$92	\$115
2	\$112 \$56/swimmer	\$140 \$70/swimmer
3-5*	Gold \$36 Silver \$42 /swimmer	\$60 /swimmer

All participants must be Members to receive Member pricing.  
\*Must contact Aquatics Specialist.

## POOL CLOSED for Maintenance Week

**Tuesday, Sept 6 through Sunday, Sept 11**

The Aquatic Center will shutdown Tuesday–Sunday, September 6–11. It will re-open on Monday, September 12. No programming will go on during this time. As a service to our members, we are again offering a reciprocal agreement with Quincy University's Health and Fitness Center allowing our members access to their aquatic facility. Kroc members show your member ID card each time you enter for free access to their pool.

## How to Register

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



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

## Group Swim Lessons

Gold \$36 | Silver \$42 | Non-Member \$60



### Parent / Child

Parent or caregiver accompanies child in class. Kids under 3 years 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.

**No class May 30.**

M	May 2–June 27	6–6:30pm / 6:30–7pm
M	July 11–Aug 29	6–6:30pm / 6:30–7pm
W	May 11–June 29	5:30–6pm / 6–6:30pm
W	July 13–Aug 31	5:30–6pm / 6–6:30pm

#### FROGS – TODDLERS 2–3 years

Participants are introduced to self rescue skills, swim strokes, and water safety techniques.

Parent or caregiver accompanies child.

**No class July 4.**

M	June 20–Aug 15	9–9:30am / 9:30–10am
TU	May 10–June 28	5:30–6pm / 6–6:30pm
TU	July 12–Aug 30	5:30–6pm / 6–6:30pm
W	June 22–Aug 10	9–9:30am / 9:30–10am
TH	May 12–June 30	6–6:30pm / 6:30–7pm
TH	July 7–Aug 25	6–6:30pm / 6:30–7pm
SAT	May 14–July 2	9–9:30am / 9:30–10am
SAT	July 9–Aug 27	9–9:30am / 9:30–10am

**You MUST register 5 days prior to class start date or a \$10 late fee will be applied to your registration fee.**



### 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. **No class July 4.**

#### Suitable for kids who can:

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

#### KROCODILES 4–6 years

M	June 20–Aug 15	8:30–9am / 9–9:30am
TU	May 10–June 28	6–6:30pm / 6:30–7pm
TU	July 12–Aug 30	6–6:30pm / 6:30–7pm
W	June 22–Aug 10	8:30–9am / 9–9:30am
TH	May 12–June 30	5:30–6pm / 6–6:30pm
TH	July 7–Aug 25	5:30–6pm / 6–6:30pm
SAT	May 14–July 2	8:30–9am / 9–9:30am
SAT	July 9–Aug 27	8:30–9am / 9–9:30am

#### ALLIGATORS 7–10 years

M	June 20–Aug 15	10–10:30am
TU	May 10–June 28	7–7:30pm
TU	July 12–Aug 30	7–7:30pm
W	June 22–Aug 10	10–10:30am
TH	May 12–June 30	7–7:30pm
TH	July 7–Aug 25	7–7:30pm
SAT	May 14–July 2	10–10:30am
SAT	July 9–Aug 27	10–10:30am



### Intermediate

Continue to work on balance in the water through stroke development and water safety skills, working to become an independent swimmer. **No class July 4.**

#### Suitable for kids who can:

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

#### LOBSTERS 4–6 years

M	June 20–Aug 15	9:30–10am
TU	May 10–June 28	6:30–7pm
TU	July 12–Aug 30	6:30–7pm
W	June 22–Aug 10	9:30–10am
TH	May 12–June 30	6:30–7pm
TH	July 7–Aug 25	6:30–7pm
SAT	May 14–July 2	9:30–10am
SAT	July 9–Aug 27	9:30–10am

#### OTTERS 7–10 years

M	June 20–Aug 15	10–10:30am
TU	May 10–June 28	7–7:30pm
TU	July 12–Aug 30	7–7:30pm
W	June 22–Aug 10	10–10:30am
TH	May 12–June 30	7–7:30pm
TH	July 7–Aug 25	7–7:30pm
SAT	May 14–July 2	10–10:30am
SAT	July 9–Aug 27	10–10:30am



# FUN + SUN!

## Splash Pad OPENS MAY 28

# Lifeguarding +

## STEP 1 Lifeguard Pre-Course Swim Test

\$25 Registration Fee

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

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 continuously, 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.

## STEP 2 American Red Cross Lifeguard Certification

Capacity: 8

\$90 Gold | \$105 Silver | \$150 Non Member

**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.**

Lifeguarding classes scheduled monthly!

QUESTIONS? PLEASE CONTACT NANETTE JOHNSON, AQUATICS SPECIALIST  
217-231-5676 | [Nanette.Johnson@usc.SalvationArmy.org](mailto:Nanette.Johnson@usc.SalvationArmy.org)



BE A  
LIFEGUARD!  
**APPLY TODAY!**  
**KrocQuincy.org**  
\$14 PER HOUR  
FLEXIBLE SCHEDULE  
EXCELLENT TRAINING



## TUNE-IN TO BIG POOL NEWS!

Join The Kroc Aquatics Facebook Group for news, videos, and updates!



# Parties & Rentals



## Family Events

**BIRTHDAY PARTIES •  
FAMILY REUNIONS • SHOWERS**

- Non-alcoholic and family-friendly environment.
- Meadows, Bluffs, and Sandbar meeting rooms can be divided into several smaller rooms or used as larger rooms for a party or event.
- A beautiful, stone fireplace is located in Meadows B and is accessible from inside and outside the building on the patio.
- Featuring an adjacent outdoor patio, it's the perfect place for a party in any season.



**GREAT FOR  
BRIDAL  
SHOWERS!**



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

### 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



## Corporate Meetings

**CONFERENCES • LECTURES •  
CORPORATE EVENTS • TRADE SHOWS**

- Meadows, Bluffs, and Sandbar meeting rooms can be divided into several smaller rooms or used as larger rooms.
- Each room has its own presentation screen.
- Complimentary Wi-Fi, projection AV system, and multiple seating arrangements are standard.



**BOOK YOUR  
EVENT!**

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

# Sports + Recreation



**NEW!**

## 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 our Recreational Sports Specialist.



**Kristy Stegeman**

RECREATIONAL SPORTS SPECIALIST

217-231-5635 | [Kristy.Stegeman@usc.SalvationArmy.org](mailto:Kristy.Stegeman@usc.SalvationArmy.org)

## 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
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### GRADES 6-8

M-F	June 6-10	10:45am-12:15pm
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**JOIN THE TEAM!**  
Want to be a volunteer coach? Contact Kristy!

## Jr. Spikers LEARNING Volleyball League

\$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
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## 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
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### GRADES 7-8

Register by June 3

Wednesdays	June 15-Aug 10	5:30-10pm
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# ROCK WALL

**Wednesdays 4-7pm**  
**Saturdays Noon-5pm**

Looking for a challenge and a unique workout? The Kroc Rock Climbing Wall is one of the exclusive features our facility offers free to our members and is the go-to wall in the area!

Climbing builds confidence, focus, and critical thinking skills. Experienced instructors are always on hand, during climbing hours, to belay and show proper techniques.

The Rock Wall is available to ages 3+. Those 11 years & under must have a parent/guardian present. Ages 12-15 must have a parent in the building while ages 16+ may be alone. Additional optional shoe rental charges may apply. Signed waivers are required.

**ALL MEMBERS CLIMB for FREE!**

**Non-Member Youth \$3**  
**Non-Member Adult (18+) \$5**



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

## 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
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## Kroc Tots Multi-Sports Camp

Ages 5-7  
Members \$40 | Non Members \$50



**NEW!**

A challenge for many parents is knowing which sport their child may or may not be interested in. In the Tot Multi-Sport class, you can sample some sports that are offered in the area! Your child will be introduced to basketball, volleyball, soccer, and more! Each camper will receive a water bottle. Register by July 11.

T-F	July 19-22	8:30-10am
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## Ninja Class

Ages 4-7

Members \$40 | Non Members \$50

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. June classes (4 weeks) register by May 31. August classes (4 weeks) register by Aug 2.

### AGES 4-5

Tuesdays	June 7-28	4:15-5pm
Tuesdays	Aug 9-30	4:15-5pm

### AGES 6-7

Tuesdays	June 7-28	5:15-6pm
Tuesdays	Aug 9-30	5:15-6pm

## 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.**



Visit [KrocQuincy.org](http://KrocQuincy.org) for more youth sports camps and programs!

# SERVING OUR NEIGHBORS

THE MOBILE NEIGHBORHOOD MINISTRY BRINGS FOOD, BLANKETS, AND PERSONAL CARE ITEMS TO VARIOUS QUINCY LOCATIONS.



**“THIS MINISTRY IS A GREAT WAY FOR US TO MEET AND SERVE OUR NEIGHBORS. OUR TEAM PREPARES, DELIVERS, AND SERVES THE MEALS WITH ONE GOAL IN MIND: TO EXPRESS THE IDEA THAT SOMEONE CARES ABOUT THEM.”**

**MAJOR TREVOR McCLINTOCK**  
Quincy Area Command Leader

The Salvation Army is known for its red kettles and bell ringing at Christmas. But throughout the year, it's providing shelter for the homeless, a food pantry, and financial assistance for families struggling to pay rent or utility bills.

For most of those services, those in need have to come to The Salvation Army. For many families, even that can be an obstacle. A little over a year ago, The Salvation Army put its emergency response vehicle into action to help people in underserved neighborhoods. Our neighborhood canteen ministry brings food, blankets, and personal care items to those who are homeless, at risk of becoming homeless, or have food insecurities.

The Canteen Ministry started off in Washington Park and at Welcome Inn, when it was open. It now travels to Indian Hills and Frederick Ball apartment complexes. The Salvation Army is always looking at other neighborhoods that could benefit from the weekly program.

Every Tuesday afternoon from 4 to 5:30pm, a team of two or three volunteers takes the canteen out and delivers 150 to 200 meals of sandwiches, chips, snacks, and drinks. Hygiene kits and blankets are offered when available.

Many times, children will come up to the canteen and get several meals for everyone in their household. For many of the kids, this may be the only meal they get that day outside of school.

Regional Social Services Director Heidi Welty says another goal of the canteen ministry is

to let people know about the services and programs The Salvation Army has to offer. She wants to connect them with our Family Services so that they can get the support they need.

“We want to meet the people where they are. Some people work all day and can't get to our building. This allows us a couple of hours to provide a service.”

“Part of what we're doing is street outreach,” Welty added. “If someone has some reservation about seeking services, we're also giving referral information for those that might need us.”

The Canteen Ministry is also a great way for volunteers to support The Salvation Army. Emergency Disaster Services Coordinator Jeremy Koren said responding to disasters comes in many forms. “Keeping our volunteers active and engaged will help us to be prepared to serve our community regardless of the obstacles we are facing.”

**Questions about the food pantry or financial assistance?** Please call 217-222-2087.

**Interested in Volunteering?** Please contact Jeremy at 217-231-5633.

**Want to donate towards this ministry?** Please contact Development Director Matt Schmidt at 217-231-5694.



150–200 meals are given out from the canteen every Tuesday.



SCAN FOR WEBSITE

**FAMILY SERVICES**  
501 BROADWAY | QUINCY, IL  
217-222-2087 | [SalvationArmyQcyHan.org](http://SalvationArmyQcyHan.org)  
MONDAY–FRIDAY, 9AM–NOON | 1–4PM



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# MEMBERSHIP SPECIALS

**3** Month  
Summer

## MEMBERSHIP

Available for purchase  
**May 1–June 30, 2022**

*Benefits are equivalent to a Silver level membership. Must purchase all three months at one time. No guest passes. See page 6 for individual pricing.*

**\$25** Summer  
Student

## MEMBERSHIP

Available for purchase  
**May 1–July 31, 2022**

*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.*

**FIND** us online [KrocQuincy.org](https://www.KrocQuincy.org) 

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

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RAY & JOAN

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CORP'S COMMUNITY CENTER  
QUINCY, IL