

# KROC

**JULY**  
**SCHEDULE**



## **ART CLASSES**

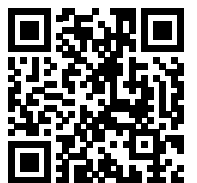
PAINTING POURING  
HAND LETTERING

Page 3

## **INSIDE**

- **SPLASH PAD IS OPEN!** Page 4
- **LES MILLS GROUP FITNESS CLASS LAUNCH - NEW MOVES & MUSIC!** Page 5
- **NEW! BE A VENDOR AT THE BACK-TO-SCHOOL MARKET** Page 8

View  
**ONLINE!**



RAY & JOAN

**KROC**  
CORPS COMMUNITY CENTER



# Arts & Ed Events

## Paint Pouring

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

\*Ages 14+

Friday, July 22 | 6–8pm

Join us for a fun and easy night of art! 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! Ages 14 + or 8+ with accompanying adult.

## Hand Lettering Workshop

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

\*Ages 14+

Saturday, Aug 6 | 1:30–4pm

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.

## 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** Introductory/economical way to start learning an instrument or improving vocal talent.

**PRIVATE LESSONS** Instructors work closely with musicians and singers, beginners through advanced musicians ages 7+ through adults, who want learn/improve their skills.

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

Pricing is for six (30-minute) lessons. \*All participants must be Members. We will work with you to find the time and day that works the best with your schedule.

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



## RJ'S SUMMER SPECIAL

GATHER YOUR FRIENDS FOR FUN AT THE POOL!

MONDAY–FRIDAY

CALL FOR AVAILABLE TIMES

3–hour rental. Includes Sandbar room(s) and up to 24 swimmers.

**SANDBAR A \$175**

-Includes full kitchen  
-Max capacity of 24 guests

**SANDBAR B \$150**

-Max capacity of 24 guests

**SANDBAR A+B \$300**

-Max capacity of 48 guests

Held during open public swim time.

Guests may bring their own food and drinks.

Space is limited. Book at least two weeks in advance.

**Questions?** Special Events & Scheduling Coordinator Brooke Wade  
217-231-5636 | Brookney.Wade@USC.SalvationArmy.org

# 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						
1-5pm	6am-8pm	6am-8pm	6am-8pm	6am-8pm	6am-8pm	8am-7pm
BIG RED SLIDE - CLOSED DURING SWIM LESSONS						
1-5pm	11am-7pm	11am-7pm	11am-7pm	11am-7pm	11am-7pm	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 11am-8pm  <i>Lap Lanes closed 3:30-6:30pm on July 18 for training.</i>	6-9am 10am-6pm  7:30-8pm	6-8am 11am-8pm	6-9am 10am-6pm  7:30-8pm	6-8am 9am-8pm	8am-9am 11am-7pm
GROUP SWIM LESSONS						
<b>GROUP SWIM LESSONS</b>  <b>REGISTER NOW!</b>	<b>PARENT/TODDLER 24 MONTHS-3YRS</b> 9-9:30am / 9:30-10am  <b>4-6 YRS</b> 8:30-9am 9-9:30am 9:30-10am  <b>SCHOOL 7-10YRS</b> 10-10:30am  <b>PARENT/BABY 12-23 MONTHS</b> 6-6:30pm / 6:30-7pm	<b>PARENT/TODDLER 24 MONTHS-3YRS</b> 5:30-6pm / 6-6:30pm  <b>AGES 4-6 YRS</b> 6-6:30pm / 6:30-7pm  <b>AGES 7-10 YRS</b> 7-7:30pm	<b>PARENT/TODDLER 24 MONTHS-3YRS</b> 9-9:30am / 9:30-10am  <b>4-6 YRS</b> 8:30-9am 9-9:30am 9:30-10am  <b>SCHOOL 7-10YRS</b> 10-10:30am  <b>PARENT/BABY 12-23 MONTHS</b> 5:30-6pm / 6-6:30pm	<b>PARENT/TODDLER 24 MONTHS-3YRS</b> 6-6:30pm / 6:30-7pm  <b>AGES 4-6 YRS</b> 5:30-6pm / 6-6:30pm  <b>AGES 7-10 YRS</b> 7-7:30pm	<b>PARENT/TODDLER 24 MONTHS-3YRS</b> 9-9:30am / 9:30-10am  <b>4-6 YRS</b> 8:30-9am 9-9:30am 9:30-10am  <b>SCHOOL 7-10YRS</b> 10-10:30am	
<b>NOTE:</b> River is turned off during Mon/Wed 8-8:45am Aqua Fit class.						

# SPLASH PAD

**MON-SAT 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

### Gold Members

FREE: All drop-in Group Fitness & Aquatic Classes.

### Silver Member

Many classes are free. Select classes are \$3 as marked. \$

### Youth in Fitness

Open to ages 8+ with an accompanying adult. ★★

## MONDAY

**Les Mills BODYPUMP**  
5:30-6:30am \$  
Fitness Room A

**AQUA FIT**  
8-8:45am  
Lap Lanes  
7/25 Subbed with  
Water in Motion

**Les Mills BODYPUMP**  
9-10am \$  
Fitness Room A

**KROC DANCE FITNESS**  
9:15-10am \$ ★★  
Fitness Room B  
7/25 Subbed with  
Pound

**LES MILLS RPM**  
Noon-12:30pm  
Cycling Room  
7/18 Subbed with Kroc  
Cycling

**Les Mills BODYFLOW**  
Noon-12:45pm ★★  
Fitness Room B

**POUND\***  
5:30-6:15pm ★★  
Fitness Room B

**Les Mills BODYPUMP**  
5:30-6:30pm \$  
Fitness Room A

## TUESDAY

**Les Mills BODYFLOW**  
5:30-6:25am ★★  
Fitness Room B

**LES MILLS RPM**  
5:30-6:15am  
Cycling Room  
7/19 Subbed with Kroc  
Cycling

**AQUA BLAST**  
8-8:45am  
River

**LES MILLS RPM**  
8:15-8:45am  
Cycling Room

**WATER IN MOTION**  
9-9:45am \$  
Lap Lanes

**ZUMBA**  
9-9:45am \$ ★★  
Fitness Room B  
7/26 Subbed with  
virtual Sh'Bam

**Les Mills BODYPUMP**  
Noon-12:45pm  
Fitness Room A

**STEP IT UP**  
5:30-6:30pm  
Fitness Room A

**Les Mills BODYCOMBAT**  
5:30-6:25pm \$ ★★  
Fitness Room B

## WEDNESDAY

**Les Mills BODYPUMP**  
5:30-6:30am \$  
Fitness Room A

**AQUA FIT**  
8-8:45am  
Lap Lanes  
7/20 & 7/27 Subbed  
with Water in Motion

**Les Mills BODYPUMP**  
9-10am \$  
Fitness Room A

**KROC DANCE FITNESS**  
9:15-10am \$ ★★  
Fitness Room B  
7/27 Subbed with  
Pound

**HITT 4-5**  
Noon-12:45pm  
Fitness Room A

**Les Mills BODYFLOW**  
Noon-12:45pm ★★  
Fitness Room B

**Les Mills BODYFLOW**  
5:30-6:25pm ★★  
Fitness Room B  
7/20 & 7/27 Subbed  
with Virtual

**Les Mills BODYPUMP**  
5:30-6:30pm \$  
Fitness Room A

## THURSDAY

**Les Mills BODYFLOW**  
5:30-6:25am ★★  
Fitness Room B

**LES MILLS RPM**  
5:30-6:15am  
Cycling Room  
7/28 Subbed with  
Virtual

**AQUA BLAST**  
8-8:45am  
River

**LES MILLS RPM**  
8:15-8:45am  
Cycling Room

**WATER IN MOTION**  
9-9:45am \$  
Lap Lanes

**ZUMBA**  
9-9:45am \$ ★★  
Fitness Room B  
7/28 Subbed with  
Pound

**Les Mills BODYFLOW**  
10-10:55am ★★  
Fitness Room B

**Les Mills BODYPUMP**  
Noon-12:45pm  
Fitness Room A

**STEP IT UP**  
5:30-6:30pm  
Fitness Room A

**Les Mills BODYCOMBAT**  
5:30-6:25pm \$ ★★  
Fitness Room B

## FRIDAY

**Les Mills BODYPUMP**  
5:30-6:30am \$  
Fitness Room A

**WATER IN MOTION**  
8-8:45am \$  
Lap Lanes  
7/1, 7/8, 7/15 Subbed  
with Aqua Fit

**Les Mills BODYPUMP**  
9-10am \$  
Fitness Room A

**KROC DANCE FITNESS**  
9:15-10am \$ ★★  
Fitness Room B  
7/22 Subbed with  
Pound 7/29 Subbed  
with virtual Sh'Bam

**Les Mills BODYPUMP**  
Noon-12:45pm  
Fitness Room A  
7/1 & 7/8 Subbed  
with Virtual

**water in motion**  
& **LES MILLS**

**MONDAY & TUESDAY, JULY 11 & 12**

Les Mills and Water in Motion classes will be **FREE** for Members and Non-Members. See above for class listings. Ages 8+.

## SATURDAY

**Les Mills BODYPUMP**  
8:45-9:45am \$  
Fitness Room A

**LES MILLS**  
**RPM**

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

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+

**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.

## HITT 4-5

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

High Intensity Interval Training. It's all the rage and for a reason. Higher intensity means less duration for the same calorie burn. This class will have you in and out with 45 minutes of total body circuit interval training. Targeting all 5 components of physical fitness to best utilize your time. Get ready to get sweaty! Ages 13+



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYMNASIUM	OPEN GYMNASIUM	OPEN GYMNASIUM	OPEN GYMNASIUM	OPEN GYMNASIUM	OPEN GYMNASIUM	CT B: FAMILY TIME 10am-1pm  OPEN GYMNASIUM
KROC TOTS MULTI-SPORTS CAMP T-F, July 19-22   8:30-10am   Court B						
JR. SPIKERS LEARNING LEAGUE 5:15-8pm, Court B						

## Sports & Recreation

### Kroc Tots Multi-Sports Camp

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

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
-----	------------	-----------

**NEW!**

### 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. August classes (4 weeks) register by Aug 2.

#### AGES 4-5

Tuesdays	Aug 9-30	4:15-5pm
----------	----------	----------

#### AGES 6-7

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 for more info.

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



Scan to meet our  
Personal Trainers!

## Personal Training

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

### Member Pricing

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

# Church & Congregational Life

## SUNDAY

**FAMILY FELLOWSHIP**  
9:45–10:15am  
Meadows B

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

## MONDAY



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

## TUESDAY

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

## WEDNESDAY

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

## THURSDAY

## FRIDAY

## SATURDAY

**SWIMMING • ROW BOATING  
FISHING • HIKING**

# Ken Bigelow

# KIDS' DAY

## AT CAMP SAUKENAU

### July 16 | 9am–1pm

Open to ages 5–12. Meet at The Kroc Center at 8am. Arrive at camp at 9am. Return to the Kroc Center at 1pm. Snack, drinks, & cookout provided! Transportation provided.

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

Questions? Please call Melissa Bailey at 217-231-5674.

## VACATION BIBLE SCHOOL

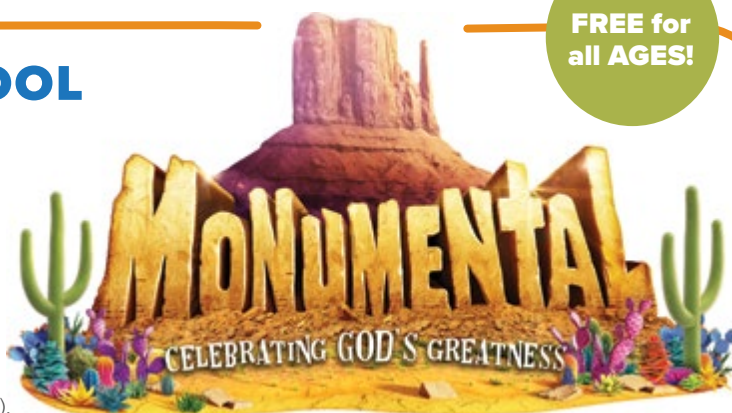
**Monday-Friday, July 18-22 | 6–8pm**  
**Sunday, July 24 | 10:30am**

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+).

**FREE for  
all AGES!**



# WHICH **MEMBERSHIP** IS RIGHT FOR ME?

Choosing the perfect membership for you and your family is easy. Visit [KrocQuincy.org](http://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

When paid in full for 1-year

### INDIVIDUAL PLANS

### FAMILY PLANS

**YOUTH**  
AGES 3-12  
**\$12<sup>60</sup>** monthly  
\$151<sup>20</sup> PER YEAR

**TEEN**  
AGES 13-17  
**\$22<sup>05</sup>** monthly  
\$264<sup>60</sup> PER YEAR

**GOLDEN AGER**  
AGES 62+  
**\$26<sup>33</sup>** monthly  
\$315<sup>90</sup> PER YEAR

**ADULT**  
AGES 18-61  
**\$36<sup>23</sup>** monthly  
\$434<sup>70</sup> PER YEAR

**FAMILY UP TO 5**  
**\$63<sup>00</sup>** monthly  
\$756 PER YEAR

**FAMILY OVER 5**  
**\$72<sup>45</sup>** monthly  
\$869<sup>40</sup> PER YEAR

## SILVER MEMBERSHIP

### INDIVIDUAL PLANS

### FAMILY PLANS

**YOUTH**  
AGES 3-12  
**\$10<sup>50</sup>** monthly  
\$126 PER YEAR

**TEEN**  
AGES 13-17  
**\$18<sup>38</sup>** monthly  
\$220<sup>50</sup> PER YEAR

**GOLDEN AGER**  
AGES 62+  
**\$22<sup>05</sup>** monthly  
\$264<sup>00</sup> PER YEAR

**ADULT**  
AGES 18-61  
**\$29<sup>40</sup>** monthly  
\$352<sup>80</sup> PER YEAR

**FAMILY UP TO 5**  
**\$52<sup>50</sup>** monthly  
\$630 PER YEAR

**FAMILY OVER 5**  
**\$60<sup>90</sup>** monthly  
\$730<sup>80</sup> PER YEAR

# \$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



**TOO MUCH  
BABY/CHILD STUFF?**

...**SELL IT!**...

SATURDAY **AUG 6**  
**8am-Noon**

**BOOTHS**

Include 1 table & 2 chairs  
**10X10 \$25 | 10X20 \$50**

LIMITED SPACES! REGISTER  
BY FRIDAY, JULY 22



### 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](mailto:Nanette.Johnson@USC). [SalvationArmy.org](http://SalvationArmy.org).

### JULY LIFEGUARD CLASS

**9am-5pm Daily:**

Tuesday, July 19th  
Wednesday, July 20th  
Thursday, July 21st  
Friday, July 22nd



Summer dates are filling up...

**BOOK YOUR  
SPLASH BASH  
POOL PARTY  
TODAY!**

Go to [KrocQuincy.org](http://KrocQuincy.org) for details.

VIEW UPCOMING EVENTS AT [KROCQUINCY.ORG](http://KROCQUINCY.ORG)



405 Vermont | Quincy, Illinois 62301  
217-222-KROC (5762) | [KrocQuincy.org](http://KrocQuincy.org)

