

Sept 1 – Dec 31, 2022

KROC



WELCOME

Your Guide to 2022 Fall
Programs, Classes, & Events

BE A MEMBER!

Check out the membership
specials during September



RAY & JOAN

KROC
CORPS COMMUNITY CENTER

405 Vermont Street
Quincy, IL 62301
KrocQuincy.org

Search 'KrocQuincy' online



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Holiday Hours & Closures

Sept 5	Labor Day	9am–5pm
Nov 24	Thanksgiving Day	Facility Closed*
Dec 24	Christmas Eve	7am–3pm
Dec 25	Christmas Day	Facility Closed*
Dec 31	New Year's Eve	7am–3pm
Jan 1, 2023	New Year's Day	Noon–6pm

*Except for community meals.

Operating Hours

Monday–Friday	5am–10pm
Saturday	7am–8pm
Sunday	Noon–6pm

Kroc Church 9:15am Sunday School
10:30am Worship



Scan for hours.

Venue Hours

Scan the QR code or visit KrocQuincy.org to see up-to-date venue hours and weather cancellations.

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

Welcome

Greetings from The Kroc Center!

We are so excited that you are here and exploring the different options of fun things to do here for you and your family.

In the Bible, in Exodus, we find the Ten Commandments – God's instructions for basic living and the morality that he defines for us. We mention this because this place exists to help you with one of the most important and overlooked commandments: You Shall Rest! In the Bible, God mentions the concept of a Sabbath day, which means a day of honoring God and all that he has provided to us – by stopping and breaking up our routine to rest and relax. God desires us to have healthy rhythms and habits, evidenced by him commanding us to take some time to rest, to be with our families.

The Kroc Center is the perfect place for just that! Rest for your heart and soul – and good times for your family!

Blessings,



- MAJORS TREVOR & SHELLEY MCCLINTOCK

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.

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.

Contact Us

General Information	217-222-5762
Aquatics	217-231-5619
Birthday Party/Rentals	217-231-5636
Day Camps/After-School	217-231-5658
Development	217-231-5694
Education & Fine Arts	217-231-5641
Emergency Shelter	217-222-8655
Family Services	217-222-2087
Family Store (Quincy)	217-224-5998
Fitness & Wellness	217-231-5638
Fitness Initiatives	217-231-5640
Huck's Hideout Kid Care	217-222-5762
The Ledge Game Room	217-231-5644
Marketing	217-231-5628
Memberships	217-222-5762
Scholarships	217-222-5762
Sports & Recreation	217-222-5762
Volunteering	217-231-5626
Worship/Ministry	217-231-5674
Youth Ministry	217-231-5667

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!

Scholarships

REFRESHMENT SERVICES PEPSI SCHOLARSHIP

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

JO KIRLIN BENEVOLENT SCHOLARSHIP

This scholarship works in association with the Refreshment Services (RS) Pepsi scholarship fund. The RS Pepsi Fund will be used to cover the traditional amount of the scholarship (up to 75%). However, the amount the recipient should pay shall be underwritten by the funds donated to the JKB Scholarship fund. Therefore, the recipient will NOT be required to pay any portion of the membership fee for the membership year the JKB Scholarship is awarded. This is an annual scholarship.

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.



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.

Facility Info

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 <i>Must be 48" tall & under 300 lbs.</i>	○	○	○	●	●	●
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 11</i>				●*	●*	●
Cardio Equipment <i>*Permitted ONLY with Teen Fit Certification. See page 11</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.



GENERAL POLICIES

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

Scan for details.

Child Watch

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

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.

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. Member parent/guardian MUST remain in the building during this time.

Check KrocQuincy.org for pool/Big Red Slide hours.

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 7 for more information about Kroc Academy and School's Out Day Camp!



Senior Programs

Healthy Aging Series Returning Spring 2023

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

Members

\$1875

Registration

Non Members

\$25

Registration

Each session includes:

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

FAQs

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

Healthy Aging Monthly Seminars Returning Spring 2023

Join us in The Kroc Center's Meadows C for our monthly Healthy Aging Seminars. These monthly enrichment programs are free-to-attend and are open to anyone, of any age, in the community. See monthly class schedule for more info. Some months may vary due to holidays or other scheduling.

Kristin Obert

FITNESS PROGRAM SPECIALIST

Kristin.Obert@USC.SalvationArmy.org

217-231-5638



Silver Sneakers Benefits & Eligibility

The Healthways SilverSneakers® Fitness program is an insurance benefit included in more than 65 Medicare health plans. Through these programs, 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 at 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.

Renew Active® Benefits & Eligibility

The gold standard in Medicare fitness programs for body and mind. It includes: A free gym membership. Access to our nationwide network — the largest of all Medicare fitness programs +, including many premium gyms. You also get an annual personalized fitness plan plus access to group classes. Thousands of digital on-demand workout videos and live streaming fitness classes. An online brain health program from AARP® Staying Sharp®. And more.

Renew Active is available at no additional cost, to those who are eligible, exclusively from UnitedHealthcare® Medicare Plans.

QUESTIONS?

We're here to help! Contact The Kroc Center's helpful and caring Welcome Desk Attendants at 217-231-5762 or info@krocquincy.org.

SENIOR ADULT HEALTH FAIR

Tuesday, Sept 27
9–11AM

Hosted by The Kroc Center, State Senator Jil Tracy & State Representative Randy Frese.

VENDOR BOOTHS MAY INCLUDE:

- Local medical professionals
- Quincy public transportation
- Nutrition & Education
- Blood Pressure Screening
- Senior housing options
- Estate planning and more!

INTERESTED IN HOSTING A BOOTH?

Please contact Fitness Program Specialist Kristin Obert at Kristin.Obert@USC.SalvationArmy.org or 217-231-5638.

MOVE'22

A program for Silver Sneakers and Renew Active members!

This rewarding and free 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.

Over \$1,200 in gift cards have been given to 20 active MOVE'22 members this year! An additional \$600 will be awarded.

>> 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.

>> See prizes and rules by visiting KrocQuincy.org or the check-in desk.



Scan for details.

Worship

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

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.

Worship Service 10:30am

All ages are welcome! Free nursery is provided. Join us in person or virtually on The Kroc Church Facebook Page @KrocChurchQuincy.

Fellowship

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.



Learn more at
KrocQuincy.org

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

Captains Brandon & Megan Lewis

CONGREGATIONAL LIFE
KROC OFFICERS

217-231-5677 | 217-231-6002

Brandon.Lewis@USC.SalvationArmy.org
Megan.Lewis@USC.SalvationArmy.org

Corps Music & Praise

PRAISE BAND Ages 14+
Thursdays 4-5pm + Sundays 10:30am
Resumes Sept 1 | Ends Nov 17

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
Resumes Aug 31 | Ends Nov 16

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.

MUSIC MINISTRY MONDAYS
7+ (with 'adult' front 4 teeth)
Mondays, Resumes Sept 12 | Ends Nov 14

3pm - Singing Company

4pm - Piano & Cornet

4:30pm Piano & Cornet

Join our children's choir and learn how to play a brass instrument and piano with other musicians your age who are just starting out. These free classes are a great way to start learning to play an instrument. No class on Labor Day.

The Salvation Army Women's Auxiliary

Fridays, Sept 9, Oct 14, Nov 11, Dec 9 | 9am

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.

PURSE & ACCESSORY SALE

Sat, Oct 15 | 8am-4pm

Join us for great finds and deals on jewelry, scarves, purses, and other chic accessories! Items are priced for purchase. All proceeds benefit children in need. Held in Washington Park during the Early Tin Dusters Car Show.



Holiday Meals

THANKSGIVING DINNER All Ages
Thursday, Nov 24

Free holiday meal served to the community. Held at The Kroc Center. Shut-ins only may request meal delivery by calling Tina at 217-231-5626. All meal delivery requests must be made by Nov 18 at 5pm.

CHRISTMAS DINNER All Ages
Sunday, Dec 25

Free holiday meal served to the community. Held at The Kroc Center. Shut-ins only may request meal delivery by calling Tina at 217-231-5626. All meal delivery requests must be made by Dec 16 at 5pm.

Volunteers Needed

The Salvation Army has a place for you!

Volunteering is one of the most enjoyable things you'll ever do, as well as one of the most fulfilling. Salvation Army and Kroc Center volunteers are held to the same standards as employees including application, background checks, Safe From Harm child protection training, and orientation.

OPPORTUNITIES INCLUDE:

- Food basket packing
- Helping at holiday meals
- Bell ringing
- Assisting with youth programs
- Sorting donations at the food pantry or Family Store



Scan for details.

BE A VOLUNTEER!

CONTACT TINA LEWIS

Tina.Lewis@USC.SalvationArmy.org

217-231-5626

Youth Development

Kroc Academy After-School Program

Take the **HOME** out of
HOMEWORK!

K-6th & 7th-12th CITs

Weekly, 2:30-7PM

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

Our after school program provides new and exciting experiences that encourages children to be lifelong learners committed to exploring the world around them! Includes:

Mon Interactive Bible lesson

Tue Sports & fitness

Wed Character building

Thu S.T.E.A.M. or park

Fri Swimming

View the
Guardian Guide at
KrocQuincy.org

Daily snack,
homework
assistance, and
game room.

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.

School's Out Day Camp

The Kroc rocks when
school's **NOT** in session!

K-6th & 7th-12th CITs

7AM-7PM

Upcoming Dates 10/7, 10/10, 10/27 (1/2 day), 10/28, 11/8, 11/23, 12/19-12/23, 12/26-12/30, 1/2

\$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!

CITs - Counselors in Training

7th-12th 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.

KROC-R-TREAT

Mon, Oct 31 | 5-7pm

Looking for a safe and fun place to take the kids this Halloween? Dress them up and bring them to The Kroc Center! Travel through the Meadows to visit various booths and see creative displays and costumes. Children will collect tasty treats and fun trinkets. Select displays support the Teal Pumpkin Project.

Interested in hosting a booth? Please contact Jakin Logsdon at 217-231-5667 or Jakin.Logsdon@USC.SalvationArmy.org

K.R.O.C. Kids Character Building

K.R.O.C. (Keep Relying on Christ) Kids

**Wednesdays,
Sept 21-Nov 16**

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. Held every Wednesday when school is in session.

Annual Fee: \$5 Emblem

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

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

GIRL GUARDS

Girls, Grades 6-12

EXPLORERS

Boys, Grades 1-5

RANGERS

Boys, Grades 6-12

Meal 5-5:30pm

K.R.O.C. KIDS: COURT OF AWARDS

Wednesday, Nov 16 only | 5pm

Youth are recognized for emblems earned.

Held in the Worship Theater.



Learn more at
KrocQuincy.org

Jakin Logsdon

**YOUTH DEVELOPMENT &
OUTREACH SPECIALIST**

Jakin.Logsdon@USC.SalvationArmy.org

217-231-5667

Education & Fine Arts

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.

Thursdays Oct 6–27 Noon–1pm

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 per person	\$80 per person
2	\$66 \$33/person*	\$95 \$47.50/person
3	\$66 \$22/person*	\$96 \$32/person

Pricing for six (6) 30-minute lessons.

*All participants must be Members.

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

Jonathon Weller

FINE ARTS & ED SPECIALIST

Jonathon.Weller@USC.SalvationArmy.org

217-231-5641

Photography

Ages 14+

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

Back by popular demand: We are thrilled to once again be offering our photography class! This class will be taught by talented Quincy photographer, Julie Ginos from GS Photography. If you have a new, top-of-the-line camera, a camera you've had for a while that's gathering dust on a shelf, or even if you have a smartphone camera, come join Julie for this 4-week class where you'll learn how to improve your photography skills.

Tuesdays Sept 6–Sept 27 6–7pm

Sheila's Special Math Techniques

TIMES TABLE WORKSHOP

Ages 8+ with an accompanying adult

\$10 Gold | \$12 Silver | \$15 Non

Do you know a child who struggles to learn their multiplication tables? Are you willing to come with them to a workshop to learn tips and techniques for mastering them? Sheila Eyster, a retired elementary school teacher, will be teaching a six-week workshop on mastering the times tables. A parent or other interested adult is required to attend with the child in order to learn and practice these techniques.

Tuesdays Sept 6–Oct 11 6:30–7:30pm

WORD PROBLEMS

Ages 8+ with an accompanying adult

\$10 Gold | \$12 Silver | \$15 Non

Word problems can be one of the most difficult concepts for a student to master, even if they find their basic math skills easy! Sheila Eyster, a retired elementary school teacher who has taught in many different communities around the country, is offering a 6-week course for those who want to improve their ability to solve these kind of problems. A parent or other interested adult is required to attend with the child in order to learn and practice Sheila's special techniques.



Thursdays Sept 8–Oct 13 6:30–7:30pm

Art Classes

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.

Each class has a minimum participation requirement of 4 students.

PAINT POURING

Ages 14+ or 6+ with an accompanying adult

\$20 Gold | \$21 Silver | \$23 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!

F	Sept 9	6–8pm	Register by Sept 8
F	Nov 11	6–8pm	Register by Nov 10

ARTY PARTY PAINT NIGHT

Ages 14+

\$20 Gold | \$25 Silver | \$30 Non

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

F	Sept 23	6–8pm	Register by Sept 22
F	Oct 21	6–8pm	Register by Oct 20
F	Dec 2	6–8pm	Register by Dec 1

JEWELRY MAKING

Ages 14+ or 6+ with an accompanying adult

\$20 Gold | \$21 Silver | \$23 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.

F	Oct 7	6–8pm	Register by Oct 6
F	Nov 18	6–8pm	Register by Nov 17



Scan to register for education and fine arts classes!

Registration

- Download The Kroc Center App to register online.
- Advance registration is encouraged for all roster classes. Space is limited.
- Registration forms are available at the check-in desk.
- The Kroc Center reserves the right to cancel any program if minimum participation requirements are not met.

Rentals + Special Events



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 5-7pm, 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 \$215

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

SANDBAR B \$195

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

SANDBAR A+B \$370

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

Family Events

PARTIES • 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.
- Featuring an adjacent outdoor patio, Meadows rooms are the perfect place for a party in any season. A beautiful, stone fireplace is located in Meadows B and is accessible from inside and outside.

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.

Kroc Party After Hours

Perhaps your event is best suited for later hours. We'll make available our most popular venues including the Rock Wall, Aquatic Center, and Gymnasium. Call to find out how to book your after-prom party or corporate function... after hours!

KROC PARTY - AFTER PROM

After-prom parties can include The Ledge Game Room, Aquatic Center, Rock Wall, and Gymnasium. Some venues are excluded in full center rental. Please contact The Kroc Center for details.

CORPORATE EVENT CHILD WATCH

Looking for a child watch option during your corporate event? Contact us to see how we can meet your specific needs.

Field Trips

Looking for a unique field trip experience for your students? Kroc Quincy is proud to offer children a day full of fun and adventure.

Rental Rates

Please visit KrocQuincy.org for current pricing and a facility rental request form. Complex events will receive customized proposals provided through our rental department.



KrocQuincy.org

Scan to view pricing and more information.

Upscale Garage Sale - FALL EDITION!

Saturday, Oct 8
8AM–1PM

Patrons attending this year's Upscale Garage Sale can expect to find a variety of items ranging from household products, electronics, memorabilia, and more. Various sellers/vendors will be set up in our gymnasium.

ADMISSION

Kroc Members = Free
Ages 12 & under = Free
All others = \$1

THE EVENT IS OPEN TO THE PUBLIC.

Upscale Garage Sale - FALL VENDOR INFO

BOOTH REGISTRATION DUE SEPT 30

BOOTH SPACES

>>10ft x 10ft booth = \$35
>>10ft x 20ft booth = \$70

Vendors can purchase additional tables and access to electricity (both of which are limited in availability) for an additional \$10 per item.

In addition to families/individuals having garage sale booths, vendors/at-home businesses may also purchase booth spaces.

Vendors have the option of donating leftover merchandise to the Quincy Salvation Army Family Store. The Family Store truck will be on site to accept unsold/unwanted items. Donations are tax-deductible.

INTERESTED IN HOSTING A BOOTH?

Please contact Brooke Wade at 217-231-5636 or Brookney.Wade@USC.SalvationArmy.org.

BOOK YOUR EVENT!

Brooke Wade

**SPECIAL EVENTS &
SCHEDULING COORDINATOR**

Brookney.Wade@USC.SalvationArmy.org

217-231-5636

Drop-In Group Fitness Classes

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

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.

Rhythmic / Dance Fitness

POUND® Capacity: 20
FREE, Gold & Silver | \$8⁵⁰ 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 | \$8⁵⁰ 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 | \$8⁵⁰ 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.

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.



Scan to for more information!

Kristin Obert

FITNESS PROGRAM SPECIALIST

Kristin.Obert@USC.SalvationArmy.org

217-231-5638

Cardio

KROC CYCLING Capacity: 18
Gold & Silver: FREE | \$8⁵⁰ 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 | \$8⁵⁰ 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.

HIIT 4-5 Capacity: 20
FREE, Gold & Silver | \$8⁵⁰ Non Ages 13+

NEW!

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!

HIGH FITNESS Capacity: 20
FREE, Gold & Silver | \$8⁵⁰ Non Ages 13+

NEW!

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!

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

Les Mills Classes

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

Mind / Body

BODYBALANCE™ Capacity: 20
FREE, Gold | \$3 Silver Ages 8+
\$8⁵⁰ Non

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™ Capacity: 15
FREE, Gold | \$3 Silver Ages 8+
\$8⁵⁰ Non

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!

RPM™ Capacity: 18
FREE, Gold & Silver | \$8⁵⁰ Non 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™ Capacity: 19
FREE, Gold | \$3 Silver Ages 13+
\$8⁵⁰ Non

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!

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 | \$8⁵⁰ Non

Capacity: 15
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 | \$8⁵⁰ 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 | \$8⁵⁰ 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 | \$8⁵⁰ Non

Capacity: 15
Ages 13+

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

Fitness Initiatives

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.



Personal Training

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 \$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

Non-Member Pricing

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

Fitness Assessment

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

Not a personal training session.

Body Composition

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.

\$27

Members
Non-Member: \$35

\$10

Members
Non-Member: \$20

Group Swim Lessons

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

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

Parent / Child

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

TADPOLES – BABIES 12–23 months

Introduces self rescue techniques along with games that focus on water comfort and basic swim skills. *Parent or caregiver accompanies child.*
No class Oct 31.

M	Sept 26–Nov 21	6–6:30pm / 6:30–7pm
W	Sept 28–Nov 16	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.

TU	Sept 20–Nov 8	5:30–6pm / 6–6:30pm
TH	Sept 22–Nov 10	6–6:30pm / 6:30–7pm
SAT	Oct 1–Nov 19	9–9:30am / 9:30–10am

Beginner

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

Suitable for kids who can:

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

KROCODILES 4–6 years

TU	Sept 20–Nov 8	6–6:30pm / 6:30–7pm
TH	Sept 22–Nov 10	5:30–6pm / 6–6:30pm
SAT	Oct 1–Nov 19	8:30–9am / 9–9:30am

ALLIGATORS 7–10 years

TU	Sept 20–Nov 8	7–7:30pm
TH	Sept 22–Nov 10	7–7:30pm
SAT	Oct 1–Nov 19	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.

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

TU	Sept 20–Nov 8	6:30–7pm
TH	Sept 22–Nov 10	6:30–7pm
SAT	Oct 1–Nov 19	9:30–10am

OTTERS 7–10 years

TU	Sept 20–Nov 8	7–7:30pm
TH	Sept 22–Nov 10	7–7:30pm
SAT	Oct 1–Nov 19	10–10:30am

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.

How to Register

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



Scan to register
for group lessons

Nanette Johnson

AQUATICS SPECIALIST

Nanette.Johnson@USC.SalvationArmy.org

217-231-5676

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.

GROUP SWIM LESSON REFUND POLICY DUE TO POOL CLOSURE

- Group swim lesson participants will be offered one Kroc Day Pass card per child in a swim lesson that is canceled during the pool closure.
- The Day Pass card will be available for pick up during the child's next scheduled swim lesson. A parent/guardian must sign for the Day Pass card.
- Day Pass cards will only be held for two weeks following the canceled class, at which time the parent/guardian forfeits the right to a refund
- Any questions relating to this policy should be directed to the Aquatic Specialist

POOL CLOSED

for Maintenance Week

Tuesday, Sept 6 – 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.



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

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

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.

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

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

Capacity: 8

MUST BE 15 YEARS OLD BY END OF CLASS

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

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



Lifeguarding classes scheduled monthly!



Scan for upcoming class dates!

Nanette Johnson

AQUATICS SPECIALIST

Nanette.Johnson@USC.SalvationArmy.org

217-231-5676

Sports + Recreation

Men's Basketball 3 vs 3 Leagues

Ages 18+

\$200 per team

Men's 3 vs 3 half court basketball league. Teams can roster up to 6 players. Games will be played on Court B. Teams guaranteed 6 games. **Register by Sept 5.**

3 vs 3 COMPETITIVE

TU	Sept 13–Oct 25	Evenings
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3 vs 3 RECREATIONAL

TU	Sept 13–Oct 25	Evenings
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Youth Basketball Learning League

COMING JANUARY 2023

Youth boys and girls basketball learning leagues are coming to The Kroc Center this winter! Registration opens Dec 1. Check KrocQuincy.org and social media for more info and dates! Volunteer coaches and officials needed. Contact Kristy today!

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.



Scan to register
for sports & rec
programs

Kristy Stegeman

REC SPORTS SPECIALIST

Kristy.Stegeman@USC.SalvationArmy.org

217-231-5635

Adult Pickleball

Ages 18+

COMPETITIVE LEAGUE

\$70 per team of 2

Compete in this unique league! Games and times will be scheduled in advance for each team. Each game will have a 40 minute time limit. Standard USAPA rules with adaptations will be followed. Equipment will be provided if needed. Mixed and mens or womens doubles welcome! **Register by Sept 7.**

Doubles - Level 4.0

TH	Sept 15–Oct 27	Evenings
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LEARN TO PLAY

Members Free, Non-Members \$8⁵⁰ per wk

No experience necessary! Learn the rules of pickleball, basic skills, and techniques. This class is geared toward beginners, but all levels are welcome to play and have fun. Equipment will be provided. Led by The Kroc Center's recreational sports staff. No class on Nov 23.

W	Oct 19–Dec 14	10–11:30am
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PADDLE BATTLE PICKLEBALL TOURNAMENT

Saturday, Nov 5

\$65 per team of 2

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

\$65

per team of 2

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

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.

COACHES NEEDED

Become a volunteer volleyball or basketball coach by contacting Kristy!

Adult Volleyball Leagues

Ages 18+

\$240 per team

Adult volleyball leagues will consist of 7 regular season games and at least one playoff game. All teams are guaranteed 8 games total. Playoffs schedule will be released after week 7 of regular season play. **Register by Sept 23.**

CO-ED RECREATIONAL VOLLEYBALL

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

No games Oct 31.

M	Oct 3–Dec 12	Evenings
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CO-ED POWER VOLLEYBALL 6 VS 6

Co-ed Power: 6 vs. 6. Both men and women can spike at the net. Net will be set at standard men's volleyball height. No games Nov 23.

W	Oct 5–Dec 14	Evenings
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CO-ED COMPETITIVE VOLLEYBALL

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

No games Nov 25.

F	Oct 7–Dec 16	Evenings
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Jr. Spikers Learning Volleyball League

\$55 per player

Grades 3–6

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. A league schedule will be issued after team selections are finalized. 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. Space is limited and for planning purposes, team assignments are final.

Register by Oct 25.

GRADES 3–4 No games Nov 22 & Dec 27

TU	Nov 1–Jan 3	Evenings
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GRADES 5–6 No games Nov 24 & Dec 29

TH	Nov 3–Jan 5	Evenings
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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.

Register by Oct 11.

AGES 4–5

TU	Oct 25–Nov 15	4:15–5pm
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AGES 6–7

TU	Oct 25–Nov 15	5:30–6:15pm
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Toddler Time: Mommy & Me in the Gym

NEW!

Ages 5 and under

Free for Members

Non Members: \$5 Adults (16+) per wk
\$3 Child (5 and under) per wk

This special drop-in playtime is just for parents and toddlers! Enjoy social time with other moms and dads while your little ones play in the gymnasium. All toddlers must be accompanied by an adult the entire time. Equipment will be provided for open play.

TU	Oct 4–Dec 20	9–11am
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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

CODE OF CONDUCT

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

MEMBER DEFINITION

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

FAMILY MEMBERSHIP DEFINITION

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

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

MEMBERSHIP PAYMENT POLICY

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

- Cash • Check • Visa or MasterCard • Debit Card

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

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

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

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

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

SUSPENSION/TERMINATION OF MEMBERSHIPS

The Kroc Center has the right to suspend or terminate memberships for violations of policies or stated rules, failure to pay dues or actions which violate any federal, state or local laws. Additionally, all Kroc Center members must abide by The Salvation Army's Code of Conduct. Consequences of violations may include suspension or termination of Kroc Center access privileges. All members will undergo a background screening, and any member found to have questionable history as determined by The Salvation Army may have their membership revoked immediately.

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

In order to promote a safe and secure environment, The Salvation Army Kroc Center has placed video cameras in various locations. As part of our commitment to the safety of children and vulnerable persons, The Salvation Army Kroc Center reserves the right to consult public sources to determine whether any member or guest of any member poses an unreasonable risk of harm to its patrons, staff, or visitors. The Salvation Army Kroc Center has the authority to make visual recordings, for its responsible use, of all individuals who enter.

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

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

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

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

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



Scan to see facility guidelines, safety information, membership policies, and program/payment guidelines.

Become a Member

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.

1-Year Memberships

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

Silver Memberships

YOUTH Ages 3–12 \$13 /mo <small>\$156/year</small>	TEEN Ages 13–17 \$20 /mo <small>\$240/year</small>	GOLDEN AGER Ages 62+ \$27 /mo <small>\$324/year</small>
ADULT Ages 18–61 \$32 /mo <small>\$384/year</small>	FAMILY UP TO 5 \$57 /mo <small>\$684/year</small>	FAMILY OVER 5 \$65 /mo <small>\$780/year</small>

Gold Memberships

YOUTH Ages 3–12 \$15 /mo <small>\$180/year</small>	TEEN Ages 13–17 \$23 /mo <small>\$276/year</small>	GOLDEN AGER Ages 62+ \$32 /mo <small>\$384/year</small>
ADULT Ages 18–61 \$39 /mo <small>\$468/year</small>	FAMILY UP TO 5 \$67 /mo <small>\$804/year</small>	FAMILY OVER 5 \$77 /mo <small>\$924/year</small>

*Prices take effect September 1 for new members and October 1 for existing members.

Which Membership is Right for Me?

WHAT YOU ENJOY	GOLD	SILVER	DAY PASS ²
Aquatic Center	•	•	•
Gymnasium & Indoor Track	•	•	•
Cardio & Weight Area	•	•	•
Ledge Game Room	•	•	•
Locker Rooms	•	•	•
FREE Equipment Orientation	•	•	•
Discounted Swim Lessons	•	•	
'Pool Pals' Service (See page 5)	•	•	
FREE Huck's Hideout	•	•	
FREE Rock Wall Climbing ¹	•	•	
FREE Guest Passes per Year	12	6	
FREE Drop-In Fitness & Aquatic Classes	ALL	SELECT	
FREE Les Mills Virtual Fitness Classes	•	•	•
Discount on Youth After-School & Day Camps	•	•	
Discount on Kroc Programs & Activities ³	40%	30%	
1 FREE Personal Training Fitness Assessment ⁴	•		

5% OFF
When paid in full for 1-year

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

Military Rate

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

Adult (ages 18–61)	\$21 per month
Family (up to 5 people)	\$39 per month
Family+ (over 5 people)	\$48 per month

Drop-In Classes

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

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

Day Passes

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

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

Questions?

We're here to help! Contact The Kroc Center's helpful and caring staff today.

WELCOME DESK ATTENDANTS
info@krocquincy.org | 217-231-5762



Scan for details.

GENERAL POLICIES

See page 15 or visit KrocQuincy.org to see facility guidelines, safety information, membership policies, and program/payment guidelines.

FIND us online **KrocQuincy.org**



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

INSPIRE | INSTRUCT | INVOLVE



RAY & JOAN

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