

# KROC

**AUG**  
SCHEDULE

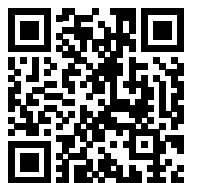


**FALL  
PROGRAMS  
GO ON SALE  
AUGUST 1**

## INSIDE

- **HAND LETTERING WORKSHOP** Page 2
- **NEW FITNESS CLASSES!**  
HIGH FITNESS AND WATER WELLNESS Page 5
- **REGISTER NOW! KROC ACADEMY STARTS AUG 17** Page 7

View  
**ONLINE!**



RAY & JOAN

**KROC**  
CORPS COMMUNITY CENTER



# Arts & Ed Events

## 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.

## Jewelry Making

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

Ages 14+

Friday, August 19 | 6–8pm

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.

## Photography

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

Ages 14+

Tuesday, Sept 6–27 | 6–7pm

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.

## 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.

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

**INSTRUMENTAL LESSONS** focus on technique, reading music, theory, and solo repertoire. Guitar, ukulele, piano, brass, woodwind, and percussion offered.

**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

## 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.

## PARTY 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

**BOOK  
YOUR PARTY  
TODAY!**

**Questions?** Special Events & Scheduling Coordinator Brooke Wade  
217-231-5636 | Brooke.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-1pm  
4-8pm

6am-1pm  
4-8pm

6am-1pm  
4-8pm

6am-1pm  
4-8pm

6am-1pm  
4-8pm

8am-7pm

AQUATIC CENTER • **CLOSED MON-FRI 1-4pm** • Starting Wed, Aug 17  
for daily maintenance & cleaning.

## BIG RED SLIDE - CLOSED DURING SWIM LESSONS

1-5pm

Closed

Closed

Closed

Closed

4-7pm

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. *Lap lanes closed during swim lessons.*

1-5pm

6-8am  
9am-1pm  
4-8pm

*Lap Lanes closed  
4-6pm for staff training.*

6-9am  
10am-1pm  
4-6:30pm

6-8am  
9am-1pm  
4-8pm

6-9am  
10am-1pm  
4-6:30pm

6-8am  
9am-1pm  
4-8pm

8am-9am  
11am-7pm

## GROUP SWIM LESSONS

**GROUP  
SWIM  
LESSONS**

**ON SALE  
AUG 1!**

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

*Starts Sept 26*

**PARENT/TODDLER  
24 MONTHS-3YRS**  
5:30-6pm / 6-6:30pm

**AGES 4-6 YRS**  
6-6:30pm / 6:30-7pm

**AGES 7-10 YRS**  
7-7:30pm

*Starts Sept 20*

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

*Starts Sept 28*

**PARENT/TODDLER  
24 MONTHS-3YRS**  
6-6:30pm / 6:30-7pm

**AGES 4-6 YRS**  
5:30-6pm / 6-6:30pm

**AGES 7-10 YRS**  
7-7:30pm

*Starts Sept 22*

**PARENT/TODDLER  
24 MONTHS-3YRS**  
9-9:30am / 9:30-10am

**4-6 YRS**  
8:30-9am  
9-9:30am  
9:30-10am

**SCHOOL 7-10YRS**  
10-10:30am

*Starts Oct 1*

**NOTE:** 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

**NEW HOURS • STARTING AUG 17**  
**MON-FRI 4-7PM • SAT 11AM-7PM • SUN 1-4:30PM**

**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.

## 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.*

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

# Drop-In Group Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Gold Members</b> FREE: All drop-in Group Fitness & Aquatic Classes.  <b>Silver Member</b> Many classes are free. Select classes are \$3 as marked.	Les Mills BODYPUMP 5:30-6:30am Fitness Room A	Les Mills BODYBALANCE* 5:30-6:25am Fitness Room B	Les Mills BODYPUMP 5:30-6:30am Fitness Room A	Les Mills BODYBALANCE* 5:30-6:25am Fitness Room B	Les Mills BODYPUMP 5:30-6:30am Fitness Room A	
		LES MILLS RPM 5:30-6:15am Cycling Room		LES MILLS RPM 5:30-6:15am Cycling Room		
	AQUA FIT 8-8:45am Lap Lanes	AQUA BLAST 8-8:45am River	AQUA FIT 8-8:45am Lap Lanes	AQUA BLAST 8-8:45am River	WATER IN MOTION 8-8:45am	
		LES MILLS RPM 8:15-8:45am Cycling Room		LES MILLS RPM 8:15-8:45am Cycling Room		Les Mills BODYPUMP 8:45-9:45am
<b>Youth in Fitness</b> Open to ages 8+ with an accompanying adult.	Les Mills BODYPUMP 9-10am Fitness Room A	WATER IN MOTION 9-9:45am Lap Lanes	Les Mills BODYPUMP 9-10am Fitness Room A	WATER IN MOTION 9-9:45am Lap Lanes	Les Mills BODYPUMP 9-10am Fitness Room A	
	KROC DANCE FITNESS 9:15-10am	ZUMBA 9-9:45am Fitness Room B	KROC DANCE FITNESS 9:15-10am Fitness Room B	ZUMBA 9-9:45am Fitness Room B	KROC DANCE FITNESS 9:15-10am Fitness Room B	
		WATER WELLNESS 10-10:45am River		WATER WELLNESS 10-10:45am River		
	HIGH FITNESS 10:15-11am Fitness Room A			Les Mills BODYBALANCE* 10-10:55am Fitness Room B		
 Gold & Silver FREE Non-Member \$8  HIGH Fitness has all the benefits of old school aerobics, but with a modern twist. This cardio and toning class is designed to get you moving and keep you motivated. Classes are fun, easy to follow, and choreographed to set you up for success! Ages 13+	LES MILLS RPM Noon-12:30pm Cycling Room		HIIT 4-5 Noon-12:45pm Fitness Room A			
	Les Mills BODYBALANCE* Noon-12:45pm Fitness Room B	Les Mills BODYPUMP Noon-12:45pm Fitness Room A	Les Mills BODYBALANCE* Noon-12:45pm Fitness Room B	Les Mills BODYPUMP Noon-12:45pm Fitness Room A	Les Mills BODYPUMP Noon-12:45pm Fitness Room A	
	POUND* 5:30-6:15pm Fitness Room B	STEP IT UP 5:30-6:30pm Fitness Room A	Les Mills BODYBALANCE* 5:30-6:25pm Fitness Room B	STEP IT UP 5:30-6:30pm Fitness Room A		
	Les Mills BODYPUMP 5:30-6:30pm Fitness Room A	Les Mills BODYCOMBAT 5:30-6:25pm	Les Mills BODYPUMP 5:30-6:30pm	Les Mills BODYCOMBAT 5:30-6:25pm		

**LES MILLS VIRTUAL**

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

**NOW HIRING!**  
**FITNESS INSTRUCTORS**  
Aquatics, Les Mills, Cycling, + MORE!



Scan for details!

**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.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYMNASIUM						
CT B: OPEN VOLLEYBALL 1–4pm	OPEN GYMNASIUM	OPEN GYMNASIUM	OPEN GYMNASIUM	OPEN GYMNASIUM	OPEN GYMNASIUM	OPEN GYMNASIUM
						CT B: FAMILY TIME 10am–1pm

## Sports & Rec

### 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 at 217-231-5635 for more info.

## REGISTRATION Opens August 1

### 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

#### 3 vs 3 RECREATIONAL

TU Sept 13–Oct 25 Evenings

### 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

#### 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

#### 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

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

## 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



GET INTO  
THE BEST  
SHAPE OF  
YOUR LIFE!



Scan to meet our  
Personal Trainers!

# Church & Congregational Life

## SUNDAY

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

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

**RESUMES SEPT 7  
SUNDAY SCHOOL**  
9:15–10:15am

## MONDAY



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

**MUSIC MINISTRY  
MONDAYS**  
3:30–5pm Youth Music

**RESUMES SEPT 19  
CORPS CADETS**  
4–5pm, Ledge

## TUESDAY

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

## WEDNESDAY

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

**RESUMES SEPT 21  
K.R.O.C. KIDS KICK  
BACK (2:30–4pm)**

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

**SUNBEAMS**  
Girls Grades 1–5, Bluffs

**ADVENTURE CORPS:  
EXPLORERS**  
Boys, Grades 1–5  
Meadows

**GIRL GUARDS**  
Young Women,  
Grades 6–12, Ledge

**ADVENTURE CORPS:  
RANGERS**  
Young Men,  
Grades 6–12, Ledge

**RESUMES AUG 31  
SENIOR BAND**  
7–8pm (Ages 14+)  
Worship Theater

## THURSDAY

## FRIDAY

## SATURDAY

**FREE  
EVENT!**

## FAMILY SERVICES BLOCK PARTY



**Wednesday, August 17 | 4–6pm**

- 5th Street & Broadway -

between The Salvation Army Family Store & Family Services

**Hot Dogs • Ice Cream • Cake Walk • Games**

Bring your entire family, lawn chairs, and plan on having a fun-filled evening!



## After-School Program



*Take the home out  
of homework!*

K–6<sup>th</sup> + 7<sup>th</sup>–12<sup>th</sup> CITs

**Daily healthy snack, homework assistance, and game room.**

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

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

**Weekly, 2–7pm  
Aug 17–19, Aug 22–26,  
Aug 29–Sept 2**

**\$65/wk  
for Members**

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



**Do something  
FUN this summer!**

K–6<sup>th</sup> + 7<sup>th</sup>–12<sup>th</sup> CITs

**Aug 1–5 | Aug 8–12**



## Day Camp

K–6<sup>th</sup> + 7<sup>th</sup>–12<sup>th</sup> CITs

*When school's not  
in session*

**August 15 & 16 • 7am–7pm**

**Always Supervised!**

**Your child will enjoy:**

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

**\$20/day  
for Members**

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

**Pack a sack lunch!**

**Always  
supervised!**

## What are CITs?

## COUNSELORS IN TRAINING

**Grades 7<sup>th</sup>–12<sup>th</sup> | 50% OFF**

CITs are an integral part of our  
youth programs & receive all of the  
benefits that come with the program  
they are attending, as well as hands-on training,  
mentoring, and leadership development.

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

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



## GOLD MEMBERSHIP

### INDIVIDUAL PLANS

### FAMILY PLANS

<b>YOUTH</b> AGES 3-12 <b>\$12<sup>60</sup></b> monthly <small>\$151<sup>20</sup> PER YEAR</small>	<b>TEEN</b> AGES 13-17 <b>\$22<sup>05</sup></b> monthly <small>\$264<sup>60</sup> PER YEAR</small>	<b>GOLDEN AGER</b> AGES 62+ <b>\$26<sup>33</sup></b> monthly <small>\$315<sup>90</sup> PER YEAR</small>	<b>ADULT</b> AGES 18-61 <b>\$36<sup>23</sup></b> monthly <small>\$434<sup>70</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>40</sup> PER YEAR</small>
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## SILVER MEMBERSHIP

### INDIVIDUAL PLANS

### FAMILY PLANS

<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>50</sup> PER YEAR</small>	<b>GOLDEN AGER</b> AGES 62+ <b>\$22<sup>05</sup></b> monthly <small>\$264<sup>60</sup> PER YEAR</small>	<b>ADULT</b> AGES 18-61 <b>\$29<sup>40</sup></b> monthly <small>\$352<sup>80</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>80</sup> PER YEAR</small>
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## MEMBERSHIP UPDATES

New prices take effect Sept 1 for new members and Oct 1 for existing members.

### GOLD MEMBERSHIPS

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

### SILVER MEMBERSHIPS

<b>YOUTH</b> AGES 3-12 <b>\$13</b> /MO <small>\$156/YEAR</small>	<b>TEEN</b> AGES 13-17 <b>\$20</b> /MO <small>\$240/YEAR</small>	<b>GOLDEN AGER</b> AGES 62+ <b>\$27</b> /MO <small>\$324/YEAR</small>
<b>ADULT</b> AGES 18-61 <b>\$32</b> /MO <small>\$384/YEAR</small>	<b>FAMILY UP TO 5</b> <b>\$57</b> /MO <small>\$684/YEAR</small>	<b>FAMILY OVER 5</b> <b>\$65</b> /MO <small>\$780/YEAR</small>

## UPCOMING EVENTS / ACTIVITIES



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

**\$5 EARLY BIRD**  
**SPECIAL ENTRY 7-8AM**

(MEMBERS & NON MEMBERS)  
Early Bird passes limited to 100.  
[KrocQuincy.org](http://KrocQuincy.org) for details.

**\$1 NON MEMBERS**  
**MEMBERS FREE**



### CLASSES AVAILABLE EACH MONTH!

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).

SCAN TO VIEW  
UPCOMING  
CLASSES!



## >> VENDORS WANTED << SENIOR ADULT Health Fair

Tuesday, Sept 27 | 9-11am

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

Vendor booth spaces limited. Vendors need to submit their request for 10'x8' booth space by August 16.

Space is limited. Submit company name, contact person, & email address, along with booth topic to:

Kristin Obert, Fitness Program Specialist  
[Kristin.Obert@USC.SalvationArmy.org](mailto:Kristin.Obert@USC.SalvationArmy.org)  
217-231-5638



Scan to submit  
booth request.



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



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

