

AQUATIC SPOTLIGHT PROGRAM

TAKE THE PLUNGE!

LEARN HOW TO SWIM AT THE KROC!

The Kroc offers several opportunities for adults and children to learn how to swim. Please refer to the Kroc Center's website: www.OmahaKroc.org or visit our Welcome Desk for specific levels, class descriptions, registration deadlines and fees.

Thinking about signing up for Swim Lessons?

Swim Skills Assessments Dates & Times

Mondays, Wednesdays & Fridays
4:00 PM - 7:00 PM

No reservations are required! Members are FREE!
Stop by so we can evaluate the skill level your child should be enrolled in!



Have a question? Need more info? Please contact:
Kroc Aquatics Manager - call 402.905.3592
Kroc Assistant Aquatics Manager - call 402.905.3591

SEPTEMBER 2022



MONDAY

AquaCize

8:30 AM - 9:15 AM
(Ages 19+)

Kroc Swim Team Practice

11:00 AM - 12:00 PM (\$ R ⌚)

STINGRAY SLIDE

4:00 PM - 6:30 PM

Power Wave** ⚙️

6:00 PM - 7:00 PM (Ages 16+)

Open Water Divers Course*

5:00 PM - 8:00 PM

*select dates, please see
Aquatics for details

Scuba Diver Course *

5:00 PM - 8:00 PM

*select dates, please see
Aquatics for details



Fee Required



Registration Required



Register Soon!



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



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.

TUESDAY

Red Cross Group Swim Lessons

4:30 PM - 7:00 PM

Kroc Swim Team Practice

5:30 PM - 6:30 PM (\$ R ⌚)

WEDNESDAY

AquaCize

8:30 AM - 9:15 AM (Ages 19+)

Face Up First Swim Lessons

(9/7 - 10/26) (\$ R ⌚)

8:30 AM - 10:30 AM

Kroc Swim Team Practice

11:00 AM - 12:00 PM

STINGRAY SLIDE

4:00 PM - 6:30 PM

Face Up First Swim Lessons

(9/7 - 10/26) (\$ R ⌚)

4:30 PM - 6:30 PM

Open Water Divers Course*

5:00 PM - 8:00 PM

*select dates, please see
Aquatics for details

Scuba Diver Course *

5:00 PM - 8:00 PM

*select dates, please see
Aquatics for details

Power Wave** ⚙️

6:00 PM - 7:00 PM (Ages 16+)

Please contact our Aquatics
Department by calling
402.905.3592 or 402.905.3591
for information on any future
dates not listed.

SEPTEMBER 2022

THURSDAY

AquaCize
9:30 AM - 10:15 AM
(Ages 19+)

Red Cross Group Swim Lessons
4:30 PM - 7:00 PM

Kroc Swim Team Practice
5:30 PM 6:30 PM (\$)(R)(L)

FRIDAY

AquaCize
8:30 AM - 9:15 AM
(Ages 19+)

STINGRAY SLIDE
4:00 PM - 6:30 PM

PADI Master Seal Team Scuba *
5:00 PM - 8:00 PM
*select dates, please see Aquatics for details

SATURDAY

AquaBlast 2.0
**Starts in Lazy River
9:00 AM- 10:00 AM
(Ages 16+)

Red Cross Group Swim Lessons
9:20 AM - 12:00 PM

STINGRAY SLIDE
4:00 PM - 6:30 PM

WIBIT BRIDGE
12:00 PM - 3:00 PM



WIBIT BRIDGE
SATURDAYS
12:00 PM - 3:00 PM

Swim Test is Required

Water Aerobic Classes

AQUACIZE
MONDAY, WEDNESDAY, FRIDAY

8:30 AM - 9:15 AM
THURSDAY
9:30 AM - 10:15 AM

POWER WAVE
MONDAY & WEDNESDAY
6:00 PM - 7:00 PM

AQUABLAST
SATURDAYS
9:15 AM - 10:15 AM



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

(\$)(R)(L) Fee Required

(R) Registration Required

(L) Register Soon!

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



STINGRAY SLIDE
MONDAY, WEDNESDAY, FRIDAY
4:00 PM - 6:30 PM

SATURDAYS
12:00 PM - 3:00 PM



KROC CENTER
OMAHA

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