

MARCH 2024 NEWS & EVENTS

# KROC

## JOIN US FOR EASTER SERVICE

## FACILITY HOURS

### KROC CENTER FACILITY HOURS

MONDAY-FRIDAY: 5:30AM-9PM

SATURDAY: 7AM-9PM

SUNDAY: 1PM-6PM

CLOSED EASTER SUNDAY

### 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

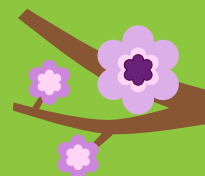
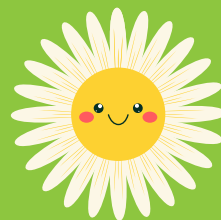
LUNCH SPECIALS: 11AM-2PM

### SUNDAY WORSHIP

FREE TO THE PUBLIC

ENGLISH: 10:45AM-12PM

SPANISH: 12:30PM-1:30PM



# SPRING BREAK FUN

**DAILY:**  
Events  
Games  
Programs  
Prizes

**Cruise the Kroc**  
March 25-30th

**Kroc Member  
Appreciation  
Week**

FOLLOW US ONLINE

Address: 1865 Bill Frey Drive Salem, OR 97301

Information Desk: 503-566-5762

Website: [krocsalem.org](http://krocsalem.org)





# KROC PROGRAMS & EVENTS

## A. UNDER WATER EASTER EGG HUNT | SATURDAY MAR 30TH

The Kroc Pools will be filled with colorful eggs for Easter! Open to kids ages 0-12, and all swim ability levels. It is a fun splash in the Leisure Pool, or a plunge in the Competition Pool, to gather plastic eggs and redeem them for gifts and prizes. Space is limited. Just \$5!

## B. SPRING DAY CAMP: SIGN UP NOW!

Spring Break Day Camp – ALL DAY LONG! Daily excitement with delightful treats, creative crafts, blockbuster movies, and thrilling live game shows! Kids will scale new heights on the rock wall and make a splash in the pool; every moment promises a blast of tropical fun for an unforgettable Spring adventure! Members, log in to see your discount. Lunch included. Camp runs 9AM-4PM, with FREE extended care. Early drop off at 7:30AM and late pickup at 5:30PM. Register today at [krocsalem.org/day-camp](http://krocsalem.org/day-camp)

## 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 NOW!

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). Limited availability so sign up for the March session now. Ages 25+

## F. KROC MEMBER WELLNESS TEAM CHAT APP

Our Fitness Team Chat app moderated by a certified personal trainer to help you achieve your goals through expert advice, peer motivation and encouragement. Weekly plans, daily updates, fitness discussions with GroupEx staff and classmates, recipes, tips, feedback and more! Plus, in person seminars and check-ins to keep you on track. This program is for Kroc Members only, and is FREE (other clubs charge \$100 a month!). Sign up online, and get the app download code at the Front Desk. First group starts March 18th!

## G. ROCK WALL

Take your fitness to new heights. Climbing on the 33' rock wall at the Salem Kroc Center is a fun workout for your whole body. We have all the kit and safety equipment, as well as friendly and knowledgeable staff to coach you up the wall. Approachable for beginners, and challenging for more advanced climbers to mount..

## 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.

