

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





10 WARNING SIGNS OF ALZHEIMER'S

Informational presentation
Tuesday July 5th - 10:30a.m.
Location: Chapel
Register by June 28




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 05.31. 22 TP


SPORTS & RECREATION




COMMUNITY ACTIVITIES



YOUTH & EDUCATION

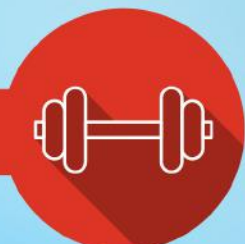


AQUATICS





The
CENTER
OF IT ALL

FITNESS

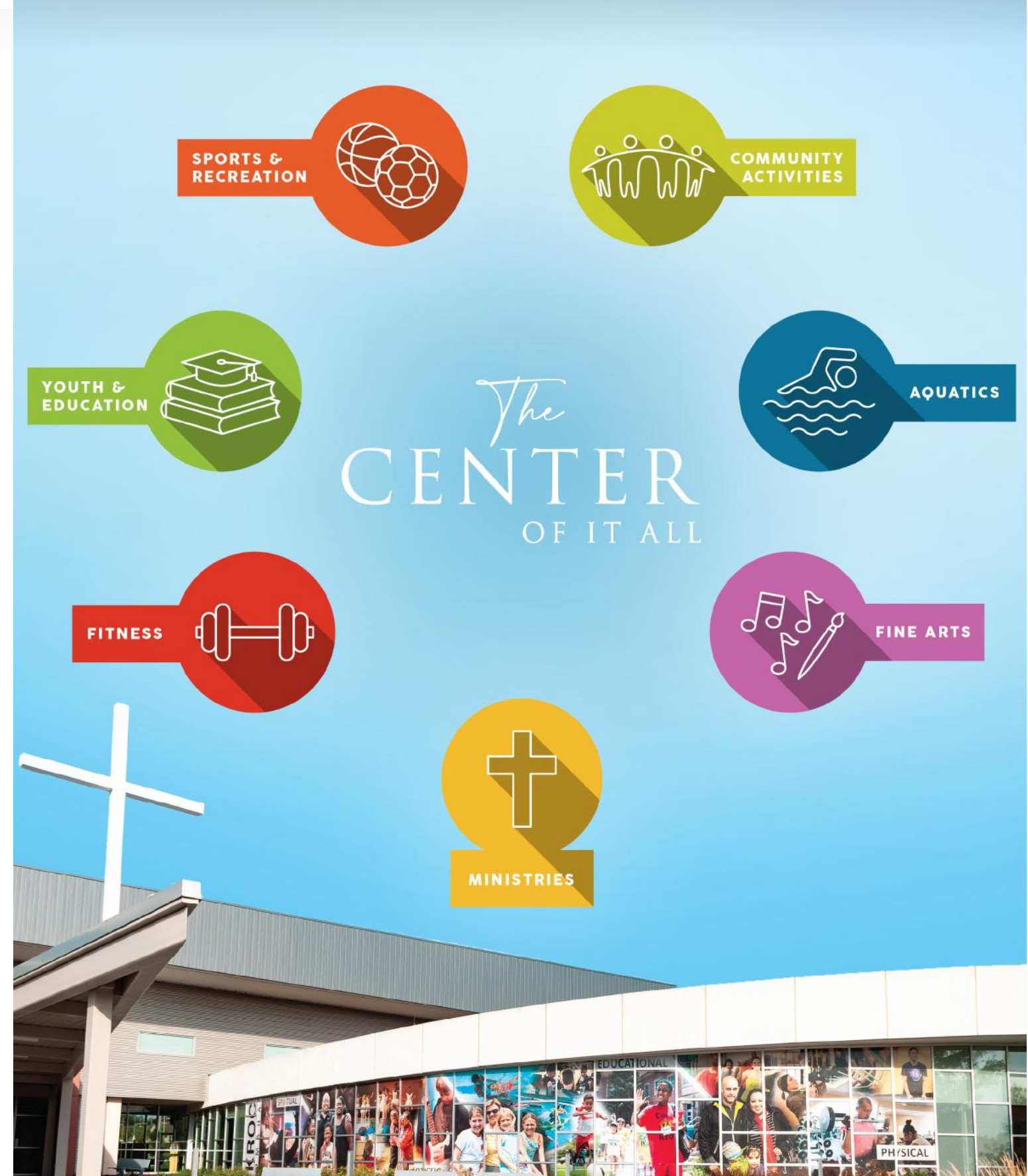


FINE ARTS





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

Make Waves
Vacation Bible School
FREE BONUS WEEK
August 8-12
9 AM to 12:30 PM
Monday through Friday
Ages 6-13
Register now!

- Music
- Games
- Bible lessons
- Lunch included

KROC CENTER

JOY

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 | 6:00 PM - 6:50 PM
(Ages 16+) Group Ex Studio
Stages Cycle | 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 PM - 6:45 PM
(Ages 7-12) Party Room #1
Yoga | 7:00 PM - 7:50 PM
(Ages 16+) Group Ex Studio

WEDNESDAY

Fitness Deck | 5:00 AM - 8:00 PM
(Ages 16+) & Kroc IE Graduates
Tai Chi | 10:00 AM - 10:45 AM
(Ages 16+) Group Ex Studio
Zumba | 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 | 8:30 AM - 9:00 AM
(Ages 19+) Group Ex Studio
Line Dancing | 9:15 AM - 9:45 AM
(Ages 19+) Group Ex Studio
TRX Suspension Training | 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 | 6:00 PM - 6:50 PM
(Ages 16+) Group Ex Studio
Kroc IE | 6:00 PM - 7:00 PM 6/3 - 6/24
(Ages 10-15) Fitness Deck

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 | COURT #1 (Ages 19+)
9:00 AM - 12:00 PM

TUESDAY

Hatchling Soccer 6/7 - 6/23 | 6:30 PM - 7:30 PM
Indoor Turf (Ages 4 - 7)

WEDNESDAY

LÜ Interactive Playground | Indoor Turf (Ages 8+)
6:00 PM - 8:00 PM

THURSDAY

Hatchling Soccer 6/7 - 6/23 | 6:30 PM - 7:30 PM
Indoor Turf (Ages 4 - 7)

FRIDAY

J.O.Y. Pickleball | COURT #1 (Ages 19+)
9:00 AM - 12:00 PM

SATURDAY

LÜ Interactive Playground | Indoor Turf (Ages 8+)
12:00 PM - 2:00 PM

SIGN UP TODAY!

HATCHLING SOCCER PROGRAM

STARTS JUNE 7 - JUNE 23, 2022

TUESDAYS & THURSDAYS
6:30 PM - 7:30 PM (AGES 4-7)

\$60 MEMBERS / \$80 NON-MEMBERS

REGISTER YOUR CHILD AT THE WELCOME DESK!

KROC CENTER

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.

JULY 5 - 28
TUE & THUR
6:00 PM - 7:00 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

Kid Zone
9:00 AM - 12:00 PM & 5:30 PM - 7:45 PM
RJ's Adventure Zone
9:00 AM - 11:30 AM & 5:00 PM - 7:30 PM
(limit of 20 youth - must be accompanied by parent or guardian)
The Loft
12:00 PM - 8:00 PM

TUESDAY

Kid Zone
9:00 AM - 12:00 PM & 5:30 PM - 7:45 PM
RJ's Adventure Zone
9:00 AM - 11:30 AM & 5:00 PM - 7:30 PM
(limit of 20 youth - must be accompanied by parent or guardian)
The Loft
12:00 PM - 8:00 PM

WEDNESDAY

Kid Zone
9:00 AM - 12:00 PM & 5:30 PM - 7:45 PM
RJ's Adventure Zone
9:00 AM - 11:30 AM & 5:00 PM - 7:30 PM
(limit of 20 youth - must be accompanied by parent or guardian)
The Loft
12:00 PM - 8:00 PM

THURSDAY

Kid Zone
9:00 AM - 12:00 PM & 5:30 PM - 7:45 PM
RJ's Adventure Zone
9:00 AM - 11:30 AM & 5:00 PM - 7:30 PM
(limit of 20 youth - must be accompanied by parent or guardian)
The Loft
12:00 PM - 8:00 PM

FRIDAY

Kid Zone
9:00 AM - 12:00 PM & 5:30 PM - 7:45 PM
RJ's Adventure Zone
9:00 AM - 11:30 AM & 5:00 PM - 7:30 PM
(limit of 20 youth - must be accompanied by parent or guardian)
The Loft
12:00 PM - 8:00 PM

SATURDAY

KidZone
9:00 AM - 12:00 PM
RJ's Adventure Zone
9:00 AM - 4:00 PM
(limit of 20 youth - must be accompanied by parent or guardian)
The Loft
10:00 AM - 5:00 PM

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+)
Fast Track Swim Lessons
9:30 AM - 11:50 AM
STINGRAY SLIDE | 4:00 PM - 6:30 PM
Diver Course 6/6; 6/13; 6/20
5:30 PM - 8:00 PM (Ages 10+)

Kroc Swim Team Practice
4:30 PM - 5:30 PM
Power Wave Water Aerobics
6:00 PM - 7:00 PM (Ages 16+)

TUESDAY

Face Up First Swim Lessons | Slide Well 6/7-7/26
9:00 AM - 11:00 AM & 3:30 PM - 5:30 PM
9:30 AM - 11:50 AM
Face Track Swim Lessons
9:30 AM - 11:50 AM
STINGRAY SLIDE | 10:00 AM - 4:00 PM
Aquatic Center Closed for Following Activities:
Red Cross Group Swim Lessons 6/7 - 6/30
4:30 PM - 7:00 PM
Kroc Swim Team Practice 6/7 - 6/30
5:30 PM - 6:30 PM

WEDNESDAY

AquaCize
8:30 AM - 9:15 AM (Ages 19+)
Fast Track Swim Lessons
9:30 AM - 11:50 AM
STINGRAY SLIDE | 4:00 PM - 6:30 PM
Discover Scuba 6/22
5:30 PM - 7:00 PM (Ages 10+)
Kroc Swim Team Practice
4:30 PM - 5:30 PM
Power Wave Water Aerobics
6:00 PM - 7:00 PM (Ages 16+)

THURSDAY

Face Up First Swim Lessons 6/9 - 7/28
9:00 AM - 11:00 AM & 3:30 PM - 5:30 PM
AquaCize
9:30 AM - 10:15 AM (Ages 19+)
Fast Track Swim Lessons
9:30 AM - 11:50 AM
STINGRAY SLIDE | 10:00 AM - 4:00 PM

Aquatic Center Closed for Following Activities:
Red Cross Group Swim Lessons 6/7 - 6/30
4:30 PM - 7:00 PM

Kroc Swim Team Practice 6/7 - 6/30
5:30 PM - 6:30 PM

FRIDAY

AquaCize
8:30 AM - 9:15 AM (Ages 19+)
STINGRAY SLIDE | 4:00 PM - 6:30 PM

Discover Scuba 6/3
5:30 PM - 7:00 PM (Ages 10+)

SATURDAY

AquaBlast 2.0**Starts in Lazy River
9:00 AM - 10:00 AM (Ages 16+)
Red Cross Group Swim Lessons 6/4 - 7/30
10:00 AM - 12:00 PM
STINGRAY SLIDE | 4:00 PM - 6:30 PM
WIBIT BRIDGE | 12:00 PM - 3:00 PM

FINE ARTS



TUESDAY

Group Youth Piano Instruction
4:30 PM - 5:15 PM
(Ages 7 - 12) 6/7 - 6/28

Group Adult Piano Instruction
5:30 PM - 6:30 PM
(Ages 19+) 6/7 - 6/28

PRIVATE PIANO INSTRUCTION
AVAILABLE FOR ADULT AND YOUTH

FRIDAY

Kids Pottery
5:30 PM - 6:30 PM
(Ages 8-13) 6/10 - 7/1

KIDS POTTERY
Ages 8 - 12
June 10 - July 1
\$40 Member / \$70 Non-Member
Fridays 5:30 PM - 6:30 PM

KROC CENTER

Group Piano LESSONS

Ages 7-12

Tuesdays 4:30 PM - 5:15 PM
June 7 - June 28
\$70 Member
\$100 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!