

WORSHIP WITH US

SUNDAY

ASSEMBLY HALL

Spanish translation available | Traducción al Español disponible

ADULT
Sunday School
10:00 A.M.

WORSHIP
SERVICE
11:00 A.M.

KIDS
CHURCH
11:30 A.M.

Join Our Team





SCAN ME




J.O.Y

Spring Fling

TUESDAY MAY 24 @ 11 AM
(FOR SENIORS AGES 55+)

Register between
May 1st and May 13th
to qualify for a drawing



KROC SHIELD For your protection.
Para su protección.

Be Smart, Stay Healthy!
Although face coverings are no longer required taking proper precautions helps to keep everyone safe in public spaces.

- Stay home if you are sick or not feeling well.
- Wear a mask if you feel you may have been exposed to someone who is not feeling well.
- Wash your hands often.
- Use hand sanitizer when you can.
- Social distance.

Face coverings are always available for free at the Welcome Desk for anyone who would like the added protection.



LOOKING FOR UPDATES?
For more information on department program changes or cancellations follow these easy steps: **1) Call 402.905.3588**

- Press #1 Sports & Recreation
- Press #2 Aquatics
- Press #3 Health & Fitness
- Press #4 Education & Camps
- Press #5 Fine Arts
- Press #6 Spiritual Life


Updated 04.28.22 TP




PROGRAM & CLASS SCHEDULE

MAY 2022


OPERATIONAL HOURS
Monday - Friday: 5:00am - 8:00pm
Saturday: 8:00am - 5:00pm
Sunday: **OPEN for Church, 11:00am**




SPORTS & RECREATION




COMMUNITY ACTIVITIES



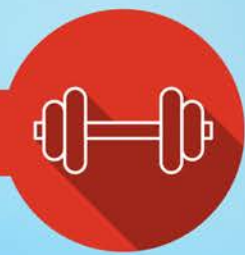
YOUTH & EDUCATION




AQUATICS




The
CENTER
OF IT ALL




FITNESS



FINE ARTS



MINISTRIES





MINISTRIES

SUNDAY

Adult Sunday School | 10AM
Worship Service* | 11:00 AM

*Traducción al Español en
nuestros servicios dominicales.

Kid's Church | 11:30 AM

Join our Teen Group two
Sundays per month after church

TUESDAY

J.O.Y Club (Just Older Youth)
Party Room 2 | 10:30-11:30 AM

WEDNESDAY

School of Music (SOM)
Time: 5:00 PM (S)(R)(C)
Ages: 7-16 yrs.
Fellowship Hall | Weekly

Women's Fellowship | 5:00 PM
Senior Center | Weekly

Men's Fellowship | 5:00 PM
Chapel | Weekly

Wednesday night ministry
programs begin at 5PM with
refreshments and fellowship.



Just Older Youth
Tuesdays 10-11 a.m

FITNESS



FITNESS CLASSES

Check the Fitness Class Insert for day-to-day classes
with descriptions including Virtual Classes

MONDAY

Fitness Deck | 5:00 AM - 8:00 PM
(Ages 16+) & Kroc IE Graduates
SilverSneakers Yoga | 9:45 AM - 10:30 AM
(Ages 16+) Group Ex Studio
Zumba (C) | 6:00 PM - 6:50 PM
(Ages 16+) Group Ex Studio
Stages Cycle (C) | 6:30 PM - 7:15 PM
(Ages 16+) Limit of 10 Party Room #1

TUESDAY

Fitness Deck | 5:00 AM - 8:00 PM
(Ages 16+) & Kroc IE Graduates
Fit & Function | 8:30 AM - 9:00 AM
(Ages 19+) Group Ex Studio
SilverSneakers Stability | 9:15 AM - 10:00 AM
(Ages 19+) Group Ex Studio
Kids Yoga | 6:00 AM - 6:45 PM
(Ages 7-12) Party Room #1
Yoga (C) | 7:00 AM - 7:50 PM
(Ages 16+) Group Ex Studio

WEDNESDAY

Fitness Deck | 5:00 AM - 8:00 PM
(Ages 16+) & Kroc IE Graduates
Zumba (C) | 6:00 PM - 6:50 PM
(Ages 16+) Group Ex Studio
Escape | 6:30 PM - 7:15 PM
(Ages 16+) Upper Fitness Deck

THURSDAY

Fitness Deck | 5:00 AM - 8:00 PM
(Ages 16+) & Kroc IE Graduates
Fit & Function | 8:30AM - 9:00 AM
(Ages 19+) Group Ex Studio
Line Dancing | 9:15 AM - 9:45 AM
(Ages 19+) Group Ex Studio
TRX Suspension Training (C) 7:00 PM - 7:45 PM
(Ages 19+) Group Ex Studio

FRIDAY

Fitness Deck | 5:00 AM - 8:00 PM
(Ages 16+) & Kroc IE Graduates
Zumba (C) | 6:00 PM - 6:50 PM
(Ages 16+) Group Ex Studio
Kroc IE | 6:00 PM - 7:00 PM 5/6 - 5/27
(Ages 10-15) Fitness Deck (S)(R)(C)

SATURDAY

Fitness Deck | 8:00 AM - 5:00 PM
(Ages 16+) & Kroc IE Graduates

SPORTS & RECREATION



OPEN GYM CALENDAR

Check the Sports & Recreation Calendar insert for day-
to-day events and time adjustments

MONDAY

J.O.Y. Pickleball | 9:00 AM - 11:30 AM
(Ages 19+) | COURT #1

TUESDAY

LÜ Interactive Playground | 4:00 PM - 8:00 PM
(Ages 8+) | Indoor Turf
Dodgeball | 5:15 PM - 6:00 PM
(Ages 8-14) | COURT #2
Pickleball & Friends | 6:00 PM - 7:30 PM
(Ages 12+) Youth under 12 allowed with parent
participation | COURT #1

THURSDAY

Dodgeball | 5:15 PM - 6:00 PM
(Ages 8-14) | Indoor Turf
Pickleball & Friends | 6:00 PM - 7:30 PM
(Ages 12+) Youth under 12 allowed with parent
participation | COURT #1

FRIDAY

J.O.Y. Pickleball | 9:00 AM - 11:30 AM
(Ages 19+) | COURT #1

SATURDAY

Hatchling Co-Ed Soccer Program (S)(R)(C)
9:00 AM - 10:00 AM
(Ages 4-7) | Indoor Turf - 4/23 - 5/28
Sign up today!
LÜ Interactive Playground | 12:00 PM - 2:00 PM
(Ages 8+) | Indoor Turf

LES MILLS

Check Out the May
Fitness Class Insert for
all class offerings and
descriptions!



WEIGHTS FOR WOMEN!

During 4 weeks, use free weights with proper form, work on all major
muscle groups and familiarize yourself with weight room etiquette.



JUNE 7 - 30
TUE & THUR
6:30 PM - 7:30 PM
MEM. \$70 & NON-MEM. \$100

YOUTH & EDUCATION



OPEN YOUTH & EDUCATION CALENDAR

Check the Youth & Education Calendar insert for Loft &
KidZone Hours and time adjustments

MONDAY

Club Kroc After-School Program
4:00 PM - 6:30 PM Ends 5/13

Pop Pop Popcorn | 5:15 PM - 6:00 PM
(Ages 6 - 8)
Ends 5/9

TUESDAY

Club Kroc After-School Program
4:00 PM - 6:30 PM Ends 5/13

Animation! | 5:15 PM - 6:00 PM
(Ages 9 - 12) Ends 5/10

WEDNESDAY

Club Kroc After-School Program
4:00 PM - 6:30 PM Ends 5/13

THURSDAY

Club Kroc After-School Program
4:00 PM - 6:30 PM Ends 5/13

Kids in the Kitchen | 5:15 PM - 6:00 PM
(Ages 9 - 12) Ends 5/12

FRIDAY

Club Kroc After-School Program
4:00 PM - 6:30 PM Ends 5/13

SATURDAY

RJ's Adventure Zone
11:30 AM - 3:00 PM
(limit of 20 youth - must be
accompanied by parent or
guardian)

AQUATICS



OPEN POOL CALENDAR

Check the Aquatic Calendar insert for day-to-day
events and time adjustments for both pools

MONDAY

AquaCize
8:30 AM - 9:15 AM (Ages 19+)
Kroc Swim Team Practice
11:00 AM - 12:00 PM (Ages 6+) (S)(R)(C)
STINGRAY SLIDE | 4:00 PM - 6:30 PM
Diver Course 5/2 - 5/16
5:30 PM - 8:00 PM (Ages 10+) (S)(R)(C)
Discover Scuba 5/23
5:30 PM - 7:00 PM (Ages 10+) (S)(R)(C)
Power Wave Water Aerobics (C)
6:00 PM - 7:00 PM (Ages 16+)

TUESDAY

Face Up First Swim Lessons | Slide Well 6/7-7/26
8:00 AM - 10:00 AM & 3:30 PM - 6:00 PM (S)(R)(C)
Red Cross Group Swim Lessons 5/3 - 5/26
4:30 PM - 6:45 PM (S)(R)(C)
Kroc Swim Team Practice
5:30 PM - 6:30 PM (S)(R)(C)

WEDNESDAY

AquaCize
8:30 AM - 9:15 AM (Ages 19+)
Kroc Swim Team Practice (S)(R)(C)
11:00 AM - 12:00 PM
STINGRAY SLIDE | 4:00 PM - 6:30 PM
Swim Skills Assessment 5/11 ONLY
5:00 PM - 6:00 PM (Ages 3+)
Discover Scuba 5/18
5:30 PM - 7:00 PM (Ages 10+) (S)(R)(C)
Power Wave Water Aerobics (C)
6:00 PM - 7:00 PM (Ages 16+)

THURSDAY

AquaCize
9:30 AM - 10:15 AM (Ages 19+)
Red Cross Swim Lessons 5/3 - 5/26
4:30 PM - 6:45 PM (S)(R)(C)
Kroc Swim Team Practice
5:30 PM - 6:30 PM (S)(R)(C)

FRIDAY

AquaCize
8:30 AM - 9:15 AM (Ages 19+)
Discover Scuba 5/13
5:30 PM - 7:00 PM (Ages 10+) (S)(R)(C)
STINGRAY SLIDE | 4:00 PM - 6:30 PM

SATURDAY

AquaBlast 2.0 ** Starts in the Lazy River (C)
9:15 AM - 10:15 AM (Ages 16+)
Kroc Swim Team Practice
9:30 AM - 10:30 AM (S)(R)(C)
STINGRAY SLIDE | 12:00 PM - 3:00 PM
Red Cross Swim Lessons 6/4 - 7/30
10:00 AM - 12:00 PM (S)(R)(C)
Discover Scuba 5/21 | 1:00 PM - 2:30 PM
(Ages 10+) (S)(R)(C)
Wibit Bridge | 12:00 PM - 3:00 PM

FINE ARTS



FRIDAY

Kids Pottery | 5:30 PM - 6:30 PM
(Ages 8-13) Starts 5/6 - 5/27 (S)(R)(C) **NEW**

SATURDAY

Group Youth Piano Instruction
11:00 AM - 12:00 PM
(Ages 7 - 12) Starts 5/7 - 5/28 (S)(R)(C) **NEW**

Group Adult Piano Instruction
12:00 PM - 1:00 PM
(Ages 19+) Starts 5/7 - 5/28 (S)(R)(C) **NEW**

**NEW FINE ARTS ACTIVITIES
WILL BE ANNOUNCED SOON!**

KROC CENTER
Group Piano
LESSONS
Ages 7-12

Saturdays 11:00AM - 12:00PM
May 7 - May 28
\$70 Member / \$100 Non-member

PRIVATE PIANO INSTRUCTION

SIGN UP TODAY!

Private Music Instruction
Single 30-minute
\$40 Member / \$60 Non-member
4 pack / 30-minutes
\$150 Member / \$180 Non-member
8 pack / 30-minute
\$280 Member / \$300 Non-member



New Program



Fee Required



Registration Required



Register Soon!



Graduates of Kroc IE Ages 14 & 15 may attend these classes with a participating parent or guardian!