

Let us pray for you!

We gather on a daily basis to pray for our community.

If you have a prayer request, please drop it in the suggestion box at the Welcome Desk and we will be happy and blessed to pray for you that week.

If you would like someone to reach out to pray with you directly, please indicate that in your request.

God bless you!

Captains Alex & Carolina Yanez



WORSHIP WITH US
SUNDAYS 11 AM



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.



SCAN
ME



KROC
CENTER
OMAHA

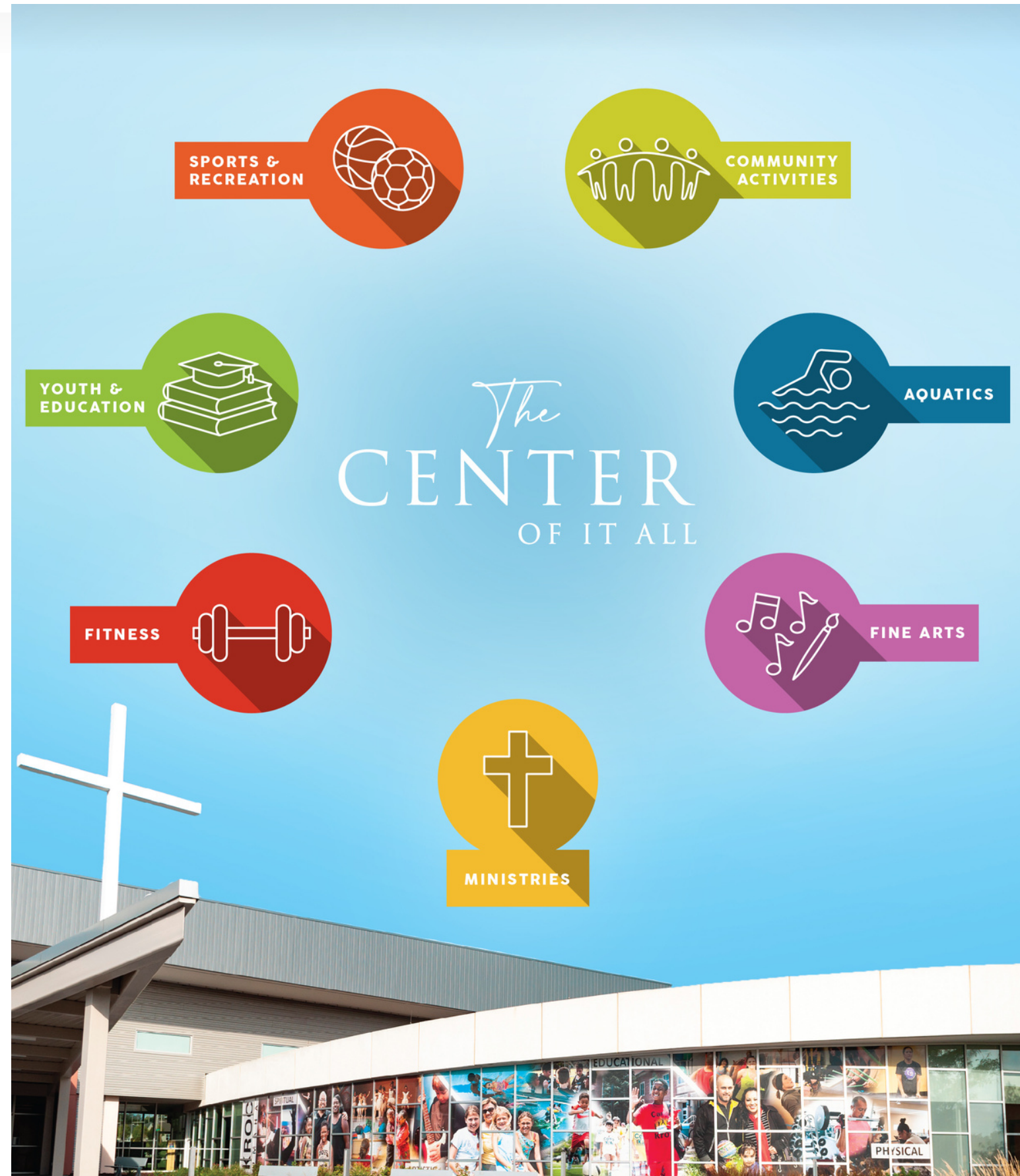
PROGRAM & CLASS SCHEDULE SEPTEMBER 2022

OPERATIONAL HOURS

Monday - Friday: 5:00am - 8:00pm

Saturday: 8:00am - 5:00pm

Sunday: **OPEN for Church, 11:00am**





MINISTRIES

SUNDAY

Worship Service* 11:00 AM

*Traduccion al Espanol 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)
10:30-11:30 AM
Party Room 2

WEDNESDAY

- School of Music (SOM)
5:00 PM - 7:15 PM (\$)(R)(🕒)
- Bible Study
5:30 PM - 6:30 PM
Location: Senior Center

THURSDAY

- BOY'S Character Building
4:30 PM - 5:00 PM
- GIRL'S Character Building
5:00 PM - 5:30 PM
- Women's Ministries (Spanish)
Senior Center | 5:30 PM

*I rejoiced with those who said to
me "Let us go to the
house of the Lord"*

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
- Virtual BodyCombat | 5:15AM - 6:00AM
Group Ex Studio
- 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

TUESDAY

- Fitness Deck | 5:00 AM - 8:00 PM
(Ages 16+) & Kroc IE Graduates
- SilverSneakers Stability | 9:15 AM - 10:00
AM (Ages 19+) Group Ex Studio
- Virtual BodyPump | 5:15AM - 6:00AM
GROUP EX
- The Floor is Lava | 5:00PM - 5:45PM
GROUP EX

WEDNESDAY

- Fitness Deck | 5:00 AM - 8:00 PM
(Ages 16+) & Kroc IE Graduates
- Virtual BodyCombat | 5:15AM - 6:00AM
Group Ex Studio
- Zumba🌀 | 6:00 PM - 6:50 PM
(Ages 16+) Group Ex Studio

THURSDAY

- Fitness Deck | 5:00 AM - 8:00 PM
(Ages 16+) & Kroc IE Graduates
- Totally Tubular | 4:30PM - 5:15PM
Upstairs Youth Fitness

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
- AQUABLAST 2.0 | 9:00AM - 10:00AM
(Aquatics)

SPORTS & RECREATION



OPEN GYM CALENDAR

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

MONDAY - FRIDAY

- OPEN GYM | (Ages 16+) 5:00AM - 7:30AM*
- OPEN TURF | (Ages 16+) 5:00AM - 7:30AM*
- OPEN GYM | (Ages 18+) 7:30AM - 3:00PM*
- OPEN TURF | (Ages 18+) 7:30AM - 3:00PM*
- OPEN GYM | (ALL AGES) 6:00-8:00PM*
- OPEN TURF | (ALL AGES) see schedule below
*subject to change

MONDAY

- J.O.Y. Pickleball | COURT #1 (Ages 19+)
9:00 AM - 12:00 PM
- Open TURF | 3:00 PM - 8:00 PM

TUESDAY

- Open TURF | 3:00 PM - 6:00 PM
- Hatchling Soccer | 6:30 PM - 7:30 PM
Indoor Turf (Ages 4 - 7) (\$)(R)(🕒)

WEDNESDAY

- LÜ Interactive Playground | Indoor
Turf (Ages 8+) 4:00 PM - 6:00 PM
- Open TURF | 6:00 PM - 8:00 PM

THURSDAY

- Open TURF | 3:00 PM - 6:30 PM
- Hatchling Soccer | 6:30 PM - 7:30 PM
Indoor Turf (Ages 4 - 7) (\$)(R)(🕒)

FRIDAY

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

SATURDAY

- OPEN GYM | 9:00 AM - 5:00 PM



HATCHLING SOCCER!



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

YOUTH & EDUCATION



OPEN YOUTH CALENDAR

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

MONDAY - FRIDAY

- LOFT | 3:30PM - 8:00PM
- KIDZONE | 9:00AM - 12:00PM
*KidZone Saturday Hours | 9:00AM- 12:00PM

MONDAY

- Club Kroc After School Program
4:00 PM - 6:30 PM
- Book Club (Ages 9-12) Starts 9/12
4:00 PM - 5:15 PM (\$)(R)(🕒)
- Shark School (Ages 6-8) Starts 9/12
4:00 PM - 5:15 PM (\$)(R)(🕒)

TUESDAY

- Club Kroc After School Program
4:00 PM - 6:30 PM
- Sparkle (Ages 6-12) Starts 9/13
4:45 PM - 5:30 PM (\$)(R)(🕒)
- Crazy 8 Math Club Gr. 3-4
(Ages 8-9) Starts 9/13 (\$)(R)(🕒)
4:45 PM - 5:30 PM
- Book Club (Ages 6-8) Starts 9/13
5:15 PM - 6:00 PM (\$)(R)(🕒)
- KAST (Ages 12-17) Starts 9/9
5:30 PM - 6:30 PM (\$)(R)(🕒)

WEDNESDAY

- Club Kroc After School Program
4:00 PM - 6:30 PM
- Crazy 8 Math Club Gr. 1-2 (Ages 6-8)
Starts 9/7 (\$)(R)(🕒)
4:45 PM - 5:30 PM

THURSDAY

- Club Kroc After School Program
4:00 PM - 6:30 PM
- BOY'S Character Building
4:30 PM - 5:00 PM
- GIRL'S Character Building
5:00 PM - 5:30 PM
- AAAAH - Mazing (Ages 9-12) Starts 9/15
5:15 PM - 6:00 PM (\$)(R)(🕒)

FRIDAY

- Club Kroc After School Program
4:00 PM - 6:30 PM
- KAST (Ages 12-17) Starts 9/9
5:30 PM - 6:30 PM (\$)(R)(🕒)

AQUATICS



OPEN POOL CALENDAR

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

MONDAY - FRIDAY

- Both Pools | 6:30 AM - 10:00 AM
19+ Only

MONDAY

- REC Pool
5:30 AM - 1:00 PM
4:00 PM - 7:00 PM
- LAP Pool
6:30 AM - 1:00 PM
4:00 PM - 7:00 PM
Pool Stair Area CLOSED 4:00PM - 6:30PM

TUESDAY

- REC Pool
5:30 AM - 1:00 PM
4:00 PM - 7:00 PM
- LAP Pool
6:30 AM - 1:00 PM
**Aquatics Center Closed in the Evening for
Swim Team/Swim Lessons**

WEDNESDAY

- REC Pool
5:30 AM - 1:00 PM
4:00 PM - 7:00 PM
- LAP Pool
6:30 AM - 1:00 PM
4:00 PM - 7:00 PM

THURSDAY

- REC Pool
5:30 AM - 1:00 PM
4:00 PM - 7:00 PM
- LAP Pool
6:30 AM - 1:00 PM
**Aquatics Center Closed in the Evening for
Swim Team/Swim Lessons**

FRIDAY

- REC Pool
5:30 AM - 1:00 PM
4:00 PM - 7:00 PM
- LAP Pool
6:30 AM - 1:00 PM
4:00 PM - 7:00 PM

SATURDAY

- AQUABLAST 2.0
9:00AM - 10:00AM
- REC Pool
12:00 PM - 4:00 PM
- LAP Pool
12:00 PM - 4:00 PM

FINE ARTS



OPEN ARTS CALENDAR

Check the Fine Arts insert for
day-to-day events, classes and
weekly programming

MONDAY

- J.O.Y. Pottery (Just Older Youth)
10:45 AM - 12:00 PM (\$)(R)(🕒)
- Adult Fine Art Workshop (Ages 14+)
5:00 PM - 6:30 PM (\$)(R)(🕒)

TUESDAY

- Group Piano Instruction - ADULT
3:30 PM - 4:30 PM (\$)(R)(🕒)
(Ages 16+)

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

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

- Youth Portrait Workshop
5:00 PM - 6:00 PM (\$)(R)(🕒)
(Ages 7-12) Tuesday Sept. 20 only

WEDNESDAY

- SOM - Piano (School of Music) Starts 9/7
(Ages 7-15) 5:00 PM - 7:10 PM (\$)(R)(🕒)

- SOM - Ukulele (School of Music) Starts 9/7
(Ages 7-15) 5:00 PM - 7:10 PM (\$)(R)(🕒)

- SOM - Guitar (School of Music) Starts 9/7
(Ages 7-15) 5:00 PM - 7:10 PM (\$)(R)(🕒)

FRIDAY

- Kids Pottery 1 (Ages 7-12)
5:00 PM - 6:00 PM (\$)(R)(🕒)

- Oil Painting in the style of Bob Ross
(Ages 14+) (\$)(R)(🕒)
6:00 PM - 7:00 PM Sept. 30 only

**PRIVATE PIANO, ART AND POTTERY
INSTRUCTION AVAILABLE FOR
ADULT AND YOUTH!**



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!