

KROC

FALL 2026
SEPTEMBER
OCTOBER
NOVEMBER



KROCPhoenix.org

Welcome to the Phoenix Kroc Center!



Operating Hours

Monday–Friday: 6:00am–8:00pm
Saturday: 9:00am–5:00pm
Sunday: Closed • Open for Church Services
Closed: Thanksgiving Day, November 26th

Pool Hours

Monday–Friday: 6:00am–11:00am & 4:00pm–7:30pm
Saturday: 9:00am–4:30pm

Water Features
Friday: 4:00pm–7:30pm
Saturday: 11:00am–4:30pm

Pool Maintenance Closure: August 25th – September 3rd

Amenity Hours

Child Watch (6 months–5 years)
Monday–Friday: 8:00am–11:00am & 4:00pm–8:00pm
Saturday: 9:00am–1:00pm

E–Sports Lounge (12 years plus)
Monday – Friday: 3:00pm–8:00pm
Saturday: 9:00am–5:00pm

6–11 Club (6–11 years)
Monday–Friday: 3:00pm–8:00pm
Saturday: 9:00am–5:00pm

Rock Wall (Age Rules Apply)
Monday – Friday: 4:00pm–7:30pm
Saturday 1:00pm–4:30pm

Game Room (6 years plus)
Monday–Friday: 3:00pm–8:00pm
Saturday: 9:00am–5:00pm

Fitness Center
Monday–Friday: 6:00am–8:00pm
Saturday: 9:00am–5:00pm

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“For it is by grace you have been saved, through faith—and this is not from yourselves, it is the *gift of God*—not by works, so that no one can boast.

Ephesians 2:8-9



Grace is a word we hear about a lot in church circles. There are many poems, songs, and books that have been written about grace. Have you ever wondered what grace really means and what is so amazing about it? Grace can be defined as undeserved or unmerited favor.

The apostle writes: “For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast” (Ephesians 2:8-9NIV).

Grace is a holy God giving humanity gifts and goodness we could never earn. Because of His grace, God has given us access to Him. We have life, family, and friends. Because of God’s grace, He has given us salvation, eternal life, spiritual gifts, musical talents, and more.

May we live each day with gratitude for God’s amazing grace in our lives. In addition, I challenge you to extend grace to others – offering and doing good for people who do not deserve it. Why? Because grace always goes to those who do not deserve it. That is what is so amazing about grace.

– Major Emmanuel Masango



Core Values of the Kroc Center

COMMUNITY

We are a beacon of hope in our community.

ACTIONS

Our actions demonstrate excellent service.

RESPECT

We respect all individuals without discrimination.

ENTHUSIASM

We work and play with enthusiasm and fun.

SHARE

We share God’s love for you with everyone.

Mission Statement

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 MEMBERSHIP

AUTO PAY | PER MONTH

FAMILY PLANS		INDIVIDUAL PLANS			ADDITIONS
FAMILY UP TO 6 (Up to 4 adults)	12 MAX (Up to 4 adults)	TEEN AGES 12–17	ADULT AGES 18–61	SENIOR AGES 62+	ADULT +1
\$91	\$111	\$31	\$46	\$40	\$71

\$20 registration fee and no cancellation fee

MONTH-TO-MONTH

FAMILY PLANS		INDIVIDUAL PLANS			ADDITIONS
FAMILY UP TO 6 (Up to 4 adults)	12 MAX (Up to 4 adults)	TEEN AGES 12–17	ADULT AGES 18–61	SENIOR AGES 62+	ADULT +1
\$96	\$112	\$37	\$52	\$46	\$76

\$20 registration fee and no cancellation fee

YOU DON'T HAVE TO WAIT, SET UP ONLINE!

Be sure to make your new online account and download the new Kroc Connect app! More info at krocphoenix.org/connect

SIGN UP ONLINE!

The Kroc Center offers something for everyone. Sign up at KROCPHOENIX.ORG or by filling out a form at our Welcome Desk. Payment may also be submitted at the Welcome Desk. Call 602-425-5000 for more information.

MONTH TO MONTH MEMBERSHIPS

Membership fees can be paid monthly at the Welcome Desk. Monthly membership fees differ from those set on Auto-Pay (See Membership Rates Table for details). Fees must be paid in full upon the first visit after expiration. Expiration occurs one month after registration date. If membership lapses for more than 30 days, a registration fee will be applied to reactivate.

Download
the NEW Kroc
Connect App!



iOS Apple



Google Play

Check our facility hours
and reserve fitness
classes all in one place!

Membership Benefits

- Aquatics Center *
- Gym & Indoor Track *
- Fitness Center *
- Game Room*
- Level Up E-Sports Lounge*
- Day Lockers & Sports Equipment *
- Child Watch *
- 6–11 Club *
- Rock Climbing *
- Drop-In Fitness Classes
- 15% Off Kroc Programs
- 10% Off Facility Rentals
—Excludes businesses/organizations

DAY PASSES

Passes can be purchased at the Welcome Desk and online.
State-issued ID must be presented upon arrival. Upon re-entry the Kroc Center reserved the right to request proof of identification.

Coming to The Kroc Center for just a day?

Purchase a Day Pass to gain access to the Pool, Gym, Game Room, Rock Wall, Recreation Fields, Playground, Fitness Center, Level Up E-Sports Lounge, and Public Areas during open hours.

Before purchasing a Day Pass, please view the Amenity Hours to make sure that your area of interest is open during your visit.

ONE DAY PASSES

Youth (3 – 11 years)	\$11
Teen (12 – 17 years)	\$13
Adult (18 – 61 years)	\$15
Senior (62+ years)	\$13

Children under the age of 12 must be supervised by an adult age 18+

(18 years or older) at all times while in the Kroc Center unless the child is registered in a program.

Safety/ID Verification and Photo Capture

Facility users of all ages will have their photo captured. All patrons 18+ are required to show a state-issued ID at first time of entrance.

SCHOLARSHIP PROGRAM

PAY AS LOW AS \$48 FOR A FAMILY UP TO 6 MEMBERSHIP PLAN!

WE WELCOME EVERYONE TO APPLY!

The Kroc Center is pleased to provide a Scholarship Program. The intent of The Salvation Army is to ensure Joan Kroc's vision to be a beacon of light and hope in the community (see scholarship guidelines listed at KROCPHOENIX.ORG).

AVAILABLE TO
APPLY ONLINE!



ACTIVITIES FOR EVERYONE!

KROC CENTER ACTIVITIES BY AGE

ACTIVITY		0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18+	Senior			
ARTS & EDUCATION	Kroc Center Ministries	ALL AGES																						
	Ballet				3–10																			
	Gymnastics				3–10																			
	Hip-Hop/ Step							7–12																
	Art Studio						5–12																	
	Piano				4–14																			
CAMP	Private Music Lessons				4+																			
	Junior Leaders (Summer Only)																	14–17						
FITNESS	Day Camp				5–13																			
	Fitness Center														(12–14*) 15+									
	Fitness Drop-in Classes																	16+						
	Personal Training														12+									
	Specialty Classes																	16+						
ATHLETICS	Kroc Youth Sports			2–17																				
	Pickleball																	15+						
	Adult Sports																			18+				
AQUATICS	Recreation Swimming	ALL AGES (PLEASE VIEW AGE POLICIES)																						
	Swim Lessons	6 MONTHS +																						
OTHERS	Volunteer																	16+						
	Child Watch	6 MONTHS – 5																						
	Rock Climbing						5+																	

(*TEEN FITNESS ORIENTATION (PG.12) REQUIRED. PLEASE VIEW THE AGE POLICIES BELOW.)

Kroc Center Age Policies

- Children under the age of 12 must be accompanied by an adult while in the Kroc Center.
- AQUATICS:** Children 6 and under must have an adult with them in the water and within an arm's length at all times. The minimum age to be in our spa is 12 years old. The minimum age for AquaClimb® is 6 years.
- FITNESS:** Teens ages 12 to 15 can use the Fitness Center when accompanied by an adult 18 years or older and upon completion of the Teen Fit Orientation (pg. 12). Children under the age of 12 may accompany an adult 18 years or older on the track. The child must stay within arm's reach and maintain control of the child. Children are not allowed to use any equipment.

CHRISTMAS MUSICAL

AUDITIONS

October 21st | 5:30pm

REHEARSALS

Wednesdays | 5:30pm

GET INVOLVED!

Not an on-stage person? Volunteer your time behind the scenes! AV booth, costumes, child supervision, set-building, event coordinating, and more!

CONTACT US! EMAIL: Jessica.Pearce@usw.salvationarmy.org CALL: (602)425-5020

 [@churchatthekroc](https://www.instagram.com/churchatthekroc)







SPREAD Joy!

Become a Bellringer this holiday season!

BELLRINGER ORIENTATIONS:

October 15th & 29th | 2:00pm

CONTACT US:

EMAIL: Jeremiah.Sims@usw.salvationarmy.org

CALL: (602) 425-5010



Fill a Need



September

Cooling Towels



October

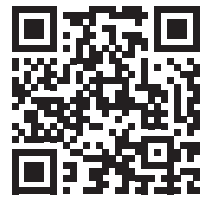
Umbrellas



November

Non-perishable foods

CHURCH



Church at the Kroc

We are a church that reflects our community and all are welcome at Church at the Kroc. Our mission is to provide a place where you will grow deeper in your faith, find community and join us in mission to serve others.

We have contemporary worship, Spanish translation, hired nursery workers for young ones who are 6 months through kindergarten, trained staff and volunteers for our kids' church program, for grades 1st through 5th, School for all ages, and engaging messages.

Check out our website or social media pages for all of the other programs and ministries we have going throughout the week.

Give us a try!

Join us:

9:00am - Worship Service
10:30am - Sunday School
11:30am - Worship Service

Live Stream Available:

If you are unable to attend Sunday Service in-person, watch our live stream! Scan the QR code on the top right to go to our YouTube page.

Connect with us:

INSTAGRAM | CHURCHATTHEKROC
FACEBOOK | CHURCH AT THE KROC
YOUTUBE | CHURCH AT THE KROC - PHOENIX

We're on a mission to reach 1K followers on Instagram

Not for notoriety, but to extend our reach for encouragement, connection, and witness.

Follow @churchatthekroc and show the front desk you've liked the page to receive a limited-edition sticker!

Let's grow our digital front porch—one follow at a time.



Major Emmanuel Masango

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(602)425-5001



Major Jennifer Masango

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(602)425-5043



Captain Jess Pearce

Jessica.Pearce@usw.salvationarmy.org
(602)425-5020



Jeremiah Sims

Ministry Lead
Jeremiah.Sims@usw.salvationarmy.org
(602)425-5010



Melinda Aird

Youth Ministry Lead
Melinda.Aird@usw.salvationarmy.org
(602)425-5066

STAY CONNECTED



We want our community to know what **God's Love** can do for them.

If you are looking for a church home, everyone is welcome at Church at the Kroc!

Sunday

- 9:00am - Worship Service
- 10:30am - Sunday School
- 11:30am - Worship Service

There's welcome table right when you walk in that can help **first time visitors** feel at home. Come check us out if you any questions about kids' programming, translation services, the worship service, or anything else.

- Nursery (6mos-Kindergarten) and Kids' Church (1st-5th grade) is available for both services.
- Sunday School is offered for all ages.
- Traducción disponible para los dos servicios.
- Buckets of Glory | 7:00pm-9:00pm

Come join us for basketball and fellowship. There is a short devotional followed by 5v5.

YOUTH (AGE: 15-17): \$3, ADULTS (AGE: 18+): \$5

Ministerio Hispano

- Miércoles | 5:30pm Estudio Bíblico
- Viernes | 6:00pm Ministerio de Mujeres
- Domingo | 10:30am Escuela Dominical
- Servicios mensuales en español



Serve Teams

Have the heart to serve? Join a Serve Team!

PARKING • TRANSLATIONS • PRODUCTION • WELCOME TEAM • HOSPITALITY • CHURCH CAFE • YOUTH MINISTRY • PRAYER • OUTREACH • NURSING HOME

There's a serve team for everyone! Reach out today.

Wednesdays

- Midweek Youth Programs | 5:30pm-6:30pm
Pre-K-5th Grade

*Paused for the rest of the year starting 10/14. Will resume January, 2027. During the break, little ones 6mos-5 can go to Child Watch and Youth aged 6-11 can hang out in the game room while parents are engaged in Adult Bible Study.

- Adult Bible Study | 5:30pm-6:30pm
- Estudio Bíblico | 5:30pm-6:30pm
- Teen Discipleship | 5:30pm-6:30pm | 6-12th Grade
- Family Night Dinner | 6:30pm-7:00pm
- Young Adult Bible Study | 7:00pm-8:00pm
- Adult Choir | 7:00pm-8:00pm

Thursdays

- Homeless Outreach | every other Thursday, 1:00pm
- Senior Bible Study & Lunch | 11:00am - 1:00pm

Friday (Dinner provided)

- Teen Night | 6:00pm-8:00pm
*Pausing after 10/30. Resuming January, 2027
- Single Moms Bible Study | 6:00pm (every other Fri.)
- Estudio Bíblico de Mujeres | 6:00pm-8:00pm



PERSONAL TRAINING



Gina Blevins
Fitness Manager
Gina.Blevins@usw.salvationarmy.org
(602)425-5079

Free 30-Minute Assessment

Our free 30-minute assessment offers a personalized consultation to evaluate your fitness goals and current level. Our certified trainers will assess your strengths and areas for improvement, providing expert guidance tailored to your needs. It's a great opportunity to kick-start your fitness journey.

SEE FITNESS DESK FOR MORE INFO

Personal Training

TRAINING PLANS FOR ADULT BOXING, PILATES, AND YOGA ARE AVAILABLE WITH THIS PROGRAM.

Anyone can benefit from a personal trainer's knowledge. Our trainers will take you through an evaluation that will guide us in creating the best personalized program for you. We will evaluate movement, strength, nutrition, body composition, conditioning, and life activities. All are components of a custom program for you. Each session is a step to keep your body progressing toward your goals.

1:1 Training 30 MINUTE		
Set	Members	Non-Members
4-Pack	\$95	\$150
8-Pack	\$182	\$275

1:1 Training 60 MINUTE		
Set	Members	Non-Members
4-Pack	\$182	\$238
8-Pack	\$360	\$474

Buddy Training:

Sessions consist of two clients and one personal trainer. Sign up with a friend and save! Package prices are for both clients training. **AGES 16+**

Buddy Training 30 MINUTE		
Set	Members	Non-Members
4-Pack	\$160	\$260
8-Pack	\$275	\$395

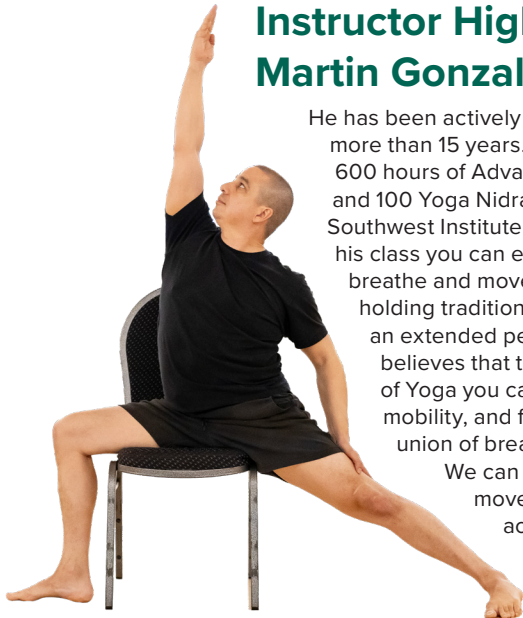
Buddy Training 60 MINUTE		
Set	Members	Non-Members
4-Pack	\$300	\$345
8-Pack	\$535	\$700



Personal Trainer Highlight: Alfredo Baca

With over ten years of experience, Alfredo is a dedicated fitness professional specializing in cycle, strength training, HIIT, and personal training. Whether leading high-energy group classes or providing one-on-one coaching, Alfredo strives

to deliver the best experience for every member and client, helping them achieve their fitness goals with motivation and expert guidance.



Instructor Highlight: Martin Gonzalez

He has been actively practicing Yoga for more than 15 years. Having acquired 600 hours of Advanced Yoga Teacher and 100 Yoga Nidra training at the Southwest Institute for Healing. During his class you can expect to combine breathe and movement while holding traditional Yoga poses for an extended period of time. He believes that through the practice of Yoga you can increase strength, mobility, and focus. "Through the union of breath and movement.

We can elevate ourselves to move through our daily activities effortlessly."

FILL OUT AN INQUIRY FOR PERSONAL TRAINING



FITNESS CLASSES



MEMBERS	NON-MEMBERS
Included	\$7.00

Drop-In Fitness Class Pass

Our Fitness Center and classes are included with your membership and designed to help you move, grow, and feel your best. Enjoy a wide range of cardio and strength equipment, an indoor track, and classes for all levels, so you can progress at a pace that feels right.

Our friendly instructors and fitness staff are here to answer questions, demonstrate equipment, and help you find the right classes, creating a supportive community that encourages you every step of the way.

*Please be on time; warm-ups provide key instruction for a safe and effective workouts.

- Aqua Yoga
- Barbell Blast
- Chair Yoga
- Commit Dance Fitness
- Commit Strength
- Kroc Cycle
- Line Dancing
- Pilates

- SilverSneakers – Boom Move
- SilverSneakers – Classic
- SilverSneakers – Splash
- Strength Fusion
- Teen Fit***
- Yoga Flow
- Zumba®

BEYOND STRONG
LIFT > LEARN > PROGRESS
SEPTEMBER 2ND-30TH WEDNESDAYS 7-8PM
FREE TRIAL CLASS! AUGUST 26TH 7-8PM

September 2nd - 30th | Wed. | 7pm-8pm
FREE TRIAL CLASS: AUGUST 26TH
Members \$55 | Non-Members \$65

A small-group strength training program designed to help you lift heavier and improve form. Participants begin with an individual strength and movement assessment, followed by a weekly coached session focused on heavy lifting and proper technique. You'll receive training assignments to complete between classes and finish the program with a reassessment to measure your strength gains and progress. Limited enrollment ensures individualized coaching, form instruction, and personalized attention every session. **AGES 16+**

Booty Boost HIIT
WOMEN-ONLY
FREE TRIAL: SEPT. 29TH
OCT. 6TH-27TH
TUE. 7-8PM

October 6th - 27th | Tue. | 7pm-8pm
FREE TRIAL CLASS: SEPTEMBER 29TH
Members \$40 | Non-Members \$55

Booty Boost HIIT is a specialty women-only class focused on glute building with low-impact, beginner-friendly HIIT intervals. Each class includes clear instruction, controlled movements, and optional intensity levels to help you safely build strength and endurance. No experience needed, this class is designed to meet you where you are while helping you feel empowered and strong. **AGES 16+**

NUTRITION WORKSHOP
FREE FOR MEMBERS!

October 8th
12:15pm - 1:15pm & 5:30pm - 6:30pm
FREE for Members!

Learn the fundamentals of healthy eating in this informative workshop designed to help you make confident nutrition choices. We'll cover balanced meals, portion sizes, reading nutrition labels, hydration, and simple strategies for building sustainable, healthy habits. Perfect for anyone looking to improve their overall health. **AGES 16+**

AQUATICS



Joseph Torres

Aquatics Manager
Joseph.Torres@usw.salvationarmy.org
(602)425-5054



Deja Seavello

Aquatics Assistant Manager
Deja.Seavello@usw.salvationarmy.org
(602)425-5054

Pool Hours

Mon–Fri: 6:00am–11:00am &
4:00pm–7:30pm
Saturdays: 9:00am–4:30pm

Lap Swim

Mon, Wed, Fri: 6:00am–8:00am &
9:00am–11:00am
Tue, Thur: 6:00am–11:00am
Saturday: 9:00am–11:00am

Water Features

Fri: 4:00pm–7:30pm
Sat: 11:00am–4:30pm

**Splash Pad (Closing Aug. 29th,
reopening Spring 2027)**

Fri: 4:00pm–7:30pm
Sat: 11:00am–4:30pm

**Water Slide is closed until further
notice due to maintenance.**

Pool Maintenance Closure: August
25th – September 3rd

Free Swim Assessments

Are you unsure about your swimming skill level? Then take our FREE swim assessment! Our skilled instructors will assess your abilities and recommend you to the swim level that fits best for you.

DATE	TIMES	DAY
September 23rd	4:00pm–7:00pm	Wednesday
October 21st	4:00pm–7:00pm	Wednesday
November 18th	4:00pm–7:00pm	Wednesday

American Red Cross Lifeguard Certification Course

Learn the skills to prevent, recognize, and respond to aquatic emergencies in both shallow and deep water, and provide professional-level care for breathing, cardiac, injury, and sudden illness emergencies until EMS arrives. This blended learning class includes required online work (mobile, desktop, or tablet) completed before each in-person session. Successful participants earn an American Red Cross Lifeguarding (with CPR/AED for Professional Rescuers & First Aid) certification, valid for 2 years. **AGES: 15+**

REQUIREMENTS:

- Swim-tread-swim sequence: Jump in, swim 150 yards (crawl, breaststroke, or both), tread water 2 min (legs only), then swim 50 yards.
- Timed event (1:40): Swim 20 yards, surface dive 7–12 ft to retrieve a 10-lb object, swim back on back holding it, exit without ladder/steps.
- Registration Deadline: 7 days prior start of class

DATES	TIMES	DAYS
November 20–22	Fri: 4:00pm – 8:00pm Sat & Sun: 8:30am – 6:00pm	Friday, Saturday, Sunday
MEMBERS	NON-MEMBERS	
\$175	\$200	

American Red Cross Adult and Pediatric First Aid/CPR/AED

The 2021 Adult and Pediatric First Aid/CPR/AED blended learning course equips students to recognize and care for a variety of first aid breathing and cardiac emergencies involving adults children and infants. It is designed for students who need a certification that satisfies OSHA workplace or other regulatory requirements. This class is taught in a blended learning format and the online portion (accessed via mobile desktop or tablet) must be completed prior to attending the Instructor-led skills session. Upon successful completion a valid 2 year digital certificate for Adult and Pediatric First Aid/CPR/AED is issued. **AGES: 15+**

DATE	TIMES	DAY
November 7	9:00am–12:30pm	Saturday
MEMBERS	NON-MEMBERS	
\$51	\$60	

Aquatics: Swim Lesson Schedules

LESSONS	MEMBERS	NON-MEMBERS
6	\$58.70	\$69
7	\$68.43	\$80.50
8	\$78.20	\$92

Preschool Aquatics – Level 1

Preschool Aquatics Level 1 is designed to orient young preschoolers to the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water. **AGES: 4-5**

This course is suited for you if you meet the following:

- Must be independent of an adult (able to participate without needing one-on-one supervision).
- Cannot swim without assistance.
- Cannot float without help.
- Is able to listen to and follow directions.
- Not yet comfortable with face submersion.

DATES	TIMES	DAYS	LESSONS
September 9-23	4:50pm-5:20pm	Monday/Wednesday	5
September 8-24	5:30pm-6:00pm	Tuesday/Thursday	6
September 28-October 21	4:50pm-5:20pm	Monday/Wednesday	8
September 29-October 22	5:30pm-6:00pm	Tuesday/Thursday	8
October 26-November 18	4:50pm-5:20pm	Monday/Wednesday	8
October 27-November 19	5:30pm-6:00pm	Tuesday/Thursday	8

Preschool Aquatics – Level 2

Preschool Aquatics Level 2 builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills. **AGES: 4-5**

DATES	TIMES	DAYS	LESSONS
September 9-23	6:10pm-6:40pm	Monday/Wednesday	5
September 28-October 21	6:10pm-6:40pm	Monday/Wednesday	8
October 26-November 18	6:10pm-6:40pm	Monday/Wednesday	8



Private & Semi-Private Swim Lessons

Private swim lessons are available for all swimming abilities, water therapy and conditioning, water safety & survival skills, and learning to swim. Lessons are 30 minutes in length. For semi-private lessons, swimmers must have similar swimming ability. **AGES: 4+**

PACKAGE	MEMBERS	NON-MEMBERS
4 Lessons 1 Participant	\$78.20	\$92
4 Lessons 2 Participant	\$142.80	\$168

Sign Up!



Learn to Swim – Level 1

Learn-to-Swim Level 1 is designed to orient participants to the aquatic environment and to help them gain **basic aquatic skills**. In addition, participants start learning about how to be **safe around water**. **AGES: 6-15**

DATES	TIMES	DAYS	LESSONS
September 9-23	5:30pm-6:00pm	Monday/Wednesday	5
September 8-24	4:50pm-5:20pm	Tuesday/Thursday	6
September 8-24	6:50pm-7:20pm	Tuesday/Thursday	6
September 5-October 24	9:50am-10:20am	Saturday	8
September 28-October 21	5:30pm-6:00pm	Monday/Wednesday	8
September 29-October 22	4:50pm-5:20pm	Tuesday/Thursday	8
September 29-October 22	6:50pm-7:20pm	Tuesday/Thursday	8
October 31-December 19	9:50am-10:20am	Saturday	8
October 26-November 18	5:30pm-6:00pm	Monday/Wednesday	8
October 27-November 19	4:50pm-5:20pm	Tuesday/Thursday	8
October 27-November 19	6:50pm-7:20pm	Tuesday/Thursday	8

Learn to Swim – Level 2

Participants begin to perform skills at a slightly more advanced level and begin gaining **rudimentary propulsive skills** on both the front and the back. This level marks the beginning of independent aquatic locomotion skills. **AGES: 6-15**

DATES	TIMES	DAYS	LESSONS
September 9-23	4:50pm-5:20pm	Monday/Wednesday	5
September 9-23	6:50pm-7:20pm	Monday/Wednesday	5
September 8-24	5:30pm-6:00pm	Tuesday/Thursday	6
September 5-October 24	10:30am-11:00am	Saturday	8
September 28-October 21	4:50pm-5:20pm	Monday/Wednesday	8
September 28-October 21	6:50pm-7:20pm	Monday/Wednesday	8
September 29-October 22	5:30pm-6:00pm	Tuesday/Thursday	8
October 31-December 19	10:30am-11:00am	Saturday	8
October 26-November 18	4:50pm-5:20pm	Monday/Wednesday	8
October 26-November 18	6:50pm-7:20pm	Monday/Wednesday	8
October 27-November 19	5:30pm-6:00pm	Tuesday/Thursday	8

Aquatics: Swim Lesson Schedules

Learn to Swim – Level 3

Participants learn to swim the front **crawl** and **elementary backstroke** at rudimentary proficiency levels, and are introduced to the scissors and dolphin kicks. Participants learn the **survival float** and **increase the time duration for treading water**. Participants also learn the rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside (if the water is 9 feet deep or deeper). On successful completion of Level 3, participants have achieved basic water competency in a pool environment. **AGES: 6-15**

DATES	TIMES	DAYS	LESSONS
September 9-23	5:30pm-6:00pm	Monday/Wednesday	5
September 8-24	4:50pm-5:20pm	Tuesday/Thursday	6
September 28-October 21	5:30pm-6:00pm	Monday/Wednesday	8
September 29-October 22	4:50pm-5:20pm	Tuesday/Thursday	8
October 26-November 18	5:30pm-6:00pm	Monday/Wednesday	8
October 27-November 19	4:50pm-5:20pm	Tuesday/Thursday	8

Learn to Swim – Level 4

Learn-to-Swim Level 4 seeks to improve participants' proficiency in performing the swimming strokes that were introduced in Level 3. Participants perform these strokes with increased proficiency and are able to swim them for greater distances. In addition, participants learn the arm actions that accompany the **scissors kick** and **breaststroke kick** in order to begin performing the sidestroke and breaststroke at rudimentary proficiency levels. Participants also learn the back crawl and butterfly at rudimentary proficiency levels, in addition to the basics of performing a simple open turn at a wall. **AGES: 6-15**

DATES	TIMES	DAYS	LESSONS
September 9-23	6:10pm-6:40pm	Tuesday/Thursday	6
September 29-October 22	6:10pm-6:40pm	Tuesday/Thursday	8
October 27-November 19	6:10pm-6:40pm	Tuesday/Thursday	8

Learn to Swim – Level 5

Learn-to-Swim Level 4 seeks to improve participants' proficiency in Learn-to-Swim Level 5 focuses on helping participants **refine their performance of all six swimming strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke)**. Participants perform these strokes with increased proficiency and are able to swim them for greater distances. Participants also learn to perform **flip turns** on the front and back. **AGES: 6-15**

DATES	TIMES	DAYS	LESSONS
September 9-23	6:10pm-6:40pm	Monday/Wednesday	5
September 28-October 21	6:10pm-6:40pm	Monday/Wednesday	8
October 26-November 18	6:10pm-6:40pm	Monday/Wednesday	8

Learn to Swim – Level 6

Level 6 focuses on refining strokes and turns and building endurance. Two options offered at the Kroc Center (Personal Water Safety (out of season) and Fitness Swimmer) provide participants with the opportunity to learn information and skills for specific aquatic activities. **AGES: 6-15**

FITNESS SWIMMER

DATES	TIMES	DAYS	LESSONS
September 9-23	6:50pm-7:20pm	Tuesday/Thursday	6
September 29-October 22	6:50pm-7:20pm	Tuesday/Thursday	8
October 27-November 19	6:50pm-7:20pm	Tuesday/Thursday	8

Adult Swim

Learning the Basics is designed to help participants gain basic aquatic skills and swimming strokes, including the **front crawl, breaststroke and elementary backstroke**. Participants also learn skills and concepts needed to stay safe around water, in addition to those needed to help themselves or others in an aquatic emergency. **AGES: 16+**

LEARNING THE BASICS

DATES	TIMES	DAYS	LESSONS
September 9-23	6:50pm-7:20pm	Monday/Wednesday	5
September 28-October 21	6:50pm-7:20pm	Monday/Wednesday	8
October 26-November 18	6:50pm-7:20pm	Monday/Wednesday	8

Parent & Child - Level 1

Level 1 introduces basic skills to parents and children. Parents learn how to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills. Children receive an introduction to basic skills that lay a foundation for learning to swim. In addition, parents are introduced to several water safety topics. **AGES: 6MO. - 3 YEARS**

DATES	TIMES	DAYS	LESSONS
September 5-October 24	9:10am-9:40am	Saturdays	8
October 31-December 19	9:10am-9:40am	Saturdays	8

Parent & Child - Level 2

Parent and Child Aquatics Level 2 builds on the skills introduced in Level 1. Participants improve on these skills and learn more advanced skills in Level 2. As with Level 1, water safety topics are also included in this level. **AGES: 6MO. - 3 YEARS**

DATES	TIMES	DAYS	LESSONS
September 8-24	6:10pm-6:40pm	Tuesday/Thursday	6
September 29-October 22	6:10pm-6:40pm	Tuesday/Thursday	8
October 27-November 19	6:10pm-6:40pm	Tuesday/Thursday	8



ART & EDUCATION



Piano

This Piano class is designed for young beginners, introducing them to basic notes, rhythms, and melodies. Students will develop hand coordination and musical awareness through fun songs and engaging activities. The supportive environment encourages creativity and helps children build confidence as they explore the world of music. **AGES: 4-14**

LVL	AGES	DATES	TIME	DAY
1	4-7	Sept. 21st – Nov. 2nd	5:00pm—5:45pm	Mon
2	8-14	Sept. 21st – Nov. 2nd	6:00pm—6:45pm	Mon
1	4-7	Nov. 16 – Dec. 28th	5:00pm—5:45pm	Mon
2	8-14	Nov. 16th – Dec. 28th	6:00pm—6:45pm	Mon

WEEKS	MEMBERS	NON-MEMBERS
7	\$68.42	\$80.50

Creative Art Studio

Painting, drawing and mixed media, explore various techniques that bring your child's imagination to life. Your child will explore a variety of skills, including, painting, drawing and mixed media. Spark creativity in your child and bring their imagination to life! **AGES: 5-12**

DATES	TIME	DAY
Sept 25, Oct 9, Oct 16, Oct 23	5:00pm - 5:45pm	Fri
Nov 20, Dec 4, Dec 11, Dec 18	5:00pm - 5:45pm	Fri

WEEKS	MEMBERS	NON-MEMBERS
4	\$32.75	\$38



Private Music & Dance Lessons

Our 30-minute private lessons, perfect for students of **all ages and skill levels!** Whether your kids dream of mastering piano, grooving on drums or owning the stage, our engaging lessons are tailored just for them. They'll learn at their own pace while exploring music theory, fundamentals, and instrument techniques. **AGES: 4+**

1 PARTICIPANT			2+ PARTICIPANTS		
LESSONS	MEMBERS	NON-MEMBERS	LESSONS	MEMBERS	NON-MEMBERS
8	\$293.25	\$345	8	\$195.50	\$230

The Salvation Army Kroc Center thanks The Thunderbirds, and SRP for their partnership.



DANCE



WEEKS	MEMBERS	NON-MEMBERS
7	\$56.52	\$66.50

Ballet Level 1 & 2

This class introduces young dancers to essential skills such as balance, mobility, and rhythm. This class focuses on the basics of ballet, helping little ones develop their technique in a fun and supportive environment. Emphasizing core movements and playful activities, it provides a strong foundation for future dance exploration while fostering creativity and self-expression. **AGES: 3–10**

LVL	AGES	DATES	TIME	DAY
1	3–5	Sept. 22nd–Nov. 3rd	6:00pm–6:45pm	Tue
2	6–10	Sept. 21st – Nov. 2nd	6:00pm–6:45pm	Mon
1	3–5	Nov. 17th – Dec. 29th	6:00pm–6:45pm	Tue
2	6–10	Nov. 16th – Dec. 28th	6:00pm–6:45pm	Mon



Gymnastics Level 1 & 2

Gymnastics is a style of dance/tumbling/acrobatics that incorporates balance, strength, and flexibility. This class teaches gymnastics skills on the comfort of our safe mats! Instructors carefully guide the class towards increased flexibility and balance. **AGES: 3–10**

LVL	AGES	DATES	TIME	DAY
1	3–5	Sept. 22nd–Nov. 3rd	5:00pm–5:45pm	Tue
2	6–10	Sept. 21 – Nov. 2nd	5:00pm–5:45pm	Mon
1	3–5	Nov. 17th – Dec. 29th	5:00pm–5:45pm	Tue
2	6–10	Nov. 16th – Dec. 28th	5:00pm–5:45pm	Mon



Hip Hop & Step Level 1 & 2

Hip Hop & Step focuses on energetic movement styles. Students will learn foundational hip hop steps, rhythm, and body coordination while exploring creative expression through choreography. The class promotes teamwork and confidence, allowing kids to develop their skills in a fun and engaging environment. **AGES: 7–12**

LVL	DATES	TIME	DAY
1	Sept 24th –Nov. 5th	5:00pm–5:45pm	Thur
2	Sept 24th –Nov. 5th	6:00pm–6:45pm	Thur
1	(Thur: Nov. 19 – Dec. 17), (Wed: Dec. 23 & 30)	5:00pm–5:45pm	Wed/ Thur
2	(Thur: Nov. 19 – Dec. 17), (Wed: Dec. 23 & 30)	6:00pm–6:45pm	Wed/ Thur



SPORTS



WELCOME NIGHT

October 2nd | 5:00pm – 7:00pm | Gymnasium

FALL SEASON

October 5th – November 21st



Join the team

Our Kroc Youth Sports Leagues are designed to help improve sports skills while emphasizing fun, sportsmanship, hard work, and character development. Players must be the age indicated by the first day of practice to enroll within that age-group.

Scholarships

Scholarships will be given to those with a proven financial need (documentation required). Funding is limited and on a first come, first served basis. Please call the Welcome Desk at 602.425.5000 for more information. Applications must be submitted at least one week before the start of the season.

What To Expect

First Week: During the first week, players will have a chance to work with each of our coaches. There will NOT be a game the first week. By the end of week 1, teams are final.

Second Week: Teams will begin practicing with their assigned teams and they will receive their jersey. All games will begin this week!

*All teams are final pending Sports Manager’s approval.

Jersey Policy

Thanks to the generous support of Spee-D Tees BBQ, jerseys are provided to all players at a reduced cost. Lost, damaged, or additional jerseys may be purchased for a \$25 replacement fee.

All Sports: First-time participants will purchase a jersey as an “add-on” to their registration during enrollment. For returning participants, jerseys remain the same each season and they will only receive a new one if they need a new size or new color and can be purchased for \$25.

Note: rosters will be FINAL by the end of week one to determine which color jersey they receive in week two (soccer and football).



Cassidy Godber

Sports Manager
Cassidy.Godber@usw.salvationarmy.org
(602)425–5012



James Miller

Sports Lead
Sports.Lead@usw.salvationarmy.org
(602)425–5013



DROP-IN PICKLEBALL

Tuesday & Thursdays
2:00pm–3:00pm

SENIOR PICKLEBALL:

Tuesday & Thursdays
1:00pm–2:00pm



Volunteer Team

We absolutely LOVE providing sports at the Kroc, and it wouldn't be possible without our amazing volunteers! Join us as a coach or referee, and you might even qualify for discounted entry for your child!

Contact our Sports Manager for more info.



Kroc Basketball

The Kroc Basketball League is designed to help improve basketball skills while emphasizing fun, sportsmanship, hard work, and character development. Competitive balance will be sought while creating each team. **AGES: 4–17**

Practices			Games		
AGES	TIMES	DAYS	AGES	TIMES	DAYS
4–6	5:00pm–6:00pm	Thu	4–6	5:00pm–6:00pm	Fri
7–8	6:00pm–7:00pm	Thu	7–8	6:00pm–7:00pm	Fri
9–10	5:00pm–6:00pm	Tue	9–10	5:00pm–6:00pm	Fri
11-12	6:00pm–7:00pm	Tue	11-12	6:00pm–7:00pm	Fri
13–17	7:00pm–8:00pm	Tue	13–17	7:00pm–8:00pm	Fri

MEMBERS

NON-MEMBERS

\$85

\$100

Flag Football

The league will provide youth with a fun and safe recreational flag football program in coordination with USA Football. The first week will meet for a skills combine while our coaches evaluate. Once the combine concludes, each child will be drafted by a coach and placed on a team. **AGES: 8–14**

Practice			Game		
AGES	TIMES	DAYS	AGES	TIMES	DAYS
8–10	6:00pm–7:00pm	Mon	8–10	6:00pm–7:00pm	Thu
11–14	6:00pm–7:00pm	Mon	11–14	6:00pm–7:00pm	Thu

MEMBERS

NON-MEMBERS

\$85

\$100

Kroc Tot Multi–Sports

Get ready for active fun with Kroc Tots! This beginner-friendly sports program introduces little ones to the world of sports in a playful, encouraging environment. Tots will get a taste of basketball, soccer, volleyball, football, and tee ball; helping them build confidence, coordination, and a love for movement. **AGES: 2–4**

TIMES	DAYS	MEMBERS	NON-MEMBERS
5:00pm – 6:00pm	Tue/Thu	\$73	\$85

Soccer

Join our soccer program where young athletes can thrive in a supportive and engaging environment. Our program runs throughout the spring, fall, and winter seasons, providing opportunities for skill development, teamwork, and,sportsmanship. **AGES: 4–17**

Practice			Game		
AGES	TIMES	DAYS	AGES	TIMES	DAYS
4–6	5:00pm–6:00pm	Wed	4–6	9:30am–10:30am	Sat
7–9	5:00pm–6:00pm	Wed	7–9	9:30am–10:30am	Sat
10–12	6:00pm–7:00pm	Wed	10–12	10:30am–11:30am	Sat
13–17	7:00pm–8:00pm	Wed	13–17	11:30am–12:30pm	Sat

MEMBERS

NON-MEMBERS

\$85

\$100

Tee Ball

Tee Ball offers children the opportunity to develop essential skills such as batting, throwing, and fielding, and sportsmanship. With an emphasis on learning through play, our experienced coaches provide guidance and encouragement every step of the way, ensuring that each child gains confidence and builds a love for the game. **AGES: 4–7**

Practice			Game		
AGES	TIMES	DAYS	AGES	TIMES	DAYS
4–7	6:00pm–7:00pm	Tue	4–7	10:30am–11:30am	Sat

MEMBERS

NON-MEMBERS

\$73

\$85

Volleyball

This training-based program is perfect for beginner to intermediate volleyball players looking to build their skills and confidence on the court. Each session focuses on core fundamentals like passing, setting, serving, and hitting, while also introducing game-like drills and real-play scenarios to help players grow in both technique and game awareness. **AGES: 7–17**

Practices			Games		
AGES	TIMES	DAYS	AGES	TIMES	DAYS
7–9	5:00pm – 6:00pm	Mon	7–9	5:00pm – 6:00pm	Wed
10–12	6:00pm – 7:00pm	Mon	10–12	6:00pm – 7:00pm	Wed
13–17	7:00pm – 8:00pm	Mon	13–17	7:00pm – 8:00pm	Wed

MEMBERS

NON-MEMBERS

\$85

\$100

Private Sports Lessons

Watch your child thrive with personalized, one-on-one training from our skilled coaches. Whether they're looking to boost their skills or take their performance to the next level, our expert coaches are dedicated to their growth and success. **AGES: 4–13**

CONTACT OUR SPORTS MANAGER FOR MORE INFO!

LESSONS	NON-MEMBERS
4	\$150
8	\$275
12	\$425

BOXING

WELCOME NIGHT

October 2nd | 5:00pm – 7:00pm | Gymnasium

FALL SEASON

October 5th – November 21st



Kids Boxing

Tuesdays | 6:00pm–7:00pm

Our new Kids Boxing Program is a fun and fast-paced, 7-week course designed specifically for beginners ages 6–8. Held once per week, this non-contact program introduces young boxers to the fundamentals of boxing through footwork, drills, and skill-building games. With a focus on coordination, discipline, and confidence, this class lays the foundation for future success and prepares participants for the next level into our next boxing program when they turn 9. **AGES 6–8**

- Hand wraps required.
- Personal Gloves recommended

MEMBERS	NON-MEMBERS
\$73	\$85

Boxing Round 1: Foundations

Mondays & Thursdays | 6:00pm–7:00pm

Foundations is the perfect starting point for anyone ages 9–17 who wants to learn the basics in a fun, beginner-friendly setting. This 7-week program meets twice a week and covers everything from stance and footwork to punches and defense, all in a non-contact, supportive environment. Whether you're looking to build confidence, get active, or try something new, this class is a great way to step into the world of boxing and start building your skills from the ground up. **AGES 9–17**

- Hand Wraps required. Can be purchased at the Welcome Desk or as an add-on during enrollment for \$10
- Personal gloves recommended.

MEMBERS	NON-MEMBERS
\$85	\$100

Boxing Round 2: Progressions

Mondays & Thursdays | 7:00pm–8:00pm

Ready for the next level? Round 2: Progressions is the next step for participants who have completed Round 1 and are ready to build on their skills. This 7-week program meets twice a week and focuses on improving technique, adding movement, and introducing more advanced boxing combos and footwork. Still non-contact and beginner-friendly, this class is all about helping young boxers grow their confidence, sharpen their skills, and take their training to the next level while having fun and staying active. **AGES 9–17**

- Hand Wraps required. Can be purchased at the Welcome Desk or as an add-on during enrollment for \$10
- Personal gloves recommended.

HAND WRAPPING TUTORIAL



Boxing Round 3: Performance

Saturdays | 9:30am–11:30am

Our Boxing League is designed for participants who have completed Round 1 and Round 2 and are ready for sparring. This 7-week program meets twice per week and introduces controlled, supervised sparring in a safe and supportive environment. Boxers will continue to build their technique, ring awareness, and confidence while applying what they've learned in live situations. Participants will compete throughout the season in two teams, earning points each practice. Sparring will take place during the final week. Safety gear is required, and all sparring is closely monitored by experienced coaches to ensure a positive and respectful experience for all participants. **AGES 10–17**

- Hand Wraps and mouth guards required. Can be purchased at the Welcome Desk or as an add-on during enrollment for \$10
- Personal headgear and gloves recommended.

MEMBERS	NON-MEMBERS
\$85	\$100

Private Boxing Lessons

Watch your child grow stronger with personalized, one-on-one boxing training from our skilled coaches. Whether they're sharpening their technique or stepping up to compete, our expert trainers are in their corner—focused on building confidence, discipline, and next-level performance. **AGES: 6–17**

LESSONS	PRICING
4	\$150
8	\$275
12	\$425

Contact our Sports Manager for more info!

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For those special days...

Looking for the perfect venue for your next event? Our rental facility offers the ideal space for any occasion! Whether you're planning a staff meeting, corporate event, birthday party, or family gathering, we provide a flexible and spacious environment to suit your needs.

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CAMP KROC

2 0 2 6



FALL CAMP

OCTOBER 5-9 | 7:30AM - 5:30PM

Campers will dive into exciting activities like swimming, rock climbing, arts & crafts, cooking experiments, sports, and more! The week ends with a Splashtastic Pool Party, where campers can celebrate their new friends and favorite moments by splashing away at the Aquatics Center. Dive into the fun at Camp Kroc!

AGES
5-13

PRICING	
MEMBERS	NON-MEMBERS
\$178.50	\$210



APPLY FOR SCHOLARSHIP!

REGISTER TODAY!

CAMP MANAGER: AUBREY MONTENIERI
AUBREY.MONTENIERI@USW.SALVATIONARMY.ORG
(602)425-5008

