

BACK TO Church SUNDAY

Join us!

August 28 11AM

Join Our Team

SCAN ME

ENJOY ONE LAST TASTE OF SUMMER

RALLY DAY
A TREAT FOR THE COMMUNITY

FRIDAY AUG 28TH
7:00 - 8:30PM
OPEN TO THE PUBLIC

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



PROGRAM & CLASS SCHEDULE AUGUST 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

FITNESS

FINE ARTS

MINISTRIES

The CENTER OF IT ALL



SUNDAY

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

THURSDAY

Women's Bible Study (in Spanish) Senior Center | 5:30-6:30 PM

School of Music
Registration opens August 8th

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

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) Upstairs Youth Fitness

Weights for Women | 6:00 PM - 7:00 PM (Ages 16+) 1st Fit Deck

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

Weights for Women | 6:00 PM - 7:00 PM (Ages 16+) 1st Fit Deck

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 (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 | 6:30 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 | 6:30 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 - 4:00 PM

GAME ON!

PLAY BASKETBALL AT THE KROC!
CHECK OUT THE SPORTS & REC CALENDAR FOR HOURS

HATCHLING SOCCER!

SEPTEMBER 6 - 22
TUESDAYS & THURSDAYS
6:30 PM - 7:30 PM
MEMBER \$60 & NON-MEMBER \$80

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

THE POOL WILL BE CLOSED starting August 14th

WE'RE TAKING CARE OF YOUR POOL!

POOL CLOSED!

SEE YOU SOON!

FINE ARTS

TUESDAY

Group Piano Instruction - YOUTH 4:30 PM - 5:15 PM (Ages 7 - 12)

Group Piano Instruction - **En Español** 5:30 PM - 6:30 PM (Ages 16+)

Youth Piano
Tuesdays 4:30PM - 5:15PM

Registration for September opens August 5th

PRIVATE PIANO INSTRUCTION AVAILABLE FOR ADULT AND YOUTH

FINE ARTS En Español!

GROUP PIANO INSTRUCTION

Tuesday | Martes 5:30 PM - 6:30 PM Ages 16+



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!