

OCTOBER 2026 NEWSLETTER & GUIDE

KROC



KROCTOBER OCT. 26-30

MORE INFO ON PAGE 16

KROC CENTER FACILITY HOURS

Monday-Friday 5:30AM-9PM
Saturday 7AM-6PM
Sunday 1PM-6PM

ROCK WALL HOURS

Monday-Friday 4PM-8PM
Saturday-Sunday 1PM-6PM

LIMITED SWIM SCHEDULE

Monday-Saturday 11AM-1PM
Tuesday & Thursday 3PM-4PM

OPEN SWIM SCHEDULE

Monday-Thursday 7PM-8:45PM
Monday & Wednesday 1-4:30PM
Tuesday & Thursday 4-5:45PM
Friday 1-8:45PM
Saturday & Sunday 1-5:45PM

ADULT SWIM SCHEDULE

Monday-Friday 5:30AM-1PM
Saturday 7AM-1PM

PLAYCARE ROOM

Monday-Friday
9AM-1PM & 4PM-7:30PM
Thursday 4PM-7:30PM
Saturday 9AM-1PM

KIDS DISCOVERY ROOM

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

REBOUND HIGHSCHOOL TEEN LOUNGE

Wednesday 5PM-7PM
Friday 5PM-8PM

KROC CAFE

Monday-Friday 9AM-7PM
Saturday 10:30AM-5:30PM
Lunch Specials 11AM-2PM

KROC CHURCH SUNDAY WORSHIP

English 10AM | Spanish 12PM

FOR MORE INFORMATION: [KROCSALEM.ORG/ALLEVENTS](https://krocsalem.org/allevnts)



BRING A FRIEND. SHARE THE FUN!

¡TRAÉ A UN AMIGO Y COMPARTE LA DIVERSIÓN!



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:

Events & Catering | Church (page 3)

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

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 8)

- 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 12)

- 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

Kroc Center Policies and Careers (page 14)

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.

All standard membership packages are subject to a one-time \$75.00 Registration Fee due at the time of membership purchase. If membership lapses due to nonpayment or other circumstances, a new registration fee may be required to renew membership. Some Memberships (Veterans and Active-Duty Military, Corporate plans, and Scholarships) are exempt from the Member Registration Fee. The fee is also waived during some special events and promotions.

STANDARD INDIVIDUAL MEMBERSHIPS PER MONTH

YOUTH AGES 4MOS-17YRS

\$44

ADULT AGES 18YRS+

\$62

*SENIOR AGES 62YRS+

\$50

*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

\$99

ADDITIONAL MEMBERS
\$40/ADULT | \$15/YOUTH
Must be added in-person

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**

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

\$12

AFTER SCHOOL SPECIAL

Ages 10-17yr | M-F: 3PM-CLOSE

\$5

ADULT | AGES 18+

\$16

SENIOR | AGES 62+

\$13

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.

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 (SUBJECT TO CHANGE)

- Monday-Friday 9am-7pm
- Saturday from 10:30am-5:30pm
- Lunch Specials from 11am-2pm or while supply last.

KROC CHURCH SALEM

MEET THE CAPTAINS!

Captains Sam and Leah Fowler has a passion to serve and develop a Christ centered community. Together they have served in appointments in Alaska, Southern California, and now in Salem. Prior to serving as officers, Captain Leah was a primary school teacher in her home country of Australia. Captain Sam worked in operations and administration for The Salvation Army Seattle Social Services. They have a combined 21 years of experience as Salvation Army officers.

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 quieres acercarte a Jesús y quieres construir una comunidad cristiana, nos encantaría que te unieras con nosotros.

KROC CHURCH CONTACT:

503-798-4811 | Krocsalem.org/church

PASTORAL CARE & ADMINISTRATION: LEAH AND SAM FOWLER

leah.fowler@usw.salvationarmy.org & sam.fowler@usw.salvationarmy.org

PASTORAL CARE & SPANISH MINISTRIES: MARIA AND MIGUEL IBARRA

maria.pineda.ibarra@usw.salvationarmy.org & miguel.ibarra@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

Birthdays are under going an update! More info coming soon.

WEEKLY PROGRAM SCHEDULE

SUNDAY | DOMINGO

- 9am Sunday School
- 10am Worship Services
- 11am Escuela Dominical
- 12pm Servicio de Adoracion

WEDNESDAY | MIERCOLES

- 10am-11:30am | Home League Ladies 50+
- 12pm - 1:30pm | Grounded in Grace: Women's Bible Study
- 4pm-5pm | Kingdom Kids (Troops) Ages 4-12
- 6pm-7pm | Bible Study
 - Spanish Women
 - Spanish Men
 - English Adult
 - Teen (12-18)

THURSDAY | JUEVES

- 1:30pm Tiny Treasures of the Bible (kids reading time)
- 2:30pm Tesoritos del Reino (Hora de lectura para niños)

FRIDAY | VIERNES

- 5pm youth group (middle school and high school)
- 6pm Estudio Biblico de Adultos

Saturday | sábado

- 10am The Forge Men's Group

FEATURED PROGRAMS

Kroc Church Youth Group:

All middle school and high schoolers are welcome. Join us every Friday from 5PM-8PM!

¡El Grupo de Jóvenes de Kroc Church

Todos los estudiantes de secundaria y preparatoria son bienvenidos. ¡Únete a nosotros todos los viernes de 5PM-8PM!

GROUNDING IN GRACE | WEDNESDAY 12PM IN THE KROC HUB

Join us for a relaxed and welcoming time of coffee, prayer, devotional reflection, and conversation with other women and young moms. Children are welcome, and coffee is provided.

CONGREGATIONAL LIFE COORDINATOR MICHELLE FLORES

michelle.flores@usw.salvationarmy.org

YOUTH MINISTRIES COORDINATOR MARQUELL CARTER-RAMIREZ

marquell.carter-ramirez@usw.salvationarmy.org

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

Monday-Saturday 11am-1pm
Tuesday & Thursday 3PM-4PM

Open Swim

Monday-Thursday 7PM-8:45PM
Monday & Wednesday 1-4:30PM
Tuesday & Thursday 4-5:45PM
Friday 1-8:45PM
Saturday & Sunday 1-5:45PM

Adult Swim

Monday-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-8:45PM
Saturday 7AM-5:45PM
Sunday 1PM-5:45PM

Kroc Swim Team

Mon, Tue, Wed
2PM-3:30PM & 5:30PM-6:30PM
Friday 4:30PM-7PM
Saturday 10:30-12PM

Highschool Water Polo

Tue/Thur 4-9PM (6 Lanes)
Water Polo Tournament: October 23-25th

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.
- **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.



SEAONSA SWIM LESSON SIGN-UPS

SEASON	REGISTRATION
FALL (SEPTEMBER-NOVEMBER))	OPEN!



REGISTER HERE!

SALEM PREMIER SWIM LESSONS

It's never too early or too late
to learn how to swim!



Open for all levels!

Levels: Beginners to competitive | **Ages:** infants to adults.

Private Lessons: September - October | Wednesday classes

Group Lessons: September - November | Mon/Wed or Saturday classes

Payment Options: 3-month and Monthly Sessions Available.



krocsalem.org/aquatics

LEARN TO SWIM
THIS FALL SEASON!

Professional instructors
will help you reach your
swim goals.

American Red Cross Certified in
First Aid and CPR

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. Participants must be 14yrs or older.

MONDAY

AQUA STAND UP

PADDLEBOARD • JULIE

7:00-7:50AM Comp. Pool

AQUASIZE • JULIE

8:00-8:50AM Leisure Pool

9:00-9:50AM Comp. Pool

YOGA STRETCH • TAMMY

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

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 • TAMMY

9:00-9:50AM Leisure Pool

AQUA CHALLENGE • JULIE

10:00-10:50AM Leisure Pool

THURSDAY

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

FRIDAY

AQUASIZE • JULIE

8:00-8:50AM Leisure Pool

9:00-9:50AM Comp. Pool

YOGA STRETCH • TAMMY

9:00-9:50AM Leisure Pool

AQUA CHALLENGE • JULIE

10:00-10:50AM Leisure Pool

SATURDAY

SWIFT CURRENT • CHAR

9:00-9:50AM Leisure 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 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.

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

FEATURED PROGRAM

FALL SWIM LESSONS AND SWIM TEAM

We offer swim classes for all ages and various skill levels, from adults to infants and beginners to future competitive swimmers, all are welcome to our swim lessons. Private lessons available for communities with special accommodations and disabilities.

Ready to take it to the next level? We welcome competitive youth athletes from novice to advanced skill levels. Our professional swim coaches will help you focus on sharpening advanced techniques, building endurance, fostering teamwork, and supporting individual growth!

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: Low intensity therapeutic workout. Exercise that will increase your balance, range of motion, and help with toning your body. This class is kind to your joints and gives the experience of yoga stretching in the water for those that are unable to experience yoga and stretching safely outside the pool. 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.

AQUA STAND UP PADDLE BOARD | FREE TO MEMBERS

Classes range from beginner to advance abilities. Monday and Friday mornings.

We accommodate all levels. From calming yoga to high-energy, enjoy a unique group aquatic workout experience.

Benefits

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

SPORTS & COURTS

AGES
4-6YRS

INTRO TO SPORTS

Build meaningful connections and passion for sports without the commitment!

OCTOBER 3 - NOVEMBER 14
SATURDAY 11:00 AM - 11:45 AM

- 7-week - 7 Classes
- Price: Member \$51 | Public \$60
- Multi-Sports: Basketball, Soccer, and more (based on season)
- Learn rules and regulations
- Build sportsmanship, and discipline



REGISTER TODAY! KROCSALEM.ORG/SPORTS
1865 BILL FREY DR. NE SALEM, OR 97301 | 503-566-5762

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 15

PERSONAL TRAINING 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.Licono@usw.salvationarmy.org | (503) 798-4810

YOUTH SPORTS

Help your child stay active while building confidence, teamwork, and sportsmanship.

Our instructor-led programs include Youth Basketball League and Sports & Courts, introducing the fundamentals of sports such as basketball and soccer in a fun and supportive environment where kids can learn, grow, and make new friends.

Kroc Sports & Courts | Ages 4-6 | Price: \$51 Members | \$60 Public

- Oct 3 - Nov. 14 Saturdays 7 Weeks | 11-11:45am

Basketball League | Ages 7-12 | Price: \$85 Members | \$100 Public

- Oct 6 - Nov. 19 Tue/Thur 7 Weeks - 14 total classes
- **Ages 7-9:** 4:30pm-5:30pm
- **Ages 10-12:** 5:30pm-6:30pm
- Develop technique and coordination with scrimmage games
- Experience Teamwork and game play
- Learn skills, rules and regulations
- Build sportsmanship and discipline



 **REGISTER FOR PROGRAMS HERE!**

FALL SEASON



KROC BASKETBALL LEAGUE

AGES 7-12



An engaging introduction to Basketball to help youth learn the fundamentals while having fun and staying active.



Oct. 6 - Nov. 19 Tue & Thur

1865 Bill Frey Dr. NE Salem, OR

Member \$85.00/season

Public \$100/season

League Information:

- 7 weeks long - 14 total classes
- **Ages 7-9:** 4:30pm-5:30pm
- **Ages 10-12:** 5:30pm-6:30pm
- Develop technique and coordination with scrimmage games
- Experience Teamwork and game play
- Learn skills, rules and regulations
- Build sportsmanship and discipline



Dribble, Shoot, SWISH
Krocsalem.org/sports

GROUP EXERCISE SCHEDULE FALL SCHEDULE BEGINS SEPTEMBER 10TH

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. Unless stated otherwise, participants must be 14yrs or older.**

MONDAY

CYCLE N STRENGTH • MEGAN

6:00AM-7:00AM CYCLE/G EX

BUILD AND BURN • MICHELLE

8:30AM-9:30AM GROUP EX

FIT KIDS • KROC STAFF

9:00AM-9:45AM NORTH GYM

LOW IMPACT FIT. • MICHELLE

9:30AM-10:30AM GROUP EX

PICKLE BALL

10:00AM-12:00PM GYM

KROC CYCLING • DEBI

10:30AM-11:30AM CYCLE

POWER PILATES • MARILEE

10:30AM-11:30AM GROUP EX

LIFT AND SCULPT • DEBI

12:00PM-1:00PM GROUP EX

KROC FLEXIBILITY • MARILEE

12:00PM-1:00PM MAT ROOM

P90X LIVE • ERICA

5:30PM-6:30PM GROUP EX

YOUTH VOLLEYBALL

5:30PM-6:30PM NORTH GYM

DANCE FITNESS

6:30PM-7:30PM GROUP EX

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

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

DANCE FITNESS

6:30PM-7:30PM GROUP EX

BASKETBALL

6:45PM-8:45PM GYM

WEDNESDAY

BUILD AND BURN • MICHELLE

8:30AM-9:15AM GROUP EX

FIT KIDS • KROC STAFF

9:00AM-9:45AM NORTH GYM

20-20-20 • DESTINY

9:30AM-10:15AM GROUP EX

PICKLE BALL

10:00AM-12:00PM GYM

KROC CYCLING • DEBI

10:30AM-11:30AM CYCLE

POWER PILATES • MARILEE

10:30AM-11:30AM GROUP EX

LIFT AND SCULPT • DEBI

12:00PM-1:00PM GROUP EX

KROC FLEXIBILITY • ERICA

12:00PM-12:45PM MAT ROOM

P90X LIVE • ERICA

5:30PM-6:30PM GROUP EX

DANCE FITNESS

6:30PM-7:30PM GROUP EX

BASKETBALL

6:45PM-8:45PM 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

LOW IMPACT

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

DANCE FITNESS

6:30PM-7:30PM GROUP EX

VOLLEYBALL

6:45PM-8:45PM GYM

FRIDAY

CYCLE N STRENGTH • MEGAN

6:00AM-7:00AM CYCLE/GE

BUILD AND BURN • TASHA

8:30AM-9:30AM GROUP EX

FIT KIDS • KROC STAFF

9:00AM-9:45AM NORTH GYM

LOW IMPACT FITNESS • DEBI

9:30AM-10:30AM 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-1:00PM GROUP EX

KROC FLEXIBILITY • MARILEE

12:00PM-1:00PM MAT ROOM

SATURDAY

P90X LIVE • ERICA

9:00AM-10:00AM GROUP EX

FIT KIDS • KROC STAFF

9:00AM-10:00AM SOUTH 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 For Adults Ages 15yrs+ (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

Power 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.

SilverSneakers®: 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.

parents NIGHT OUT!

5:30PM-8:30PM | Ages: 4-12yrs
1865 Bill Frey Dr. NE Salem, OR 97301

Enjoy a night out while your kids have an action-packed night with pizza, game room, a food themed craft, and Rock Wall climbing at the Kroc Center!

Kroc Member | \$25/day per youth
Public | \$35/day per youth



**KROC
CENTER**

REGISTER TODAY!
KROCSALEM.ORG/EDUCATION



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-Thur:** 9AM-1PM & 4PM-8:30PM
- **Friday:** 9AM-1PM & 4PM-7:30PM
- **Saturday:** 9AM-1PM

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-Thur:** 4PM-8:30PM
- **Friday:** 4PM-7:30PM
- **Saturday:** 1PM-5PM
- **No School Days:** M-F 1PM-6:30PM

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.

KROC DAY CAMPS AND MORE

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.

Parents Night Out: As we transition from hot summer days to chilly fall vibes, Parents, enjoy a night out while your kids have an action-packed night with food, game room, craft, and Rock Wall climbing at the Kroc Center!

One-Day Fun-Day Camp: If you miss our Summer Day Camps or need an alternative daycare for No School Days, we got you covered! All the fun of Summer Camp condensed into one full day at the Kroc! Same Summer Camp benefits, like lunch and snacks, swimming, gym activities, and early check-in and late check out at an affordable rate.

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, Tuesday, Thursday 5-7pm**
- **Friday Teen Fellowship Night- 6:30pm-8pm**

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:

- **Work Ready:** Workforce Program designed to help youth understand the working world. Learn things like adaptability, collaboration, communication, resilience and more!
- **GED en español:** Clase de preparación para el GED en español para jóvenes
- **Youth English NOW!** English classes. Clases de inglés.
- **English GED Prep Class:** English GED Prep classes.

Program benefits:

- Free Kroc Membership
- Free Kroc Cafe Meal Card
- Childcare upon request
- Access to Kroc Rebound programming

For more information: High School Partnerships at Chemeketahighschool@chemeketa.edu | 503.399.5293

All Programs Location:

Salem Kroc Center 1865 Bill Frey Dr. NE Salem, OR

Dates	Members	Public
One-Day Fun-Day Camp 2025 • Oct. 9th • Nov. 11th	\$52/day	\$65/day
Fall Day Camp • Oct. 28th - 29th	\$52/day	\$65/day
Parents Night Out • Oct. 16th • Nov. 20th	\$25/day	\$35/day

KROCSALEM.ORG/Education



REGISTER TODAY!



For more information, please contact our Camp & Education Supervisor
kimberly.landiers@usw.salvationarmy.org (503) 798-4814



ONE-DAY FUN-DAY CAMP

FRIDAY

**9th
OCT.
2026**



Join us for a fun filled One Day Fun Day Camp packed with exciting activities like gym games and swimming. Campers will have access to the game room and rock wall, delicious snacks, and endless fun for an unforgettable day off from school!

Price

\$52 Member

\$65 Public

Ages 4-12



Available:

- Early drop-off and late pick-up
- Scholarships: up to 25-50% OFF

Lunch and snacks provided

Please Bring:

- Suitable clothing, swimsuit, towel, extra clothes, and a water bottle. A backpack for daily essentials and camp projects.



 1865 Bill Frey Dr.
NE Salem OR



KROCSALEM.ORG/DAY-CAMP

KROC CODE OF CONDUCT & DISCIPLINE POLICY

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)

- 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).**
- All Kroc Center Members and guests are required to sign a Day Use waiver to access the Kroc Center and its amenities. Everyone is required to check in at the Information Desk for every visit.
- 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.
- 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.
- 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.
- Running is not allowed in the Kroc Center except when participating in a program/class/on a cardio machine that requires running.
- Bicycles, roller blades, skateboards, scooters or pets (excluding service animals) are not allowed inside the facility.
- Weapons, alcohol, drugs, and smoking, including any type of smokeless tobacco, are not allowed on Kroc Center property.
- 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.)
- 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 Community Center emphasizes safety in the following ways:

COMMUNITY CENTER SAFETY MEASURES

- The Salvation Army personnel (officers, employees and volunteers) are trained in child abuse prevention and are mandated reporters of suspected child/vulnerable adult abuse.
- The Salvation Army personnel undergo criminal background checks.
- Adults accessing the facility may be screened against public sexual offender registry.
- All Kroc Center Members and guests are required to sign Day Use waivers to access the Kroc Center and its amenities.
- The Kroc Center maintains video surveillance of the facility 24 hours a day and have the rights to use as evidence.
- Instructors are trained in appropriate interactions with Kroc members to enhance learning by creating a safe and inviting environment.
- 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.
- 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

- Lost membership cards must be reported and replaced within 30 days. There is a \$2 fee to replace a membership card.
- The Kroc Center reserves the right to terminate membership in response to any immoral or illegal activity by a member.
- Limited membership changes can be made online by members at any time of the month such as member's start and change payment type.
- 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.
- 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.
- Youth include children through age 17
- 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.
- 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

- 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.
- 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.
- All adults must present valid identification at each visit. Acceptable forms of ID include driver's license, passport, or state issued ID card.
- 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.
- *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

- All Cancellations (programs, classes, memberships, etc.) must be done in person at our Information desk.
- 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.
- 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.
- 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.
- 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.

LOST & FOUND

- At the beginning of the month, Kroc Center Lost & Found inventory is emptied. All Items are donated and redistributed to our community through local orgs/ companies.
- Our Lost & Found is located at the Information Desk. Please ask a staff for help.

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.

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 close supervision, Participating in a youth program/class or with a *Smart Start Pass	Allowed during Open Gym Time or while participating in a youth program/class.
9 and younger includes infants in strollers	Not allowed	Allowed during Open Gym Time 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

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.	Not allowed
6-9	Must be accompanied within eye distance by Parent/Guardian (18yrs+) or Participating in a youth program/class.	
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.	

GENERAL SPORTS AND FITNESS POLICIES

These are General rules of the Fitness Department's areas, please visit each area of the sports and fitness center for specific rules pertaining to those areas (group fitness room, fitness floor, gymnasium, cycle room, rock wall, and mat room).

1. **Kroc Code of Conduct & Discipline Policy** applied in all Kroc Department.
2. Food, eating, glass objects or containers and materials prone to shattering are not allowed. Beverages in closed containers are allowed
3. No exercising, stretching, or loitering in hallways outside fitness floor area
4. **Clothing:** Appropriate and Family-Friendly exercise/athletic apparel required. A non-comprehensive list of examples of apparel and materials not permitted in Sports and Fitness center: open-toed shoes, "toe shoes," sandals/flip-flops, crop-tops, jogging bras, muscle tank tops, shorts that goes above your fingertips and/or mid-thigh, jeans, and cargo pants. Kroc Staff may address your apparel if they deem them not appropriate and/or Family Friendly.
5. Fitness Equipments: Please wipe down equipments before and after each use. Rack weights after each use. Weight Clips must be used with all bars in free weight lifting. Spotters are strongly encouraged at all press stations—patrons may ask Kroc Center staff to assist them.
6. Only authorized Kroc Personal Trainers services permitted.

ROCK WALL POLICIES:

1. All new climbers must complete a waiver before climbing. In-addition, youth (3-17) must have parent/guardian's consent with signature to climb.
2. Last Climb begins 15 minutes prior to closing.
3. General Rock Wall Hours are subjected to change without notice, please check the schedule at our Rock Wall or call the Information Desk (503-566-5762) for our current hours.



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

FALL PROGRAM GUIDE

It's unbe-leaf-able that fall is already here! Let's look at what's happening at the Kroc this fall.



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



SWIM & AQUATICS

FALL SWIM LESSONS AND SWIM TEAM

We offer **swim lessons** for all ages and skill levels, from infants to adults and beginners to aspiring competitive swimmers. Private lessons are available for individuals who need additional support, accommodations, or adaptive instruction.

Ready to take it to the next level? Join **Kroc Swim Team!** We welcome competitive youth athletes from novice to advanced skill levels. Our professional swim coaches will help you focus on sharpening advanced techniques, building endurance, fostering teamwork, and supporting individual growth!

SPORTS & FITNESS

YOUTH SPORTS | 4-12YRS

Help your child stay active while building confidence, teamwork, and sportsmanship.

Our instructor-led programs include Youth **Basketball League and Sports & Courts**, introducing the fundamentals of sports such as basketball and soccer in a fun and supportive environment where kids can learn, grow, and make new friends. **Sign up today, registration ends next week!**

CAMPS & EDUCATION

One-Day Fun-Day Camp | October 9: If you miss our Summer Day Camps or need an alternative daycare for No School Days, we got you covered! All the fun of Summer Camp condensed into one full day at the Kroc! Same Summer Camp benefits, like lunch and snacks, swimming, gym activities, and early check-in and late check out at an affordable rate.

Parents Night Out | October 16: Parents, enjoy a night out while your kids have an action-packed night with food, game room, craft, and Rock Wall climbing at the Kroc Center!

Fall Camp | October 28 - 30: Join us for an exciting 3-day Fall Camp featuring swimming and Fall themed games, crafts, and movies! Campers will get to enjoy the Kroc Discovery Room, Rock Wall, tasty snacks, and endless fun for Fall break.

Build With Me | November 3 - December 8th: A hands-on afterschool program where kids ages 6-11yrs get to create, build, experiment, and explore something new each week, every tuesday! From LEGO challenges and birdhouse building to food science and fun STEM projects, every class gives kids the opportunity to use their creativity, problem-solving skills, and teamwork.

TEEN PROGRAMS

IN PARTNERSHIP WITH CHEMEKETA COMMUNITY COLLEGE

Work Ready | October 13 - December 10th: An 8-week program that builds Employability skills, explores careers, and prepares youth and young adults' employment and education opportunities. Free Kroc membership and meal for participants.

GED and English classes: GED prep classes and English for youth are now available at the Kroc Center!

KROC EVENTS

DIVE-IN MOVIE | OCTOBER 17 4PM: FINDING NEMO

Experience the original water movie experience, only at the Salem Kroc Center!

Swim, splash, and float while watching the movie from the pool.

And this Dive-In Movie has a little extra magic! Kaity, The Sea Glitter Mermaid, will be making a special appearance. Swim alongside a mermaid and stop by to meet her during this unforgettable night at the Kroc.

KROCTOBER | OCTOBER 26-30

Get ready for a week of fall family fun at the Kroc Center!

Celebrate Halloween week with pumpkins, crafts, raffles, and more fall surprises leading up to our main event, Pumpkin Pool-ooza! Make a splash swimming with pumpkins, go bobbing for eyeballs, and enjoy a fantastical fun time together at the Kroc.

OCTOBER MEMBER APPRECIATION MONTH

This October, we're celebrating our Kroc Members with a little something extra.

Bring a friend and share the Kroc!

All month long, Kroc Members can bring one guest for FREE each day.

Whether you're working out, making a splash, or simply spending time together, it's the perfect season to share what you love about the Kroc.

Valid October 1-31, 2026.

CHURCH

SUNDAY SERVICE & BIBLE STUDY

Join us every Sunday:

- English Worship Service & Sunday School | 10:00 a.m.
- Servicio de Adoración en Español | 12:00 p.m.

We'd love to worship with you.