

APRIL 2024 NEWS & EVENTS

KROC

IN APRIL WE CELEBRATE AUTISM AWARENESS MONTH

LIMITED SWIM: This time is reserved for our communities with special needs, disabilities, and for Children 5 and under with Parent/Guardian.

MON-SAT: 11AM-1PM | MON-FRI: 3PM-4PM

FACILITY HOURS

KROC CENTER FACILITY HOURS

MONDAY-FRIDAY: 5:30AM-9PM

SATURDAY: 7AM-9PM

SUNDAY: 1PM-6PM

GYM & FITNESS

MON-FRI: 5:30AM-8:45PM

SATURDAY: 7AM-8:45PM

SUNDAY: 1PM-5:45PM

ROCK WALL

OPEN CLIMB

MON, WED, FRI: 4PM-9PM

TUES & THURS: 4PM-7PM

SAT: 1PM-9PM

SUN: 1PM-6PM

ADULT CLIMB

TUES & THURS: 7PM-9PM

AQUATICS CENTER

MON-FRI: 5:30AM-8:45PM

SATURDAY: 7AM-8:45PM

SUNDAY: 1PM-5:45PM

KROC JR. PLAYCARE

TWO HOURS LIMIT PER DAY

MON-FRI: 8AM-8:30PM

SATURDAY: 8AM-1PM

KROC KIDS DISCOVERY

MON-FRI: 4:30PM-8PM

SATURDAY: 1PM-6:30PM

SUNDAY: 1PM-5PM

REBOUND

CLOSED ON WEEKENDS

MON-FRI: 4PM-8PM

SKPS NO SCHOOL DAYS: 1PM-8PM

KROC CAFÉ

MON-FRI: 9AM-7PM

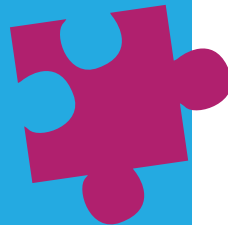
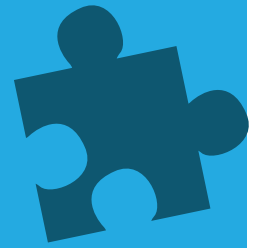
SAT: 10AM-7PM

LUNCH SPECIALS: 11AM-2PM

SUNDAY WORSHIP

ENGLISH: 10:45AM-12PM

SPANISH: 12:30PM-1:30PM



SUMMER DAY CAMP 2024

ADVENTURE AWAITS!



DISCOVER NEW WAYS TO HAVE FUN THIS SUMMER

REGISTER FOR KROC CAMP: KrocSalem.org/day-camp

   FOLLOW US ONLINE

Address: 1865 Bill Frey Drive Salem, OR 97301

Information Desk: 503-566-5762

Website: krocSalem.org



KROC PROGRAMS & EVENTS

A. LASER SWORD FITNESS

The future of fitness! Or is it from long ago and far, far away? You don't need to be a StarWars® fan to feel the full force of this whole-body lasersword workout. Power will flow through you into the electronic saber with active lights and sounds. Training involves building a combination of endurance, strength, agility, and discipline. This class is the first step towards becoming a Master of the Laser Sword. Sign up online or at our information desk for the next month of this roster class that meets weekly. Two classes to choose from, on either Friday or Saturday evenings. May the Kroc be with you.



B. CHILDWATCH | AGES 4 MONTHS TO 9 YEARS OLD

Drop the kids to play in Kroc Junior or Kroc Discovery while you work out. Our staff is trained and safety vetted to provide "Play Care" so you can sweat your fitness routine, and not watching the kids. Enjoy two-hours on your own to lift, swim, read, enjoy a latte, Zumba or whatever. Kroc ChildWatch is included with membership.



C. KROC SWIM TEAM | MON-WED-FRI 5:30PM-6:30PM

From intro-advance competitive swimmers, Kroc Aquatics invites you to join our year round swim team! Kroc Swim Team will focus on competitive techniques, endurance, teamwork, and individual growth (skill levels). Schedule a tryout on a practice day.

D. REBOUND TEEN PROGRAMS

Young adult students are invited to complete their GED at The Kroc Center with certified instructors from Chemeketa Community College. Kroc Been There program gives teen participants an understanding of their personal power by developing a growth mindset to see new possibilities and to achieve personal success.



E. AQUA STAND UP: SIGN UP FOR APRIL TO JUNE | AGES 25+

Aqua Stand Up is now an aquatic fitness roster class at the Salem Kroc Center! This weekly 50 minute class combines workout, balance, flexibility, and fun into a unique class that's sure to get your heart pumping (and hair wet)! If you've done SUP on a lake, you'll want to discover the ways we can workout on the board! This Medium-High intensity class features music and instruction that will rock your core. We have all the SUP hardware, you bring your swim suit. \$50 for Kroc Members, \$65 for non-members per month session (4 classes).

F. DÍA DEL NIÑO CHILDRENS DAY | SAT APRIL 27TH | FREE!

Sabado 27 de Abril 12-3PM. Fiesta: Diversión y premios para niños. Feria: recursos para familias. ¡Gratis! This family resource fair coincides with the Day of the Child in some cultures. The event features fun activities for kids, and community resources for their families.



G. VOLUNTEER AT THE KROC: KROCSALEM.ORG/VOLUNTEER

The Kroc center has the perfect volunteer opportunity for you. Be a part of our team by volunteering in one of our departments. Opportunities include, Fine Arts and Education Program aide, Activity room monitor, Sport and Fitness program assistant, Aquatics volunteer, and special events support. Visit our website for the full list of opportunities and to sign up!

H. WEDNESDAY WORSHIP

Join Salem Kroc Ministries mid-week for an alternative worship service featuring Bible study and a contemporary praise band. You're invited for praise and fellowship in the Kroc Center Chapel. Everyone's welcome! The 6PM New Life service flows into 6:30 Bible Study, which is a unique study, "365 Day Bible Reading Plan & Study."

I. FAMILY FRIDAYS (AND SUNDAY TOO) WITH KROC MINISTRIES

The Salvation Army hosts classes and programs on Friday for every family member. BLAST for kids, Crossroads for teens, Bible study in both English and Spanish for adults. Sunday worship service is a blend of contemporary music, classic hymns, stories of encouragement, and sermons based on Biblical truth. From lifelong Christians to first-time church goers, we welcome everyone to Kroc Ministries. Sundays at 10:45AM, and 12:30 en español.

