

JANUARY 2026 NEWSLETTER & GUIDE

# KROC



HAPPY NEW YEAR!

#### KROC CENTER FACILITY HOURS

MONDAY-FRIDAY: 5:30AM-9PM  
SATURDAY: 7AM-9PM  
SUNDAY: 1PM-6PM

#### ROCK WALL

##### OPEN CLIMB

MON, WED, FRI: 4PM-8PM  
TUES, THURS: 4PM-5:30PM  
SAT: 2PM-8PM  
SUN: 1PM-6PM

##### ADULT CLIMB

TUES & THURS: 5:30PM-8PM

#### SWIM SCHEDULE

##### OPEN SWIM

MON-THUR: 7PM-8:45PM  
TUES & THURS: 4PM-5:45PM  
FRI-SAT: 1PM-8:45PM  
SUNDAY: ALL DAY

##### ADULT SWIM

MON-THUR 5:30AM-4PM  
FRIDAY 5:30AM-1PM  
SATURDAY 7AM-1PM

#### PLAYCARE ROOM

##### TWO HOURS LIMIT PER DAY

MON-THURS: 9AM-1PM & 3PM-8:30PM  
FRIDAY: 9AM-1PM & 3PM-7:30PM  
SATURDAY: 9AM-1PM

#### KIDS DISCOVERY ROOM

MON-THURS: 4PM-8:30PM  
FRI: 4PM-7:30PM  
SAT: 1PM-5PM

#### REBOUND

MON-THURS: 4PM-8PM  
FRI: 1PM-8PM

#### KROC CAFE

MON-FRI: 9AM-7PM  
SAT: 10AM-7PM  
LUNCH SPECIALS: 11AM-2PM

#### KROC CHURCH SUNDAY WORSHIP

ENGLISH: 10AM | SPANISH: 12PM

#### KROC CLOSURE AND MODIFIED HOURS

DEC 31ST NEW YEARS EVE 5:30AM-5PM  
JANUARY 1ST NEW YEARS DAY CLOSED



**NEW YEAR SPECIAL  
SAVE BIG, SMILE  
BIGGER**

**JOIN NOW. RISK FREE. FUN STARTS TODAY!**

# WELCOME TO THE SALEM KROC CENTER A PLACE FOR EVERYONE.

The Salvation Army Kroc Center is Salem's one of a kind Community Center. This is a place where people young and old have opportunities to learn, grow, build dreams and friendships, and to find hope in a safe, warm and welcoming environment. From first-time swimmers to experienced athletes, The Salvation Army Kroc Center has something for everyone.

## TABLE OF CONTENT:

### Aquatics (page 4)

- Swim Schedules
- Competition Pool: 25 yards
- Recreation Pools and Hot tub
- Group Fitness Schedule
- Swim lessons and Red Cross

### Sports and Fitness (page 6)

- NBA-sized gym designed for basketball, volleyball, Pickle-ball, and more
- Fitness Center, including over 40 cardio and weight lifting equipment, and multiple training areas
- 33ft Rock Wall and Climbing Gear
- Group Fitness Schedule
- Sport Programs
- Cycling Studio and Mat Room

### Fine Arts & Education (page 8)

- Child watch Services for ages 4mos-9yrs
- Discovery Game Room for ages 6-13yrs
- The Drop-In Teen Lounge for High schoolers
- Rebound: High school Programs

### Events & Catering | Church (page 9)

- Cafe open for breakfast, lunch and dinner
- Community Rooms for classes, meetings, and more
- Church and Ministry Programs
- Sunday Church service

### Kroc Center Policies and Careers (page 10)

## MEMBERSHIPS

Becoming a member of The Salem Kroc Center is much more than signing up for a health club or fitness center. This is a place where you will feel welcomed and supported no matter what your abilities or goals. Every person in our community is a critical component of The Kroc Center.

**NEW YEARS MEMBERSHIP SPECIAL: RISK FREE! ZERO REG, CANCELLATION, ANNUAL FEES.**

**\$0 REGISTRATION FEE (A \$75 VALUE OFF) FOR ALL STANDARD KROC MEMBERSHIPS. SPECIAL IS AVAILABLE FROM DEC.22 - JAN 31ST AND CANNOT BE COMBINED WITH OTHER OFFERS.**

### STANDARD INDIVIDUAL MEMBERSHIPS PER MONTH

YOUTH AGES 4MOS-17YRS	ADULT AGES 18YRS+	*SENIOR AGES 62YRS+
<b>\$44</b>	<b>\$62</b>	<b>\$50</b>

\*Senior Memberships are limited to the following Senior Member Hours:

**Monday-Thursday:** 10AM-4PM | **Friday:** 10AM-9PM | **Saturday and Sunday:** Regular Weekend Hours

### STANDARD HOUSEHOLD MEMBERSHIP PER MONTH

1-2 ADULTS AND UP TO 6 YOUTH FOR	<b>\$99</b>	ADDITIONAL MEMBERS \$40/ADULT   \$15/YOUTH Must be added in-person
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#### MEMBERSHIP BENEFITS:

- Unlimited Aquatic and Fitness Group Ex classes
- Toddler Time
- 2-hour Child watch (*Play Care*)
- Recovery Package (Hydromassage Chair and Sonic Vibration Platform access for 18yrs+ only)
- Free access to majority of Kroc Events (Seasonal Dive-In Movies & Holidays)
- High school Teen Lounge (*Rebound*)
- Kid Zone (*Kroc Discovery*)

#### DISCOUNTS ON:

- Meals at Kroc Cafe
- All Kroc Camps
- Swim lessons
- Many other roster programs!

#### PERKS:

- Priority signs up for Kroc Camp and Swim lessons
- Travel Pass: Access to all 26 Kroc Centers!
- Member Appreciation Events
- Check-in on your birthday for a gift!



[KROCSALEM.ORG/  
SCHOLARSHIPS](http://KROCSALEM.ORG/SCHOLARSHIPS)

### MEMBERSHIP SCHOLARSHIP

The Salem Kroc Community Center provide membership financial assistance to low-income individuals and families in need. Our scholarship program offers up to 50% off monthly membership fees to qualified members. Apply for a scholarship when turning in your membership application; we offer instant approval for those who qualify.

### DAY PASS

Pick-up a day pass for access to the Aquatic and Fitness departments, Youth Programs, Gym, Rock Wall and other Public Areas during open hours. **Photo ID and Day-Use waiver required. Kroc Center areas and programs are age restricted for your safety, check page 10 for policies.**

### DAY PASS PRICING

GENERAL YOUTH AGES 4 MONTHS TO 17 YEARS	ADULT   AGES 18+	SENIOR   AGES 62+
<b>\$12</b>		
<b>AFTER SCHOOL SPECIAL</b> Ages 10-17yr   M-F: 3PM-CLOSE <b>\$5</b>	<b>\$16</b>	<b>\$13</b>



# AQUATICS

For more information about the schedules, classes, programs, pricing, and policies, please contact us: (503) 566-5762 or visit KROCSALEM.ORG

Whether you're a competitive athlete or just like to wade, we've got something for everyone! We offer group and private swim lessons, a masters program, lap and recreation swimming, group exercise classes, and is the home for Salem Kroc Swim Team. Our aquatics department, complete with American Red Cross Certified lifeguards and trained swim lesson instructors, are dedicated to providing quality classes and training no matter what your age or ability.

- Our Comp. Pool is 25 by 27 yards. The shallow end of the pool is 4 feet deep and the deep end of the pool is 13 feet deep.
- Spectator seating for 250 is elevated along one side of the competition pool, creating great visual ability.
- Water temperature is approximately 81°
- Lazy River, Whirlpool, and Water-slide
- Limited Swim: Reserved for our communities with special needs, disabilities and for Children 5 and under with Parent/Guardian.

## POOL SCHEDULE

### LEISURE POOL

#### Limited Swim

Mon-Sat 11AM-1PM

Mon-Thur 3PM-4PM

#### Open Swim

Mon-Thur 7PM-8:45PM

Tue/Thur 4PM-5:45PM

Fri-Sat 1PM-8:45PM

Sunday 1PM-5:45PM

#### Adult Swim

Monday-Thursday 5:30AM-4PM

Friday 5:30AM-1PM

Saturday 7AM-1PM

### COMP POOL

**Open Lap Swim** | Active lap swimming is required in lap lanes:

**Monday-Friday:**

2 Lanes 5:30AM-4PM

1 Lane 4PM-8:45PM

**Saturday** 7AM-8:45PM

**Sunday** 1PM-5:45PM

#### Kroc Swim Team

Mon-Tue 2PM-3PM

Mon-Tue/Fri 5:30PM-6:30PM

**Wednesday** 2:30PM-3:30PM

**Saturday** 10:30AM-11:30AM

#### HS Swim Team

Mon-Fri 5:30-7AM & 4-8:45PM

Tues/Thurs 6:30-7:30AM

High School Swim MEETS will be every Thursday starting Dec. 4th-Feb. 5th. Lap lane availability subject to change. Holiday Practice Times: 9AM-1:30PM for Nov. 26th, 28th, Dec. 22nd, 23rd, 26th, 29th, 30th, 31st Jan. 2nd.



## YEAR ROUND SWIM LESSONS!

We offer swim classes for all ages and various skill levels, from adults to infants and beginners to competition swimmers, all are welcome to our swim lessons. Our swim lesson instructors will help you reach your swim goals. Please check out the various courses we offer below. If you are unsure of what level to sign up for, interested in private lessons, or have general questions regarding swim lessons, please contact us.

For Questions or Private Lessons, please email our Swim Lesson Coordinator, Chris Lamma: SalemKroc.SwimLessons@gmail.com

### AGE GROUPS

• **Hatchings (Introduction):** Infants 2-6 Months | Designed to develop swimming readiness by leading parents and their toddlers in fun water exploration activities.

• **Kroc Tots (Introduction):** 6 months to 3 years old (two age groups) | Designed to develop swimming readiness by leading parents and their toddlers in fun water exploration activities.

• **Snappers (Intro-beginner):** 3 to 14 years old (two age groups) | New Swimmers will be more comfortable in the water and will work on basic skills such as blowing bubbles, floating, and beginning stages of swimming unassisted.

• **Kroc Stars (intermediate):** Ages 5 to 14 years old | Designed for swimmers that have passed the required Level One Skills. Swimmers will work on improving their swimming skills such as rotary breathing, diving, and intro to breaststroke and butterfly.

• **Krocodiles (advance):** Ages 5 to 14 years old | Krocodiles will focus on perfecting their swim strokes and learn how to dive off the starting blocks. They will go over competitive swim team basics. Requirement: a passing grade from Kroc Stars Two or student may test for the following skills: combined arms and leg action on front with rhythmic breathing for 25 yards (1 length of the pool), ability to tread water for 30 seconds, know the basics of diving, and the breaststroke and butterfly swim strokes.

• **NEW Adult Swim Lesson (Intro-beginner):** Ages 18+ | Adult Swim Lesson focus on introduction to water, swimming fundamentals, basic techniques, and water safety. Skills learned in the class ranges from floating to swim stroke refinement. Classes are 30 minutes.

• **Private Swim lessons:** All Ages/Skill levels | Kroc Private Swim Lesson features one on one instruction tailored to the skill and goals of the student. Students will have fun while learning important skills. Each lesson is adapted to the student's starting skill level to help achieve greater technique and stamina. Due to high demand, you may only sign up for one set of lessons for each month. Perfect for Adults, High Schoolers and Teens, Pre-competition for Swim Teams, and communities with disabilities or special needs. All are welcomed.

• **Kroc Swim Team:** Ages 5 to 18 years old | From intro to advanced competitive swimmers, Kroc Aquatics invites kids to join our summer swim team! Kroc Swim Team focuses on teaching competitive techniques, endurance, teamwork, and individual growth (skill levels). Try outs are available during Practice hours.

SEASONSAL SWIM LESSON SIGN-UPS	
SEASON	REGISTRATION DATES
WINTER (DEC, JAN, FEB)	OPEN!
SPRING (MARCH, APRIL, MAY)	MEMBERS FEB 2ND PUBLIC FEB 4TH



**REGISTER HERE!**

## GROUP EXERCISE SCHEDULE

As with any exercise program, you may wish to consult with your doctor. Exercise Classes are free for Members or with purchase of a Day Pass, **unless stated otherwise with \$ M/NM pricing. Aquatic Center closes 15 minutes prior to Facility closing time.**

### MONDAY

#### AQUA STAND UP • JULIE

7:00-7:50AM Comp. Pool

#### AQUASIZE • JULIE

8:00-8:50AM Leisure Pool

9:00-9:50AM Comp. Pool

#### YOGA STRETCH • JANINE

9:00-9:50AM Leisure Pool

#### AQUA CHALLENGE • JULIE

10:00-10:50AM Leisure Pool

### TUESDAY

#### AQUASIZE • SELF-LED

5:45-6:45AM Leisure Pool

#### FITNESS IN THE DEEP • JULIE

7:00-7:45AM Comp. Pool

9:00-9:50AM Comp. Pool

### CLASS AND PROGRAM DESCRIPTIONS

**Aqua Challenge (50 min):** A class combining the best of other water exercise classes for an hour of fitness. Class members will use currents, equipments, and deep water to create an ever changing exercise class.

**Aquasize (50 min):** A fast-paced class that improves overall wellness. Working against the resistance of the water builds aerobic endurance, improves body tone, increase balance flexibility, and improves body posture.

**Fitness in the Deep (50 min):** This class incorporates full-body movement with water belts and weights. The speed of the moves are based on your individual needs.

**Aqua Cardio. (50 min):** High intensity cardio workout in the water. Intense in your work out, but easy on your joints!

**Aqua Stand Up Paddle board (45 min) NM \$65/Session:** A Paddle board aquatic fitness class. Workout, balance, flexibility, and fun are combined into a unique session that's sure to get your heart pumping (and hair wet)! For your first class, please arrive 15 minutes early to get introduced to the equipment.

**Rippling Currents (50 min):** You work with and against water currents to create a healthier and livelier you by focusing on Endurance and Pressure.

### FEATURED PROGRAM

#### KROC SWIM TEAM | AGES 5-18 | MEMBERSHIP REQUIRED

From intro to advanced competitive swimmers, Kroc Aquatics invites kids to join our summer swim team! Kroc Swim Team focuses on teaching competitive techniques, endurance, teamwork, and individual growth (skill levels).

We have multiple practice days and times available! After registration, our Coach will contact you to set up a practice schedule for your swimmer. **Check Pool Schedule for Practice times and days.**

#### AQUA STAND-UP PADDLEBOARD

From calming yoga to high-energy HIIT, enjoy a unique aquatic workout experience — solo or with a group.

- Core Strength & Balance
- Full-Body Fitness
- Flexibility & Stability

Age requirement: 16+ | **NM: \$65 | FREE to Members**

### THURSDAY

#### SILVER SPLASH • JULIE

8:15-8:45AM Leisure Pool

#### SWIFT CURRENT • CHAR

9:00-9:50AM Leisure Pool

#### AQUASIZE • CHAR

10:00-10:50AM Leisure Pool

#### SHAKING AQUA • VICTORIA

6:00-6:50PM Leisure Pool

### WEDNESDAY

#### AQUASIZE • JULIE

8:00-8:50AM Leisure Pool

9:00-9:50AM Comp. Pool

#### YOGA STRETCH • JANINE

9:00-9:50AM Leisure Pool

#### AQUA CHALLENGE • JULIE

10:00-10:50AM Leisure Pool

### FRIDAY

#### SWIFT CURRENT • SELF-LED

5:45-6:45AM Leisure Pool

#### FITNESS IN THE DEEP • JULIE

7:00-7:45AM Comp. Pool

9:00-9:50AM Comp. Pool

#### SILVER SPLASH • JULIE

8:15-8:45AM Leisure Pool

#### SWIFT CURRENT • CHAR

9:00-9:50AM Leisure Pool

#### AQUASIZE • CHAR

10:00-10:50AM Leisure Pool

#### SHAKING AQUA • VICTORIA

6:00-6:50PM Leisure Pool

**Shaking Aqua (50 min):** Known as the "pool party." Splashing, stretching, rotating, and even shouting, laughing, hooting, and hollering are expected and encouraged.

**Silver Splash (30 min):** This class will help relieve pain, increase range of motion, improve overall health, and even help you get better sleep at night.

**Swift Current (50 min):** This class is perfect for those who want a challenging water workout. By walking and jogging against the current of the lazy river, you'll incorporate resistance training into a low-impact activity, resulting in a full-body cardiovascular workout!

**Yoga Stretch (50 min):** Low intensity therapeutic workout to increase your balance, range of motion, and help with toning your body. This class is kind to your joints and gives an experience of yoga stretching in the water. A good class for people with arthritis, chronic illness, and joint issues.

**Kayak Roll Friday 11am-1pm during the School Year:** This is a self-directed time to practice safely rolling your kayak and paddling around before you take it outdoors. Kayaks should be brought in through the Competition Pool doors and rinsed off before use. \*Pool availability subject to change. Please call ahead to make sure there will be space for your kayak.

### RED CROSS LIFEGUARD TRAINING CLASS

An American Red Cross course designed to teach the necessary skills to pursue a profession in lifeguarding. Participants will be certified or re-certified in Lifeguard Training, First Aid, and CPR for the Professional rescuer (valid 2 years).

Participants must attend ALL course session's dates in order to gain certification/re-certification. The class is open to members and non-members age 15yrs+.

**NM: \$215.00 | Members gets a discount**

### RED FIRST AID/CPR/AED CLASS

This Red Cross class is 5 hours in-person and will cover Adult, Child, and Pediatric First Aid, CPR, and AED use. The class is open to members and non-members age 16+.

**NM: \$65 | Members gets a discount**

# SPORTS & FITNESS

For more information about the schedules, classes, programs, pricing, and policies, please contact us: (503) 566-5762 or visit KROCSALEM.ORG

The Kroc fitness center is available to our members for strength, cardio, endurance, flexibility, and agility training. Our Group Exercise classes offer fun and fitness from certified instructors that will help get you moving. Additional training classes like equipment instruction and developing a proper workout routine are available to help you get the most out of your workout. Classes focusing on basic sports skills, endurance, and fitness are also available for youth.

- 33ft rock climbing wall
- NBA sized gymnasium for drop-in sports and programs
- Group fitness classes for ages 15+
- State of the art Fitness Equipments and Recovery Machines.

## ROCK WALL: HANDS ON & AUTO BELAY

Take your fitness to new heights. Our Rock Wall is a fun workout for your whole body. We have all the safety equipments and friendly and knowledgeable staff for coaching.

\*Please See Policies on page 11

### ROCK WALL SCHEDULE:

**Open Climb Ages 3+**

**Mon/Wed/Fri:** 4pm-8pm

**Tues/Thurs:** 4pm-5:30pm

**Sat:** 2pm-8pm

**Sun:** 1pm-6pm

**Adult Climb Ages 15+**

**Tues/Thur** 5:30PM-8PM



## FEATURED YOUTH SPORTS PROGRAMS

### SPORTS ACADEMIES

Engaging introductions to Volleyball and Basketball to help youth learn the fundamentals while having fun and staying active.

Basketball Divisions: Age 6-10yrs & Age 11-14yrs

- Feb 07 - Mar 21 Saturday

### BALLET CLASS

Thursdays Jan 08 - 22 | 4:30-5:45PM | Ages 5-10yrs

Students will explore the beauty of Ballet and creative dance! Taught by Ms. Carol De Lima from Musical Theatre and Dance of Brazil!!

### SPORTS & COURTS

Saturday Feb 07 - 21 | 11:00-11:45AM | Ages 4-16yrs

An introduction to sports. In this program students will learn the basics of Basketball & Soccer, learn sportsmanship, teamwork, and discipline. A fun way to keep your kids moving and sample new activities.

### PERSONAL TRAINING IS BACK! AGES 10YRS+

Let's reach your wellness goals together. Trainer Workouts provide healthier, safer, and more efficient fitness results. PT available for Members and Non-Members. Please contact for Non-Member Consultation and Pricing. Benefits of having a coach and accountability partner on your team:

- 1-on-1 coaching
- Personalized workouts
- Recipes and nutrition advice
- Motivation and Encouragement

### Member Prices:

- 5 session training pack | \$200.00 (\$40/session)
- 10 session training pack | \$350.00 (\$35/session)
- 20 session training pack | \$600.00 (\$30/session)
- 30 session training pack | \$750.00 (\$25/session Save \$1,200!)

### Members Schedule a FREE Consultation today:

Contact our Personal Trainer, Max Licona  
Maximiliano.Licona@usw.salvationarmy.org | (503) 798-4810



**REGISTER FOR  
PROGRAMS HERE!**

## GROUP EXERCISE SCHEDULE

As with any exercise program, you may wish to consult with your doctor. Exercise Classes are free for Members or with purchase of a Day Pass, **unless stated otherwise with M/NM pricing. Gym closes 15 minutes prior to Facility closing time.**

### MONDAY

**CYCLE N STRENGTH • MEGAN**  
6:00AM-6:45AM CYCLE/G EX  
**BUILD AND BURN • MICHELLE**  
8:30AM-9:30AM GROUP EX  
**FIT KIDS • KROC STAFF**  
8:30AM-9:30AM NORTH GYM  
**LOW IMPACT FIT. • MICHELLE**  
9:30AM-10:30AM GROUP EX  
**PICKLE BALL**  
10:00AM-12:00PM GYM  
**KROC CYCLING • DEBI**  
10:30AM-11:15AM CYCLE  
**MODERN PILATES • MARILEE**  
10:30AM-11:30AM GROUP EX  
**LIFT AND SCULPT • DEBI**  
12:00PM-12:45PM GROUP EX  
**KROC FLEXIBILITY • MARILEE**  
12:00PM-12:45PM MAT ROOM  
**P90X LIVE • ERICA**  
5:30PM-6:30PM GROUP EX  
**YOUTH VOLLEYBALL**  
5:30PM-6:30PM NORTH GYM  
**ZUMBA • MARISOL**  
6:30PM-7:30PM SOUTH GYM  
**VOLLEYBALL**  
6:45PM-8:45PM GYM

**TUESDAY**  
**20-20-20 • DESTINY**  
6:00AM-7:00AM GROUP EX  
**POP PILATES • DESTINY**  
7:00AM-8:00AM GROUP EX  
8:15AM-9:15AM GROUP EX

### LOW IMPACT

**DANCE FITNESS • JOANNA**  
8:15AM-9:00AM NORTH GYM  
**SILVER SNEAKER • MICHELLE**  
9:30AM-10:30AM GROUP EX  
**TODDLER TIME • KROC STAFF**  
10:00AM-12:00PM GYM  
**LIFT AND SCULPT • DEBI**  
10:30AM-11:30AM GROUP EX  
5:30PM-6:30PM GROUP EX  
**KROC CYCLING • DEBI**  
12:00PM-1PM CYCLE  
**YOGA • THERESA**  
12:05PM-1:00PM GROUP EX  
**ZUMBA • JASMINE**  
6:30PM-7:30PM SOUTH GYM  
**BASKETBALL**  
6:45PM-8:45PM GYM

**WEDNESDAY**  
**BUILD AND BURN • MICHELLE**  
8:30AM-9:15AM GROUP EX  
**FIT KIDS • KROC STAFF**  
8:30AM-9:30AM NORTH GYM  
**20-20-20 • DESTINY**  
9:30AM-10:15AM GROUP EX  
**PICKLE BALL**  
10:00AM-12:00PM GYM  
**KROC CYCLING • DEBI**  
10:30AM-11:15AM CYCLE  
**MODERN PILATES • MARILEE**  
10:30AM-11:30AM GROUP EX  
**LIFT AND SCULPT • DEBI**  
12:00PM-12:45PM GROUP EX

### KROC FLEXIBILITY • ASHLEY

12:00PM-12:45PM MAT ROOM  
**P90X LIVE • ERICA**  
5:30PM-6:30PM GROUP EX  
**ZUMBA • MARISOL**  
6:30PM-7:30PM GROUP EX  
**BASKETBALL**  
6:45PM-8:30PM GYM

**THURSDAY**  
**20-20-20 • DESTINY**  
6:00AM-7:00AM GROUP EX  
**POP PILATES • DESTINY**  
7:00AM-8:00AM GROUP EX  
8:15AM-9:15AM GROUP EX  
**NEW LOW IMPACT**  
**DANCE FITNESS • JOANNA**  
8:15AM-9:00AM NORTH GYM  
**SILVER SNEAKER • MICHELLE**  
9:30AM-10:30AM GROUP EX  
**TODDLER TIME • KROC STAFF**  
10:00AM-12:00PM GYM  
**LIFT AND SCULPT • DEBI**  
10:30AM-11:30AM GROUP EX  
5:30PM-6:30PM GROUP EX  
**KROC CYCLING • DEBI**  
12:00PM-1PM CYCLE  
**YOGA • THERESA**  
12:05PM-1:00PM GROUP EX  
**ZUMBA • JASMINE**  
6:30PM-7:30PM SOUTH GYM  
**VOLLEYBALL**  
6:45PM-8:45PM GYM

### FRIDAY

**CYCLE N STRENGTH • MEGAN**  
6:00AM-6:45AM CYCLE/GE  
**POP PILATES • DESTINY**  
7:00AM-7:45AM GROUP EX  
**BUILD AND BURN • TASHA**  
8:30AM-9:30AM GROUP EX  
**FIT KIDS • KROC STAFF**  
8:30AM-9:30AM NORTH GYM  
**LOW IMPACT FITNESS • DEBI**  
9:30AM-10:15AM GROUP EX  
**PICKLE BALL**  
10:00AM-12:00PM NORTH GYM  
**STRENGTH PILATES • ERICA**  
10:30AM-11:30AM GROUP EX  
**LIFT AND SCULPT • DEBI**  
12:00PM-12:45PM GROUP EX  
**KROC FLEXIBILITY • MARILEE**  
12:00PM-12:45PM MAT ROOM  
**BASKETBALL/VOLLEYBALL**  
6:45PM-8:45PM GYM

**SATURDAY**  
**P90X LIVE • ERICA**  
9:00AM-10:00AM GROUP EX  
**FIT KIDS • KROC STAFF**  
9:00AM-10:00AM SOUTH GYM  
**ZUMBA • MARISOL**  
10:00AM-11:00AM NORTH GYM

## CLASS AND PROGRAM DESCRIPTIONS

**20-20-20:** Increase your general fitness level. Combines three 20 minute class segments (cardio, upper/lower body and abs, and stretching) into a fun one hour exercise.

**Build and Burn:** Build muscle and Burn calories using free weights, resistance bands, and body bars. Work to strengthen and tone your whole body through simple movements.

**Cycle and Strength:** A full body cardio and strength conditioning program. Get your heart pumping with 30min on the bike, then hop over to the Group Ex Room for weighted exercises.

**Dance Fitness:** Aerobic dances to increase cardio and flexibility.

**Drop-In Sports (Basketball, Pickleball, Volleyball):** Friendly competitive games.

**Fit Kids (Ages 3-9yrs):** Get your kids active for an hour with engaging games and activities lead by our Fitness Staff.

**Kroc Cycling:** Comes with coaching and safety cues, designed to give you a great cardio workout at your own pace. Increase your breath capacity and cardiovascular strength and endurance.

**Kroc Flexibility:** This includes a variety of stretches for recovery days or to help improve your overall posture, flexibility, mobility and balance.

**Lift and Sculpt:** Traditional weightlifting class set to music utilizing bars, bells, bands, and body weight elements for a full body workout.

**Low Impact Dance Fitness by REFIT:** A community-centered dance fitness class that uses music, dance, and movement to create an empowering and fun workout experience for all fitness levels. Focuses on making fitness accessible and enjoyable.

**Low Impact Fitness:** A well rounded fitness workout that utilizes fitness forms and equipment to improve muscular and cardiovascular endurance.

**P90X LIVE®:** High intensity full body strength class using bodyweight and dumbbells for cardio, core, and lower and upper body.

**Pilates: Modern Pilates:** Combines Pilates with yoga and modern equipment to boost physical and mental wellness in a fun, dynamic way.

**POP Pilates:** A full-body, equipment-free workout set to music—like dancing on a mat while sculpting your core, glutes, and more.

**Strength Pilates:** Blends classic Pilates with resistance training to build muscle, improve posture, and enhance overall fitness.

**Silver Sneakers®:** Increase muscular strength, range of motion, and energy for daily living skills. Hand held weights, elastic tubing with handles and ball are offered for resistance, and chairs are available for seated and/or standing support.

**Toddler Time (Ages 9mos-5yrs):** You and your toddler will enjoy fun activities and play areas in the gym with balls, blocks, bouncy houses, obstacle courses, and other active play features. *Parent/guardian are required to participate with Toddlers at all times.*

**Yoga:** Relaxes, strengthens, and soothes your body and mind in this intro-intermediate level class. Increases your flexibility and strength.

**Youth Volleyball (Ages 10-15yrs):** Come learn the game of volleyball.

**Zumba™:** The fitness craze that fuses Latin based rhythms with motivating music, unique moves and challenging combinations. Bring lots of energy and get ready to dance!

# FINE ARTS & EDUCATION

For more information about the schedules, classes, programs, pricing, and policies, please contact us: (503) 566-5762 or visit KROCSALEM.ORG

## KROC JR.

Kroc Jr. programs focus on early childhood development and care.

### PLAYCARE (AGES 4MOS-9YRS)

PlayCare is The Kroc Center's main child watch service. Our kind and experienced child care providers play with and take care of your child for **up to 2 hours**, while you enjoy the other amenities The Kroc Center has to offer.

#### GENERAL HOURS OF OPERATION

- **Mon-Thurs:** 9am-1pm & 3pm-8:30pm
- **Friday:** 9am-1pm & 3pm-7:30pm
- **Saturday:** 9am-1ppm

#### Policies of PlayCare:

- **ID required.** Parents/Guardians (18+) must remain on site while their child is at PlayCare. Drop-off and leaving the center is not permitted. Contact information is required to utilize PlayCare.
- Child care providers do not change diapers or clothes. Parents/Guardians will be contacted and are **immediately required** to change your child, please bring spare clothes for your child.

### DISCOVERY GAME ROOM (AGES 6-13YRS)

Formerly known as Youth Watch. The Discovery Room is a safe and fun place where Kroc Kids can engage in hands-on play time, activities and socialization with new friends and our amazing staff. We offer creative and educational gaming, STEM educational toys, and arts & crafts for kids to make new discoveries while parents/guardians take advantage of the Kroc's many programs.

#### GENERAL HOURS OF OPERATION

- **Mon-Thurs:** 4pm-8:30pm
- **Friday:** 4pm-7:30pm
- **Saturday:** 1pm-5pm

#### General Policies of Discovery Room:

- All Members and Day-Pass Guest are required to check-in and check-out.
- Age Policies for Youth ages 6-9 years old:
  - Parent/Guardian are required to check-in **and** check-out their youth.
  - Are allowed to be dropped-off for a limit of two-hours per day. Parent/Guardian must remain in the Kroc Center facility. Parent/guardian and their youth will be issued wristbands.

### REBOUND (HIGH SCHOOL)

Rebound is The Kroc Center's main Teen Program that offers exciting opportunities for our local teen community!

### THE DROP-IN LOUNGE

The Drop-In is a safe place for teens to study, catch up on homework, receive tutoring help, to socialize, or just to hang out and chill.

#### GENERAL HOURS OF OPERATION

- **Monday-Thursday** from 4:00pm-8:00pm
- **Friday** from 1:00pm-8:00pm

### FREE HIGH SCHOOL PROGRAMS

The Salem Kroc center REBOUND programs are for teens and young adults, helping them thrive after school and succeed beyond graduation. Active participants in REBOUND programs receive a FREE Kroc membership and access to future classes and events.

#### Programs:

- I-Build: Young Adult Construction Skills Program (Grades 9-12) Open Enrollment year round.
- Work Ready: Workforce Program designed to help youth understand the working world. Learn things like adaptability, collaboration, communication, resilience and more!
- GED @ The Kroc: With certified instruction from Chemeketa Community College, sign up and complete your GED.
- Project Peace: Teaches teens to thrive in life and relationships.

## KROC YEAR-ROUND CAMP

When school is out for a day or a week, Kroc Camps are here for your family. Kroc Day Camps present seasonal themes and activities along with camp favorites like swimming and rock wall. Our camps feature Christian values and a fun daily Bible lesson led by The Salvation Army Kroc camp staff.

Kroc Camps offer high-quality, unique opportunities for kids to learn life skills and make friends. Day Camp gives parents peace of mind and ensures their children's ongoing development. It provides childhood experiences and friendships that benefit children for life. We're honored to have your children with us and are committed to enhancing our care and services continually

Dates	Members	Non-Member
<b>Seasonal Winter Camp available for ages 4-12</b>		
<b>Dec. 22-23, 29-31, &amp; Jan. 2</b>	\$55/day or \$295/6-days	\$65/day or \$330/6-days
<b>Krolympics available for ages 4-12</b>		
<b>January 28th-30th</b>	\$55/day or \$150/3-days	\$65/day or \$185/3-days
<b>One-Day Fun-Day for ages 4-12</b>		
<b>2026:</b> <ul style="list-style-type: none"><li>• Monday, January 19th</li><li>• Monday, February 16th</li><li>• Friday, May 1st</li></ul>	\$55/day	\$65/day

#### Get up to 25-50% OFF!

Financial Aid (Scholarship) available to qualifying families. Must apply in-person with proof of enrollment to Oregon ONE Eligibility/Federal Assistance program(s).

KROCSALEM.ORG/Day-Camp



**REGISTER  
TODAY!**

KROCSALEM.ORG/rebound



**REGISTER  
TODAY!**

For the full list and details of **PlayCare and Discovery Room Policies**, please stop by the room. Our child care providers are happy to answer any questions or concerns you may have. You can also contact our Lead, Brenda Vasquez at (503) 798-4792 or Brenda.Vasquez@usw.salvationarmy.org

For more information about **Rebound** current events and programs, questions, or concerns, please contact Rebound's Lead, Racheal Rivera-Carnley: Racheal.Rivera-Carnley@usw.salvationarmy.org or (503) 798-4813

# EVENTS & CATERING

Our Events and Catering team at the Kroc are responsible for nourishing and delighting hundreds of people each day, 365 days a year. An icon in the community, Executive Chef Greggery Peterson leads his talented team in serving fresh, scratch-made, affordable meals to Kroc guests and beyond.

## KROC CAFÉ

One of the best cafés in Salem is nestled inside The Kroc Center between the Chapel Theater and the Information Desk. Word of mouth has spread the buzz about our fresh, made on site sandwiches, soups, salads, and daily hot meal specials such as our famous Grilled Cheese sandwich and Clam Chowder. Keep an eye out for our Weekly Specials.

### GENERAL HOURS OF OPERATION

- Monday-Friday from 9am-7pm (subject to change)
- Saturday from 10am-7pm (subject to change)
- Lunch Specials from 11am-2pm or while supply last.

## KROC CHURCH SALEM

### MEET THE CAPTAINS!

Captains Jeff and Maryellen Walters bring a unique blend of talents and experiences to our community. Together as officers, they served in various capacities across the Western Territory; prior to their move to the Salem Kroc Center, they were stationed at The Salvation Army Divisional Headquarters in Honolulu Hawaii as Divisional Youth & Candidate Secretaries for 5 years, and at The Salvation Army Santa Barbara Corps in California as Corps Officers for 4 years. Prior to this, their background is in youth work and human resources.

Captains Maria and Miguel Ibarra bring a deep love for people and a strong calling to ministry. They entered officership in 2012 from Kroc Church Salem after attending and serving as Senior Soldiers for three years. From there they have faithfully served through administration, social services, and ministry in the Walla Walla Outpost in Washington, in Clovis, New Mexico, and the Bend Corps in Oregon before returning to Salem.

### THE SALVATION ARMY 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.

### KROC CHURCH:

Kroc Church is a place where people from all walks of life are welcomed and belong. We gather to study the Bible, worship God and progress together in community so that lives are changed through Jesus. It doesn't matter who you are or where you find yourself in life, if you want to get closer to Jesus and you want to join our Christian community, we would love to have you join us.

Los ministerios de Kroc es un lugar donde personas de todos los ámbitos de la vida son bienvenidos y pertenecen. Nos reunimos para estudiar la Biblia, adorar a Dios y progresar juntos en comunidad para que vidas cambien a través de Jesús. No importa quién eres o dónde te encuentras en la vida, si quieras acercarte a Jesús y quieras construir una comunidad cristiana, nos encantaría que te unieras con nosotros.

### KROC CHURCH CONTACT:

503-798-4811 | [Krocsalem.org/church](http://Krocsalem.org/church)

#### PASTORAL CARE & ADMINISTRATION: JEFF AND MARYELLEN WALTERS

[jeff.walters@usw.salvationarmy.org](mailto:jeff.walters@usw.salvationarmy.org) & [maryellen.walters@usw.salvationarmy.org](mailto:maryellen.walters@usw.salvationarmy.org)

#### PASTORAL CARE & SPANISH MINISTRIES: MARIA AND MIGUEL IBARRA

[maria.pineda.ibarra@usw.salvationarmy.org](mailto:maria.pineda.ibarra@usw.salvationarmy.org) & [miguel.ibarra@usw.salvationarmy.org](mailto:miguel.ibarra@usw.salvationarmy.org)

#### PROGRAMS, WORSHIP, ADMINISTRATION: MICHELLE FLORES

[michelle.flores@usw.salvationarmy.org](mailto:michelle.flores@usw.salvationarmy.org)

## EVENTS & CATERING BOOKINGS

The Salem Kroc Center was built with your special event in mind. Our unique gathering spaces are all housed under one roof and outfitted with high-end technical capabilities. Our professional team of chefs and caterers is on hand to create the perfect menu to complement your event.

#### For more information and inquiries/bookings:

[KROCSALEM.ORG/events-catering](http://KROCSALEM.ORG/events-catering)

#### For Birthdays:

[KrocBirthdays.com](http://KrocBirthdays.com)

## WEEKLY PROGRAM SCHEDULE

### SUNDAY | DOMINGO

SUNDAY SCHOOL 9AM  
WORSHIP SERVICES 10AM  
ESCUELA DOMINICAL 11AM  
SERVICIO DE ADORACION 12PM

### WEDNESDAY | MIERCOLES

HOME LEAGUE (WOMEN MINISTRY) 10AM  
CREATIVE ARTS COLLECTIVE 5:30PM  
GRUPO FLORECE (DAMAS) 5:30PM  
HOMBRES CON PROPOSITO 5:30PM

### THURSDAY | JUEVES

GROUNDED IN GRACE 12PM  
TINY TREASURES 1PM  
TESORITOS DEL REINO 2PM

### FRIDAY | VIERNES

ESTUDIO BIBLICO DE ADULTOS 6PM

## FEATURED PROGRAMS

Kroc Church Youth Group begins January 9! All middle school and high schoolers are welcome. Join us every Friday at 6pm!

¡El Grupo de Jóvenes de Kroc Church comienza el 9 de enero!

Todos los estudiantes de secundaria y preparatoria son bienvenidos. ¡Acompáñanos todos los viernes a las 6:00 p.m.!

Wednesday Night Programs- Adult Bible Study, Kingdom Kids, Kingdom Tots starts January 14!

Los programas de los miércoles por la noche están de regreso: Estudio Bíblico para Adultos, Kingdom Kids y Kingdom Tots comienzan el 14 de enero.

## COMMUNITY, CONNECT, AND SERVE COMUNIDAD, CONECTA Y SIRVE

If you are new and are looking for a way to get involved, or if you want to serve your church and community, contact Michelle Flores. There are opportunities in music, tech, youth, hospitality, and driving ministries. We would love to work with you!

Si eres nuevo y buscas una forma de involucrarte, o si deseas servir en tu iglesia y comunidad, contacta a Michelle Flores. Hay oportunidades en música, tecnología, ministerio juvenil, hospitalidad y transporte. ¡Nos encantaría contar contigo!

## KROC CODE OF CONDUCT & DISCIPLINE POLICY

In order to facilitate positive life experiences at The Kroc Center, mutual respect between members, guests, and staff is required at all times. Failure to observe these policies will result in disciplinary action and/or termination of membership and guest privileges. Kroc Center Staff have the right to refuse service to anyone deemed disruptive or abusive.

### POLICIES APPLIES TO ALL (STAFF, MEMBERS, AND GUESTS)

1. **Children 9 and younger must be accompanied (be present at the same time and location) by Parent/Guardian at The Kroc Center (unless youth is registered and or participating in a youth program that does not required parent and or guardian attendance).**
2. All Kroc Center Members and guests are required to sign a Day Use waivers to access the Kroc Center and its amenities. Everyone is required to check in at the Information Desk for every visit.
3. Please be respectful and listen to all Kroc Staff. Follow all Kroc Staff Instructions. Your access may be revoked if you fail to comply. You have a right to appeal by submitting a comment form to speak with our Behavioral Committee.
4. Foul language, rough housing, abusive actions, and inappropriate behavior are not allowed nor tolerated. Warnings issued and Actions will be taken to all parties in involved.
5. **Clothing rules for all genders and age:** Family-Friendly and activity appropriate attire is required. Tops, bottoms, and shoes must be worn in all areas outside of pools (Aquatic Center) and Cabana Area (locker rooms). No swim wear or wet clothing is allowed outside of aquatic areas. Proper workout attire is required in Sports & Fitness Center. Any clothing or accessories with logos or messages on apparel must be acceptable in a family setting. A non-comprehensive list of examples of apparel and materials not permitted: Bikinis, crop tops, shorts above mid thigh, sheer/mesh, etc. Kroc Staff will issue final call on all clothing questions or complaints.
6. Running is not allowed in the Kroc Center except when participating in a program/class/on a cardio machines that requires running.
7. Bicycles, roller blades, skateboards, scooters or pets (excluding service animals) are not be allowed inside the facility.
8. Weapons, alcohol, drugs, and smoking, including any type of smokeless tobacco, are not allowed on Kroc Center property.
9. Outside food is not allowed, with exceptions to special dietary restrictions. Food must be eaten in allowed designated areas (Cafe, lobbies, and outside seating areas.)
10. Please report any equipment malfunctions and maintenance needs to the Kroc Center staff immediately.

### SAFETY INFORMATION: PROTECT THE MISSION

The Salvation Army is dedicated to keeping children and vulnerable adults safe from physical, emotional and sexual harm. We refer to our safety efforts as "Protecting The Mission." Protecting The Mission guidelines ensure The Kroc Corps The Kroc Corps Community Center emphasizes safety in the following ways:

### COMMUNITY CENTER SAFETY MEASURES

1. The Salvation Army personnel (officers, employees and volunteers) are trained in child abuse prevention and are mandated reporters of suspected child/vulnerable adult abuse.
2. The Salvation Army personnel undergo criminal background checks.
3. Adults accessing the facility may be screened against public sexual offender registry.
4. All Kroc Center Members and guests are required to sign Day Use waivers to access the Kroc Center and its amenities.
5. The Kroc Center maintains video surveillance of the facility 24 hours a day and have the rights to use as evidence.
6. Instructors are trained in appropriate interactions with Kroc members to enhance learning by creating a safe and inviting environment.
7. Programs involving children are closely monitored to ensure adequate supervision and safe interactions between Kroc personnel and children. 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.
8. The Kroc Center constantly adapts and enhances safety protocols to adjust to needs.

Members and guests are encouraged to report suspicious behavior. Forms for anonymous reporting, called Confidential Notices of Concern, are available at the Front Desk. The Salvation Army Kroc Center reserves the right to remove Members and Guests from the facility and terminate the membership of any member who fails to comply with any posted rules and regulation or otherwise breaches the Code of Conduct, in which case Members and Guests will not be entitled to a refund of dues.

### MEMBERSHIP POLICIES

1. Lost membership cards must be reported and replaced within 30 days. There is a \$2 fee to replace a membership card.
2. The Kroc Center reserves the right to terminate membership in response to any immoral or illegal activity by a member.
3. Limited membership changes can be made online by members at any time of the month such as member's start and change payment type.
4. Membership cancellations must be done in person. Any changes requested in person must be submitted prior to the 20th of the month in order to be processed for the following month. Membership suspensions are subjected to a \$10 fee. Upgrades and additions to membership are subjected to additional fees. Changes will take effect the first of the following month.
5. Adults and youth dependents (Youth ages 17 and under) must reside in the same household. Proof of address is required. All household members 18+ are considered adults, regardless of dependent status. When minor dependents turn 18, the family plan will automatically be upgraded where appropriate, or may require an additional Adult Plan.
6. Youth include children through age 17
7. Membership fees can be paid monthly via recurring credit card charge or electronic funds transfer (bank account debit). To complete electronic funds transfer process, a voided check must be provided with completed membership form. Membership fees for the month will automatically be deducted from member bank account around the 1st of the month. Any requested changes must be submitted prior to the 20th of the month in order to be processed for the following month. Annual payments may be paid in full by cash, check, major credit/debit card. Fees are equivalent to 12 monthly payments. The annual fee and required registration fee are due at time of enrollment.
8. Membership fees are nonrefundable. In order to cancel a membership, members must submit a written request by the 20th day of the current month for it to become effective in the following month. If a member cancels or if membership payments lapse for more than 30 days, the appropriate registration fee will be charged to reopen the membership account. There is no fee charged for cancellation.

### DAY PASS POLICIES

1. A day pass allows general entry into the facility, access to fitness classes and equipment, and participation in open activity times. Children ages 4 months and up require a day pass to use the facility.
2. Kroc Code of Conduct and Discipline Policies applies: All persons entering the Kroc Center are required to sign a Day Use Agreement, and have their picture taken. Upon their first visit, a minor must have a parent or legal guardian sign the Day Use Agreement; after this is completed, children ages 10+ may be at the Kroc Center without adult supervision in select areas.
3. All adults must present valid identification at each visit. Acceptable forms of ID include: driver's license, passport, or state issued ID card.
4. Children under 15 years must adhere to age-specific guidelines for different departments. Everyone must sign a separate waiver in order to utilize the rock wall and minors must have their waivers signed by a parent/legal guardian. The Kroc Center reserves the right to limit the number of day passes available at any time.
5. \*After school Special are only valid to youth ages 10-17 years old on Weekdays (Monday-Friday) after 3:00PM

### GENERAL CANCELLATIONS AND REFUND POLICY

1. All Cancellations (programs, classes, memberships, etc.) must be done in person at our Information desk.
2. Monetary refunds will not be issued unless a session/lesson is canceled by the Kroc Center or for extenuating circumstances such as death in the family, medical necessity, etc. All refunds require an approval through the Program/Department Coordinator. If the program is canceled by the Kroc Center, you will be given a full credit or check refund.
3. Withdrawal from a program, lesson or class 10 or more days prior to the start of the session: results in a refund, minus a \$25 non-refundable deposits or registration fees if applicable. Withdrawal from a program, lesson or class 9 days or less prior to the start of the session: results in a credit on your Kroc Center account, minus the \$25 non-refundable deposits or registration fees.
4. A refund request form must be completed within one week of cancellation. Refunds placed on a credit to the account are applicable towards any Kroc Center program, membership or merchandise and are not redeemable for cash. Please see the current Quick Access Guide for the full cancellation policy.
5. No credits or pro-rated credits will be issued for partial attendance of a program/lesson/class or missed days of a program/lesson/class due to illness, behavior issues, or any other reason.

## GENERAL AQUATIC POLICIES

These are General rules of the Aquatic Department's areas, please visit each area of the aquatic center for specific rules pertaining to those areas (lighthouse water slide, stump slide, hot tub, wib-bit, diving boards, and lap lanes).

### 1. Kroc Code of Conduct & Discipline Policy applies to all Kroc Department

2. Showering prior to entering the pools and Hot Tub are required
3. Food, eating, and glass (and materials prone to shattering) objects/containers are not allowed. Beverages in closed containers are allowed.
4. Guests with immune compromised systems should use caution when using public pools.
5. **Clothing:** Appropriate and Family-Friendly aquatic apparel required. A non-comprehensive list of examples of apparel and materials not permitted: Cotton, street clothes, Bikinis, and non-swimsuit apparel. Kroc Staff may address your apparel if they deem them not appropriate and/or Family Friendly.
6. The Kroc Center requires ALL diapered patrons and Children 3 and under to wear a "reusable" swim diaper. Disposable swim diapers do not keep their contents out of the pool. Reusable swim diapers are available for purchase at the Information Desk.

AQUATICS CENTER AREA ACCESS BY AGES		
Ages	The Aquatic Center, Leisure pools and Competition pools	Hot tub
14 and older	Allowed	
10-13	Allowed without being accompanied by parent/guardian.	
6-9	Must be accompanied within eye distance by Parent/Guardian (18yrs+) or Participating in a youth program/class.	Not allowed
5 and under	Must be accompanied within arms length by a parent/guardian (18yrs+) or Participating in a youth program/class. One Parent/Guardian are allowed to supervise up to three children.	

SPORTS & FITNESS CENTER AREA ACCESS BY AGES		
Ages	Fitness Floor, Group EX, Mat Room, Cycling Room, and Equipment	Gymnasium and sport balls
15 and older	Allowed	
10 - 14	Allowed with Parent/Guardian supervision, Participating in a youth program/class or a "Smart Start Pass"	Allowed during Open Gym or Participating in a youth program/class.
9 and younger includes infants in strollers	Not allowed	Allowed during Open Gym with Parent/Guardian Supervision or Participating in a youth program/class.

**\*Smart Start | First Time FREE:** This is a required safety orientation for youth between the ages 10-14yrs access Kroc Center's Fitness equipment and weights alone. Smart Start educates youth on proper equipment use and weightlifting techniques to promote safety and prevent injuries.

#### Benefits:

1. Includes a recommended standard workout routine
2. Proper safety training for youth
3. A pass for 6 months that allows youth access to Kroc Fitness equipment and areas

#### Requirements:

1. Members ages 10-14yrs only.
2. Smart start pass expires every 6 months, youth must re-test (free) to continue their smart start pass
3. If participant fails the test, a re-test is \$20
4. Testing required booking

**Book a Smart Start Pass test at 503-566-5762**

## PERSONAL TRAINING GENERAL POLICIES |

### CONTACT FOR MORE INFO

1. Personal training packages must be purchased 24 hours prior to training.
2. All sessions expire (1) year after purchase.
3. If a client must reschedule an appointment and provides at least 24-hour notice, the trainer will do his/her best to reschedule if an open time slot exists.
4. If a member misses a scheduled appointment without 24-hour notice, the session is forfeited.

5. If the trainer is unavailable for a period (vacation, other), then the member will be assigned to another trainer for that period.
6. Personal training services are not transferable.
7. Training sessions are 30 minutes in duration
8. Refunds: no refunds will be issued for any reason, including but not limited to illness. Unless a client is unable to continue with personal training services due to medical reasons, submission of a letter from his/her physician is required. The remaining sessions would be refundable.
9. If personal training is purchased for a minor, then the parent or guardian who signed off on the "Personal Training Enrollment Form" must be at drop off and pick up with minor.
10. Minimum age requirement is 10 years old

This is a Non-comprehensive list of Kroc Center Policies.

Kroc Policies are made to protect you, our community and our staff. Thank you for your cooperation.



More information on Kroc Center's Policies and Forms, visit:  
[KROCSALEM.ORG/facility-policies](http://KROCSALEM.ORG/facility-policies)

# WINTER PROGRAM GUIDE

Winter is here! Fun classes, programs, events, and activities for everyone.



## FITNESS & SPORTS

### FITNESS BINGO

Have fun, get fit, win PRIZES! Motivation to try new activities and build momentum through the start of the year. From January 19th-31st, pick up a Bingo Card, complete squares, and turn in your cards for a raffle with valuable prizes!

### KROC YOUTH SPORTS

Winter Season Starts February! Getting involved in sports is a great way for your child to learn teamwork, gameplay, skills, rules and regulations, sportsmanship, and discipline. Our programs and clinics are great for learning and building skills to grow on. Winter sign-ups are now open for the February season. We have something for everyone. Volleyball, Year-round swim team, Sports & Courts, and Basketball Academy.

### YOUTH BALLET DANCE | AGES 5-10 YRS

This Winter we are excited to have Ballet Classes for Kids! Students will explore the beauty of Ballet and creative dance! The next session starts in January, with Thursday afternoon classes throughout January. **Free for Members, and just \$5 for non-members!**

### LOW IMPACT DANCE FITNESS

Move and Groove on Tuesday and Thursday mornings at 8:15am. Low Impact Dance Fitness is a community-centered dance group fitness class that uses music, dance, and movement to create an empowering and fun workout experience. It is designed for all fitness levels who would benefit from a low impact workout, focusing on making fitness accessible and enjoyable for all ages and skills. Drop-in GroupEx classes are free for Kroc Members, and included in a Day Pass.

## SWIM & AQUATICS

### WINTER SWIM LESSONS

Year-Round swim lessons for fun and fitness. Aquatics at the Salem Kroc Center offers swim lessons for every age and skill level. Babies (Hatchlings), Toddlers (Kroc Tots), Stars, Snappers, Krocodiles, and even Adults (cute name TBD)!

### YEAR-ROUND SWIM TEAM | AGES 5-18 YRS

Youth can swim year-round for fun and fitness. From intro to advanced competitive swimmers, Kroc Aquatics invites you to join our year round swim team! Kroc Swim Team will focus on competitive techniques, strokes, endurance, teamwork, and individual growth (skill levels). Schedule a tryout on a practice day. Kroc Membership is required to join the team. More info at the Kroc Aquatics Page on our website.

### COMING SOON: SENIOR WOMEN'S WATER POLO

Watch for our new Water Polo program for older adults starting in January! Played in the shallow end of the Competition pool so players can touch the floor, this Ladies League will coach the fundamentals and lead up scrimmages. Watch for the addition of a Men's League in the New Year.

## CAMPS & EDUCATION

### CAMPS AND MORE IN JANUARY

Our Day Camps (and Parent's Night Out) are packed with exciting activities like swimming and gym games! With access to the game room, rock wall, delicious snacks, and endless fun. Your camper is sure to have an unforgettable time

- One Day Fun Day Jan 9th and Feb 16
- Parents Night Out Jan 19th and Feb 6th
- Olympic Day Camp Jan 28-30

### TEEN PROGRAMS

\$5 Afterschool Special – every day after 3PM youth ages 10-17 are only \$5! Join us for a safe, friendly, and supportive place to chill, study, or play. SIGN UP for teen programs at [KrocRebound.com](http://KrocRebound.com)

- **GED** – Earn your GED (General Educational Development) through Chemeketa at the Kroc.
- **Work Ready** (January 12th) – Students ages 14-21, a FREE 8-week program to help build your skills and prepare for your first job. Includes meal and Kroc membership.
- **Project PEACE** (January 13th) – A growth mindset program that helps 7th-12 graders build relationships.

## FREE EVENTS

### KROC CHURCH

At Kroc Church Salem, we're about loving God and loving others. You're invited to join us for worship located in the Kroc Center Chapel. Kroc Church is open to the public — Kroc Center membership is not required. All our programs are offered in Spanish and English. Join us on Sunday mornings at 10am English or 12pm Spanish service. The ministry team would love to meet with you and get you plugged in. Everyone's welcome at Kroc Church! In addition to Sunday services, Kroc Church has exciting weekly programs: Kingdom Kids, Grounded in Grace, Children's Bible stories, Youth Group, Men and Women's Small Groups, and Adult Bible Studies.



**MEMBERSHIPS,  
DAY-PASSES,  
AND PROGRAMS**