

# KROC

OCT  
2020  
SCHEDULE



## OPERATION HOURS

MON-FRI: 8AM-8PM | SAT & SUN: CLOSED

## POOL HOURS

MON-FRI: 8am-11am, Break for Cleaning, 4pm-7pm | SAT & SUN: Closed

## THE FOLLOWING AREAS & PROGRAMS ARE OPEN

- Aquatic Center
- Boxing Gym (open to public with personal equipment)
- Church at the Kroc, Sundays at 11am
- Cycling Classes (Moved to the Dance Room)
- Fitness Center
- Group Exercise Classes
- Group Swim Lessons
- Gym
- Volleyball Group Trainings

Subject to Change.



**PLEASE WEAR A MASK  
AT ALL TIMES**

**Fitness:** Please wipe  
equipment before & after  
each use.

## SAFETY GUIDELINES

**DESIGNED FOR SOCIAL DISTANCE:** All areas at The Kroc Center have been redesigned, where possible, to assist with social distancing between members and staff.

**STAY HOME IF YOU'RE SICK:** Members should stay home if they don't feel well. The CDC and state public health officials encourage seniors and members of vulnerable populations, including those with underlying health conditions, to stay at home.

**PPE:** Kroc members are required to wear a mask. Kroc staff will be wearing masks while on site (with exception of on duty lifeguards). Symptom checks will be conducted before entering the facility.

**PLAN YOUR VISIT:** Gym access is available to the public. Pool access will be available will modified hours. Members are strongly encouraged to reserve their group fitness classes in advance at [krocsales.org](http://krocsales.org).

**WHAT TO BRING:** Please have your membership card or member barcode on your phone when arriving at check in. **Click here** to create an online account and get access to your mobile membership barcode.

**EQUIPMENT:** Bring your own pre-filled water bottle (fountains will be closed). Common, shared exercise equipment that is porous or otherwise difficult to clean will be removed for the time; members are encouraged to bring their own exercise mats.

**CLEANING EQUIPMENT:** Members are encouraged to use the provided sanitation spray before and after using fitness equipment. Deep cleaning of the entire facility will be performed in a rolling schedule.

**LOCKER ROOMS:** Per guidelines, lockers and showers will be closed. Family lockers will be available and sanitized after use.

## Child Watch & 6-11 Club

The Kroc Center's Child Watch & 6-11 Club are available on a first-come, first-served basis for children ages 6 months-11 years. Space is limited. Each session is a maximum of 90 minutes. Parent/Guardian must stay on premises. Rates based on child's membership. 6-11 Club is for youth 6-11 years of age and provides a fun place to engage this age group while parents enjoy the Kroc Center. Kids will enjoy amenities such as: air hockey, a pool table, access to computers, and more all while being supervised by Kroc Staff.

*Passes can be purchased at the Welcome Desk.*

	AGES	MON-FRI
Child Watch	6 months-5 Years	8-11am 4-8:00pm
6-11 Club	6-11 years	4-8:00pm

GOLD	SILVER	NON-MEMBER
Free	Single Day \$2	Single Day \$5



Membership inquiries can be emailed to [Alex.Avestruz@usw.salvationarmy.org](mailto:Alex.Avestruz@usw.salvationarmy.org)

Connect with us @[kroc.phoenix](https://www.kroc.phoenix)



Facebook



Instagram



Youtube



THE SALVATION ARMY RAY & JOAN  
**KROC CORPS**  
COMMUNITY CENTER  
PHOENIX SOUTH MOUNTAIN



# Fitness & Aquatics Group Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am	Aqua Yoga (Genevieve) 8:15–9:00am	Line Dancing (Sharon) 8:15–9:00am	Aqua HIIT (Kimberly) 8:30–9:15am	Line Dancing (Sharon) 8:15–9:00am	Circuit Training (Amelia) 8:15–9:00am
					Aqua HIIT (Kimberly) 8:30–9:15am
9:00am	Pound® (Suzanne) 9:00–9:45am	Pound® (Zonia) 9:15–10:00am	Circuit Training (Amelia) 9:00–9:45am	Pound® (Zonia) 9:15–10:00am	Pilates (Kimberly) 9:30–10:15am
10:00am	Zumba® (Stephanie) 10:00–10:45am	Zumba® (Zonia) 10:15–11:00am	Zumba® (Kimberly) 10:00–10:45am	Zumba® (Zonia) 10:15–11:00am	
5:00pm		Yoga Flow (Genevieve) 5:00–5:45pm			Yoga Sculpt (Genevieve) 5:30–6:15pm
6:00pm	Commit (Gina) 6:00–6:45pm	Zumba® (Stephanie) 6:00–6:45pm	Zumba® (Gina) 6:00–6:45pm	Commit (Stacey) 6:00–6:45pm	
	Cycle (Alfredo) 6:15–7:00pm		Cycle (Mark) 6:15–7:00pm	Cycle (Angela) 6:15–7:00pm	
7:00pm	Strength Training (Alfredo) 7:15–8:00pm	Strength Training (Joseph) 7:00–7:45pm	Strength Training (Joseph) 7:00–7:45pm	Strength Training (Alfredo) 7:00–7:45pm	

**GOLD** Included  
**SILVER** \$4 per class  
**NON-MEMBER** \$5 per class

[Sign Up Now](#)

All drop-in classes are 45 minutes unless otherwise noted. **Classes are first come, first served.** Attendees are required to check in at the Welcome Desk or online. The minimum age for drop-in classes is 16. Classes and Instructors are subject to change.

## PERSONAL TRAINING

Anyone can benefit from a personal trainer's knowledge. Our trainers will take you through an evaluation that will guide us in creating the best personalized program for you. We will evaluate: movement, strength, nutrition, body composition, conditioning, and life activities. All are components of a custom program for you. Each session is a step to keep your body progressing toward your goals. **BUDDY TRAINING:** You and a friend or partner can sign up for a buddy training package where you will both get trained at a discounted rate compared to a 1:1 training.

1:1 Training 30 MINUTE		1:1 Training 60 MINUTE		Buddy Training 30 MINUTE		Buddy Training 60 MINUTE	
Set	Price	Set	Price	Set	Price	Set	Price
4-Pack	\$88	4-Pack	\$176	4-Pack	\$132	4-Pack	\$264
8-Pack	\$176	8-Pack	\$352	8-Pack	\$264	8-Pack	\$528

[Email to Sign Up](#)

## HOW TO PURCHASE CLASSES

1

Visit [www.krocsales.org/#/phoenix](http://www.krocsales.org/#/phoenix) and log in to your account

2

Search for the class you're looking for, click view all sessions and select your class

3

Add class to cart and complete your purchase

# Education



## DISTANCE LEARNING CHILDCARE PROGRAM

Sign up for our Distance Learning Childcare Program every week for children ages 5-12. Breakfast and lunch will be provided. Students must bring their own computer and wear a mask when entering the Kroc Center. As a bonus on Wednesdays, Salvation Army personnel will provide a character-building curriculum and a socially distanced fitness program in our gymnasium courts. Please make sure your student arrives in active clothes and closed-toe shoes.

**PRICE: \$50 PER CHILD PER WEEK\***

\*Scholarships are available but must be organized during office hours in person.

[Sign Up Now](#)

## CINEMATOGRAPHY

Lights! Camera! Action! Your child will spend 4 weeks creating a short film. These future filmmakers will learn the steps to make a film including storyboarding, acting, editing and directing. Virtual premiere of your child's work will stream live at the end the 4 weeks. Scholarships are available.\*

**Oct. 8-29, Thursdays 5pm-5:45pm**

Ages 8-14

**GOLD** \$30  
**SILVER** \$32  
**NON-MEMBER** \$35

[Sign Up Now](#)

# CAMP KROC

## WELCOME TO FALL CAMP!

[Sign Up Now](#)

**Oct. 5-9th 6:30am-6pm** | Ages 5-13

At Camp Kroc your child will experience a unique opportunity to play, learn, and grow. We provide parents with a safe & caring camp experience for their child, where campers will meet new friends, discover new hobbies and talents, and will come home each day happy and engaged. Kroc Adventures offers a variety of age-appropriate activities such as games, art and crafts, swimming and traditional sports.

### SCHOLARSHIPS ARE AVAILABLE!

Families who cannot afford fees for camps can apply for a discount.

[More Details](#)

**GOLD** \$140  
**SILVER** \$149  
**NON-MEMBER** \$165

[See Activities](#)



### CHRISTIAN VALUES AND LESSONS

Each day, campers take part in Chapel, a fun gathering where they are introduced to positive, age-appropriate accounts from the Bible led by the Kroc Ministry Team!

MORE INFO: 602.425.5008 | [Mel.Apostol@usw.salvationarmy.org](mailto:Mel.Apostol@usw.salvationarmy.org)



THE SALVATION ARMY RAY & JOAN  
**KROC CORPS**  
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# SWIM LESSONS SESSIONS

## Swim Sessions At The Kroc

Learning how to swim is a critical component of every child's development. At the Kroc Center, swim lesson students are moved through four progressive levels of lessons as they accomplish new skills and abilities. Our instructors make swim lessons fun and help students develop both swimming skills and self-confidence.

All group lessons are 30 minutes in length, unless otherwise noted.

### Pool Hours

MON-FRI	8AM-11AM 4PM-7PM
SAT & SUN	CLOSED

### Slide Hours

FRI	4PM-7PM*
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Aquatic programs takes priority over the pool.

\*Times may subject to change upon availability.

## Session Fees (unless otherwise noted)

LESSONS	GOLD	SILVER	NON-MEMBER
8	\$59	\$63	\$70

OPEN YOUR PHONE'S CAMERA APP AND POINT IT AT THE QR CODE TO REGISTER ONLINE!



## Level 1

Children will learn to be comfortable in the water and gain confidence through basic skills such as blowing bubbles, putting their face in the water, gliding, floating, and kicking. The class will focus on teaching children submersion and body positioning. Sign up now! Prerequisites: ability to be in a class setting independent of a parent or guardian.

[Sign Up Now](#)

Lessons	Dates	Time	Day
8	OCT. 5-28	5-5:30PM	MON/WED
8	OCT. 5-28	5:45-6:15PM	MON/WED
8	OCT. 6-29	5-5:30PM	TUE/THUR
8	OCT. 6-29	5:45-6:15PM	TUE/THUR

## Level 2

With water comfort obtained in Level 1, Level 2 children will learn forward and integrated movement in the water. The class will integrate arm and kick coordination, front and back glides, and submerged object retrieval techniques. Prerequisites: ability to be in a class setting independent of a parent or guardian and the ability to float on their front and back and complete an assisted front and back glide.

[Sign Up Now](#)

Lessons	Dates	Time	Day
8	OCT. 5-28	5-5:30PM	MON/WED
8	OCT. 5-28	5:45-6:15PM	MON/WED
8	OCT. 6-29	5-5:30PM	TUE/THUR
8	OCT. 6-29	5:45-6:15PM	TUE/THUR

## Level 3

In Level 3, swimmers will work on the freestyle stroke as well as the backstroke. Broken down into segments, participants will learn all the necessary fundamentals of these strokes. Rotary breathing is incorporated with pull and kick coordination. Participants will also learn important safety information and how to use general water safety equipment. Prerequisites: jump in, fully submerge head, recover to back float for 5 seconds and move through 3 meters of water unassisted with a front and back glide.

[Sign Up Now](#)

Lessons	Dates	Time	Day
8	OCT. 5-28	6:30-7PM	MON/WED

## Private Swim Lessons

Private lessons available for ages 3 & up. Lessons are available for therapy and conditioning, as well as swim instruction. Must see Aquatic coordinator for availability. Lessons are 30 minutes in length. For the 4-lessons package, lessons will be held weekly and the 8-lesson package, lessons will be held twice a week.

AGES: 3+

[Email to Sign Up](#)

## Level 4

With an understanding of freestyle and backstroke, swimmers will begin working on building endurance and improving their body position and rotation. In level 4, participants will be introduced to the breaststroke and butterfly stroke. These strokes will be broken down into segments to aid in the learning process. Diving into the deep end of the pool and treading water will be introduced as well. Prerequisites: Ability to swim freestyle and back stroke independently for 5 meters and the ability to retrieve objects from the bottom of the pool.

[Sign Up Now](#)

Lessons	Dates	Time	Day
8	OCT. 5-28	6:30-7PM	MON/WED

## Parent & Toddler

This class is designed to be an organized playgroup for infants and toddlers, accompanied by their parents or caregivers, so your little ones can adjust to the feeling of being in the water. Introduce your child to swimming, singing and games that focus on water comfort and basic skills such as water entry, bubble blowing, kicking, floating and underwater exploration. \*Children must wear swim diapers to enter the pool.

Ages: 6-36 months

[Sign Up Now](#)

Lessons	Dates	Time	Day
8	OCT. 5-28	6:30-7PM	MON/WED

## Adult/Teen Swim Lessons—Beginner

Participants will engage in simple activities in order to gain confidence and comfort in the water and in a group setting. This class will provide step-by-step progression focusing on building skills and proper technique for floating, gliding, pulling, kicking and breathing. Participants can also work on achieving personal swimming goals. All swimming abilities welcome!

AGES: 13+

[Sign Up Now](#)

Lessons	Dates	Time	Day
8	OCT. 6-29	6:30-7PM	TUE/THUR

Packages	Gold	Silver	Non-Member
1 Participant 4 Lessons	\$72	\$76	\$85
1 Participant 8 Lessons	\$132	\$139	\$155

[Download Form](#)

## AGES QUALIFICATIONS

### PARENT & TODDLER 6 MONTHS - 36 MONTHS

- Accompanies by parent for little ones to adjust to the feeling of being in the water.

### LEVEL 1 AGES 3-12

- Little to no swimming experience
- Not comfortable with putting face under water
- Not comfortable floating on back and stomach independently

### LEVEL 2 AGES 3-12

- Comfortable with face under water
- Comfortable floating on back and stomach independently
- Not comfortable swimming freestyle independently
- Not comfortable jumping in pool and swimming back to wall on their own

### LEVEL 3 AGES 3-12

- Comfortable with face under water
- Comfortable floating on back and stomach independently
- Comfortable swimming freestyle independently
- Not comfortable swimming backstroke and breaststroke independently.

### LEVEL 4 AGES 3-12

- Comfortable swimming freestyle and backstroke 25 yards independently and proficiently.
- Comfortable treading in 7ft of water



MORE INFO: 602.425.5014 | cody.whitesinger@usw.salvationarmy.org