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

PROGRAM & CLASS SCHEDULE
AUGUST 2022

SPORTS & RECREATION
COMMUNITY ACTIVITIES
AQUATICS
YOUTH & EDUCATION
FINE ARTS
FITNESS
MINISTRIES

THE CENTER OF IT ALL

LOOKING FOR UPDATES?
For more information on department programs, changes or cancellations follow these easy steps:
Press #5 Sports & Recreation
Press #2 Aquatics
Press #3 Health & Fitness
Press #6 Education & Camps
Press #5 Fine Arts
Press #6 Spiritual Life

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.

ENJOY ONE LAST TASTE OF SUMMER
RALLY DAY
A TREAT FOR THE COMMUNITY
FRIDAY AUG 26TH
7:00 - 9:00PM
OPEN TO THE PUBLIC

Join Our Team

SCAN ME
For your protection. Para su protección.

Kroc Shield

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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.
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**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
- Stage 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

**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
- STAGE CYCLE | 6:00 PM - 6:50 PM (Ages 16+) & Kroc IE Graduates
- 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 | 5:00 AM - 8:00 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+)
- Hatching Soccer | 6:30 PM - 7:30 PM Indoor Turf (Ages 4 - 7)

**TUESDAY**
- Hatching Soccer | 6:30 PM - 7:30 PM Indoor Turf (Ages 4 - 7)

**WEDNESDAY**
- LÜ Interactive Playground | Indoor Turf (Ages 8+)

**THURSDAY**
- Hatching Soccer | 6:30 PM - 7:30 PM Indoor Turf (Ages 4 - 7)

**FRIDAY**
- J.O.Y. Pickleball | COURT #1 (Ages 19+)

**SATURDAY**
- LÜ Interactive Playground | Indoor Turf (Ages 8+)

**AQUATICS**

**OPEN POOL CALENDAR**
Check the Aquatic Calendar insert for day-to-day events and time adjustments for both pools.

**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)

**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)

**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)

**SATURDAY**
- Kid Zone | 9:00 AM - 12:00 PM & 5:30 PM - 7:45 PM

**THE POOL WILL BE CLOSED**
Starting August 14th