

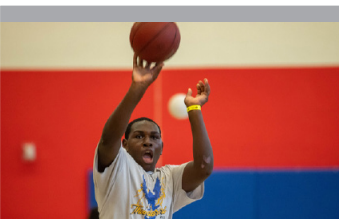
January/February 2023 Program Guide

KROC

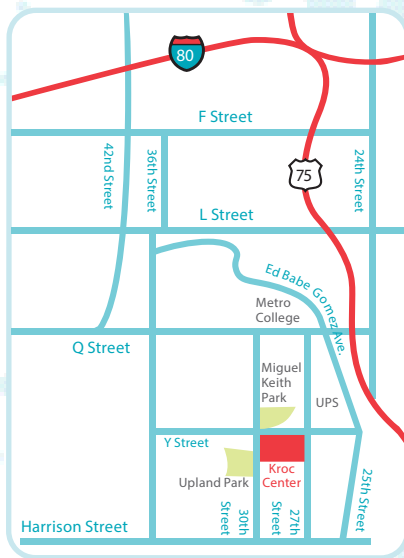


KROC
CENTER
OMAHA

YOUR GUIDE TO AQUATICS • FINE ARTS • FITNESS • SENIOR LIFE • SPORTS • YOUTH & EDUCATION • WORSHIP



2825 Y St • Omaha, NE 68107 • (402) 905-3500



Directions

2825 Y St • Omaha, NE 68107

The Kroc Center is easily accessible from the Interstate and Hwy 75, and is just south of 27th and Q Streets.

Hours of Operation

Monday - Friday 5am - 8pm

Saturday 8am - 5pm

Sunday OPEN FOR SERVICE ONLY

Sunday Worship

Kroc Church Service 11am

KidZone Hours

Monday - Friday 9am - 12:00pm
5:30pm - 7:45pm

Saturday 9am - 12:00pm

Sunday CLOSED

Please note, there is a time limit of two hours per visit to the KidZone area.

Quick Guide

Find info fast - just flip the page!

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Dear Members and Friends of the Kroc Center:

Captain Alex and I have been serving as the Omaha Salvation Army Kroc Center leaders for a year and a half. Time has flown by very quickly, and we are enjoying being part of the Kroc family!

During these past months, we have been blessed to work with a wonderful team. They are people who love to work here, they have a heart for service and genuinely care for you. Each staff member brings something unique to the team and it has been wonderful to see how they connect with you and with each other.

The Kroc Center is a place for gathering, for community; a place for learning, and a place to worship God. We have seen children swim together, grow together and make friends along the way. We have seen adults playing pickleball, working out together and sharing a cup of coffee afterwards. We have welcomed entire Kroc member families in our church and worship together.

We have also experienced loss this past year, and as a Kroc family, we have mourned together.

It is our prayer, that you will always feel welcome at the Kroc and we fully trust that our team members are providing you with quality service that goes beyond your expectations, because you are not just a member, you are part the lives of those of us who serve in this wonderful place.

God bless you, keep you and give you peace.

Captains Alex and Carolina Yanez
Kroc Center Officers



The Salvation Army

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church. Its message is based on the Bible. Its ministry is motivated by the love for God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination. For more information, go to www.salvationarmyusa.org.



The Omaha Kroc Center

At the Kroc Center we inspire people to discover their God given talents and develop their potential through artistic, educational, physical and spiritual experiences in a Christ-centered atmosphere. For more information, go to www.omahakroc.org.

Welcome

to The Salvation Army Kroc Center



Motivated by love for God and mankind, The Salvation Army Ray and Joan Kroc Corps Community Center provides positive, life changing experiences for all who enter our doors of opportunity.

Stay on top of the latest Kroc Center news, updates & events!

www.OmahaKroc.org





CONGREGATIONAL LIFE

YOUTH CHARACTER BUILDING

Thursdays

The Salvation Army's fun, safe and educational programs for girls and boys are founded upon the scouting tradition. The Salvation Army's character building programs are biblically based with caring and trained leaders.

Register?	DAY	TIME	DATES	GRADES	COST
Yes	Thurs	Boys 4:30-5pm	1/5-2/23	1-12	FREE
Yes	Thurs	Girls 5-5:30pm	1/5-2/23	1-12	FREE

ADULT MINISTRY GROUPS

Wednesdays and Thursdays

Join us to learn more about the love of God!

Register?	DAY	TIME	DATES	COST
No	Wed	5:30-6:30pm	1/4-2/22	FREE
No	Thurs	5:30-6:30pm	1/5-2/23	FREE



Don't miss these Weekly ministry events!

Sundays

Sunday Service - 11am

Kid's Church - 11:30am

Teen Group 2 Sundays per month after church

Wednesdays

School of Music - 5:00 - 7:15pm

Bible Study - 5:30-6:30pm

Thursdays

Boy's Character Building - 4:30 - 5:15pm

Girl's Character Building - 5 - 5:30pm

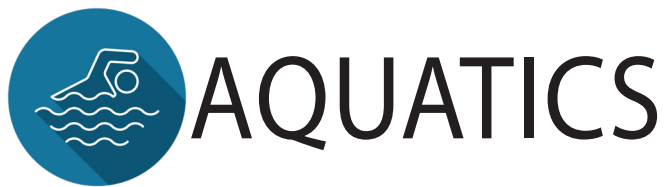
Women's Ministry (en Espanol) - 5:30-6:30pm

Regardless of age, culture, job or family circumstance, we are all equal in the eyes of God. And God gave us each other to be there in times of great joy, suffering or to just get through everyday life.

The Kroc Church is a CARING congregation that WARMLY invites you and your family to gather with us. You will find that we strive to learn together about loving one another and being fully open to GOD'S LOVE for us. Our church provides weekly activities for spiritual growth through youth and adult ministries. Plus, you'll discover many FUN events where we join together as the Kroc Church family.

No matter where you are in life, God will meet you where you are. JOIN US at Kroc Church!





Swim Lesson Registration

Swimming is a skill that not only keeps people active & healthy, but can also **SAVE A LIFE!**

Drowning is the second leading cause of injury related deaths for children under 14 years of age. Adults who do not know how to swim are also at risk of injury. The best thing you can do to stay safe in and around the water is to learn to swim. At the Kroc Center, swim lessons are offered year-round for kids and adults of ALL AGES and ALL SKILL LEVELS. So, why wait? Register early for our swim lessons and learn a life-saving skill! Please note, the Kroc Center reserves the right to add, cancel or change classes as needed to meet minimum class participant requirements.

The Kroc Center offers 3 easy ways to Register for Swim Lessons:

- **IN PERSON:** Visit the Kroc Center during one of the Saturday registration dates listed to the right, so that we can ensure your lessons are **JUST RIGHT** for you or your child.
- **ONLINE:** If registering online, please register using participant's name and be aware that you will need to arrive early on the first day of class and fill out an enrollment form to ensure your selected lessons are just right for you or your child.
- **BY PHONE:** Call the Member Services Desk at 402-905-3500 for your child's registration. If you are unsure of your child's ability level, please call 402-905-3500 to sign up for a Swim Assessment.



BECOME A LIFEGUARD

UPCOMING SESSIONS:

SESSION 1: JANUARY 13TH - JANUARY 15TH
SESSION 2: FEBRUARY 10TH - FEBRUARY 12TH

KROC CENTER
THE SALVATION ARMY

SIGN UP AT THE MEMBERSHIP SERVICES DESK TODAY!

Individual Swim Lessons

The following Swim Lessons are tailored to individual needs and will allow students to learn at their own pace. During these lessons students will receive personalized one-on-one instruction.

PRIVATE SWIM LESSONS

Lessons are designed to best meet the individual needs of the student, allowing students to progress at their own unique pace to maximize learning. Private lessons offer one-on-one instruction for beginners as well as advanced students. Available for adults or children.

TO SCHEDULE PRIVATE SWIM LESSONS:

Phone: 402-905-3591 or Email:

Alyssa.Hoffmann@USC.SalvationArmy.org

SINGLE LESSON COST

Member - \$30

Non-Member - \$50

Packages of 6 lessons available for a discount!

SEMI PRIVATE SWIM LESSONS

Semi private instruction with one certified instructor for up to 4 participants per class. Lessons are designed to best meet the individual needs of the student, allowing students to progress at their own unique pace to maximize learning.

TO SCHEDULE SEMI PRIVATE SWIM LESSONS:

Phone: 402-905-3591 or Email:

Alyssa.Hoffmann@USC.SalvationArmy.org

SINGLE LESSON COST

Member - \$25

Non-Member - \$45

Packages of 6 lessons available for a discount!

LEARN AT
YOUR
OWN
PACE!

ADULT BEGINNING SWIM LESSONS

It's never too late to learn! This class teaches the fundamentals of swimming in a relaxed, one-on-one learning environment. Learn proper breathing techniques, how to float, form and more. These basics will lead to learning strokes in the future!

DAY	TIME	DATES	AGES	COST
Tues/ Thurs	6:20-6:50pm	1/3- 2/2-2/28	16+	Member: \$50 NonMember: \$90
Tues/ Thurs	7:00-7:30pm	1/3-1/26 2/2-2/28	16+	Member: \$50 NonMember: \$90



AQUATICS

American Red Cross: Group Swim Lessons

BABY KROCODILES

AGES: 4 MONTHS to 3 YEARS

This is a parent and child water exploration class. The certified instructor will teach from the pool while one parent or guardian assists with drills, holds and supports the student. Elements include water adjustment, exploration, and skills through games, songs, and nursery rhymes. The parent or guardian will learn ways to hold and educate their child on water safety in a fun, playful environment. Children are required to wear a swim diaper during class.

DAY	TIME	DATES	COST
Sat	10:00 - 10:30am	1/7-2/25	Mem: \$50 Non: \$90
Tu/Th	5:00 - 5:30pm	1/3-1/26	Mem: \$50 Non: \$90
Tu/Th	5:00 - 5:30pm	2/2-2/28	Mem: \$50 Non: \$90

GENERAL PRESCHOOL

AGES 3-5 YEARS

This class is ideal for children ages 3-5 who have limited or no water experience. This class is designed to introduce participants to the aquatic environment and facilitate water adjustment. Children who are not potty trained must wear a swim diaper to class. Class curriculum includes introduction to floats, glides and underwater exploration.

DAY	TIME	DATES	COST
Tu/Th	4:20-4:50pm	1/3-2/28	Mem: \$50 Non: \$90
Tu/Th	5:40-6:10pm	1/3-2/28	
Sat	10:00-10:30am	1/7-2/25	Mem: \$50 Non: \$90

LEVEL 1 LESSONS

AGES 5 & UP

Students in this class should be comfortable in the water. This class introduces basic aquatic skills such as entering and exiting the water, fully submerging, front and back floats, glides, and front crawl with good form for short distances. The goal at the end of the session is to have participants perform with little to no assistance.

DAY	TIME	DATES	COST
Tu/Th	4:20-4:50pm	9/11 - 10/4	
Tu/Th	5:00-5:30pm	9/15 - 11/3	Mem: \$50 Non: \$90
Tu/Th	5:40-6:10pm	10/9 - 11/1	
Tu/Th	6:20-6:50pm	11/6 - 12/4	
Sat	9:20-9:50am	1/7-2/25	Mem: \$50 Non: \$90

DAY	TIME	DATES	COST
Sat	10:00-10:30am	1/7-2/25	Mem: \$50 Non: \$90
Sat	10:40-11:10	1/7-2/25	

LEVEL 2 LESSONS

AGES 5 & UP

This class is designed to help participants review and develop strokes learned in Level 1. Class curriculum includes swimming longer distances, building endurance, deep-water exposure, and introduction to treading water. Class goals include teaching participants to execute the following sequence independently: jump into deep water; begin treading water; swim five body lengths; and exit the water.

DAY	TIME	DATES	COST
Tu/Th	5:00-5:30pm	1/26-2/28	Mem: \$50 Non: \$90
Tu/Th	5:40-6:10pm	1/26-2/28	
Tu/Th	7:00-7:30pm	1/26-2/28	
Sat	9:20-9:50am	1/7-2/25	Mem: \$50 Non: \$90
Sat	10:40-11:10am	1/7-2/25	
Sat	11:20-11:50am	1/7-2/25	

LEVEL 3 LESSONS

AGES 5 & UP

In this class, participants will expand proficiency of previously learned skills in Level 2. Students will learn survival floating techniques, front crawl and elementary backstroke. Curriculum also includes learning the scissor kick, dolphin kick and how to properly dive.

DAY	TIME	DATES	COST
Tu/Th	4:20-4:50pm	1/3-2/28	Mem: \$50 Non: \$90
Tu/Th	6:20-6:50pm	1/3-2/28	
Tu/Th	7:00-7:30pm	1/3-2/28	
Sat	9:20-9:50am	1/7-2/25	Mem: \$50 Non: \$90
Sat	11:20-11:50am	1/7-2/25	

LEVEL 4 LESSONS

AGES 5 & UP

Level 4 is designed to improve participants' aquatic skills and build endurance by swimming the strokes that were learned in Level 3 for greater distances and at a more advanced level. New skills learned include sidestroke, breaststroke, butterfly, open turns, and continuation of dives from the side of the pool.

DAY	TIME	DATES	COST
Sat	11:20-11:50am	1/7-2/25	Mem: \$50 Non: \$90

ADULT SWIM LESSONS

AGES 16+

This class is perfect for adults with little to no experience in the water. Participants will have the opportunity to learn beginner swim strokes and water safety skills in an encouraging and supportive environment. In this class, participants will be introduced to rhythmic breathing, floats, front crawl, elementary backstroke and treading water.

DAY	TIME	DATES	COST
Tu/Th	6:20-6:50pm	1/3-2/28	Mem: \$50 Non: \$90
Tu/Th	7:00-7:30pm	1/3-2/28	

FACE UP FIRST LESSONS

These 10-minute classes utilize the proven Face-Up First Method and S.W.I.M. model. The Face-Up First Method is one of the safest and most efficient ways to learn how to swim. These classes offer a small teacher to student ratio (1 instructor per 1 student).

Classes are designed to effectively balance work, rest and play to provide an effective and enjoyable experience for each student. Flexible scheduling and no level requirements make Face Up First an attractive alternative to group swim lessons. When registering for Face Up First lessons, please note that lessons may be purchased in consecutive blocks of 10 minutes. Face-Up First lessons offer a convenient, no level approach, so friends and siblings can participate in the same swim lesson regardless of age or skill level.

DAY	TIME	DATES	COST
Wed	8:30-10:30am	1/4-2/22	Mem: \$120 Non: \$160
Wed	4:00-6:00pm	1/4-2/22	



AQUATICS

Water Fitness Classes

AQUACIZE

Improve joint flexibility, range of motion and agility while building cardiovascular endurance and muscular strength by participating in this low to medium impact class.

DAY	TIME	DATES	COST
Mon	8:30-9:15am	1/9-2/27	Member - FREE Non-Member - Day Pass Fee
Wed	8:30-9:15am	1/4-2/22	
Thurs	9:15-10:00am	1/5-2/23	
Fri	8:30-9:15am	1/6-2/24	

AQUABLAST 2.0

This upbeat class uses water resistance and equipment to give each participant a great workout while challenging them to move forward with their daily life in a step up approach. **Kroc IE graduates ages 14 and 15 are welcome to attend with a participating parent.

DAY	TIME	DATES	COST
Sat	9:00-10:00am	1/7-2/25	Member - FREE Non-Member - Day Pass Fee

POWER WAVE

An intense aqua workout with interval training, plyometrics, and power moves to improve cardiovascular fitness, muscular endurance, strength and conditioning. Using the shallow and deep water. **Kroc IE graduates age 14 and 15 are welcome to attend with a participating parent.

DAY	TIME	DATES	COST
Mon	6:00-7:00pm	1/9-2/27	Member - FREE Non-Member - Day Pass Fee

UPBEAT AQUATIC CIRCUIT

A medium intensity class built to burn calories and tone muscles in a low impact environment. Use stations in the pool to work independently or with a team.

DAY	TIME	DATES	COST
Wed	6:00-7:00pm	1/4-2/22	Member - FREE Non-Member - Day Pass Fee
Fri	6:00-7:00pm	1/6-2/24	

OPEN SWIM

Hourly Breaks are taken 10 minutes before the hour, each hour. Children AGES 7 & UNDER need to be accompanied by an adult age 19 or older. Children AGES 5 & UNDER must have an adult age 19 or older in the pool within arm's reach. Weekday Mornings/Afternoons – during this time the pool is intended as a workout area for adults only. Youth ages 15 & under are NOT permitted in the pool until 4pm – this includes the Lazy River (exceptions made for OPS breaks).

DAY	TIME	POOL AREAS
Mon-Fri	5:30-10:00am 6:30-10:00am	Rec Pool (19+) Lap Pool (19+)
Mon/Wed/Fri	10:00am-1:00pm 4:00-7:00pm	Both Pools
Tues/Thurs	10:00am-1:00pm	Both Pools
Sat	12 Noon-4:00pm	Both Pools



Tips for Safe & Healthy Swimming

Your health and safety is of the utmost importance at the Kroc Center. This includes maintaining a clean and healthy swim environment for you and your family to enjoy. You can help us in this endeavor by following a few simple tips:

- No food or glass in the pool area.
- Shower before entering the pool to remove deodorant, make-up and hair products. The cleaner you are, the cleaner the pool is.
- Children not toilet trained must wear a swim diaper. For your convenience, swim diapers are available for purchase at the Kroc Center Welcome Desk. In the event that water contamination does occur, the pool will be temporarily shut down for cleaning.
- Please do not use the pool if you have shown any signs of illness in the last two weeks.

Guidelines for Pool Use

- Swimming suits are required – no street clothes are permitted in the pool as the dye in non-swimwear pollutes the pool. No gym shorts allowed. Only white or light gray t-shirts are permitted.
- Please bring your own towel.
- Lockers are provided to store your belongings. To secure your belongings, please bring your own lock or purchase one at the welcome desk. Parents are ultimately responsible for the safety and well being of their children:
 - Kids ages 7 and under need to be accompanied by an adult age 19 or older while in the Aquatics Center.
 - Children 5 and under must have an adult in the pool within arm's reach.

View full pool policies at www.OmahaKroc.org.



FINE ARTS

ART DISCOVERY DAY

This program aims to provide opportunities for youth without prior knowledge of visual arts in a group setting. Discovery Day is a program where students have a first-hand opportunity to engage with activities that are part of the regular Visual Arts offerings at the Kroc Center.

NAME	DAY	TIME	DATE	COST
Date Night Sunflower Painting	Wed	6:00-7:00pm	1/11	Mem: \$8 Non: \$16
Oil Painting in the Style of Bob Ross	Wed	6:00-7:30pm	2/8	Mem: \$10 Non: \$15
Teen Anime and Manga Drawing Workshop	Wed	6:00-7:00pm	2/15	Mem: FREE. Non: FREE
Youth Portrait Workshop	Wed	6:00-7:00pm	1/18	Mem: \$8 Non: \$12
Pottery - Ceramic Luminary	Sat	10:00-11:00am	2/11	Mem: \$8 Non: \$16
Pottery - Handmade Plant Pot	Sat	10:00-11:00am	1/14	Mem: \$8 Non: \$16

PIANO CLASSES (GROUP) - YOUTH & ADULT

This class aims to provide opportunities for youth and adults without previous piano experience to learn in a group setting. By providing affordable music learning opportunities, this program will nurture students' skills in areas such as motor coordination, visuospatial ability, and emotion and impulse regulation, equipping students with a stronger foundation to navigate their academic path successfully.

NAME	DAY	TIME	DATE	COST
Adult - English	Thurs	6:45-7:45pm	1/4-2/23	Mem: \$60 Non: \$80
Adult - Spanish	Tues	5:30-6:30pm	1/3-2/28	Mem: \$50 Non: \$70
Youth	Tues	4:30-5:15pm	1/3-2/28	

INTRO TO MUSIC AURAL SKILLS

To provide opportunities for adults without prior knowledge to cultivate their music listening skills. Learn the fundamentals of music theory such as harmony, rhythm, and become confident with the use of music notation (staff, notes, scales, chords, keys and more) through practical exercises. Do you want to learn to sing in tune? Do you play an instrument but struggle to read from a score? This is the perfect class to supplement your private instrumental lessons!

DAY	TIME	DATE	COST
Thurs	6:00-6:40pm	1/5-2/23	Mem: \$15 Non: \$25



DRUM CLASSES

To provide opportunities for participants without prior knowledge to experience hand drum instruction in a group setting that reinforces social connection and promotes regular performances at Kroc Events. Drum Circle is a dynamic setting that engages group performances and improvisation. This program will allow all to develop their artistic expression through music making.

NAME	DAY	TIME	DATE	COST
Drum Circle for Kids	Thurs	5:00-5:45pm	1/5-2/23	Mem: \$15 Non: \$25
J.O.Y. Drum Circle (Seniors)	Fri	10:00-10:40am	1/6-2/24	Mem: \$15 Non: \$25

POTTERY CLASSES

To provide opportunities for participants without prior pottery knowledge to experience pottery instruction in a group setting that reinforces social connection and promotes regular exhibitions at Kroc Events. By providing affordable pottery making and learning opportunities, this program will nurture students' skills in areas such as motor coordination, visuospatial ability, and emotion and impulse regulation.

NAME	DAY	TIME	DATE	COST
Kid's Pottery	Fri	5:00-6:00pm	1/6-2/24	
J.O.Y. Pottery (Seniors)	Fri	10:45am-12:00pm	1/6-1/27	Mem: \$40 Non: \$60
J.O.Y. Pottery (Seniors).	Fri.	3:00-4:15pm	2/3-2/24	

FINE ARTS WORKSHOPS

To provide opportunities to older teenagers, adults, and seniors to engage with different art mediums and techniques in a group setting that reinforces social connection. By participating in the Fine Arts Workshop program, students develop their artistic expression, as well as their visual, cognitive, and motor skills. Supplies are included in enrollment fee.

NAME	DAY	TIME	DATE	COST
Macrame	Mon	6:00-7:00pm	1/9-1/30	Mem: \$25 Non: \$35
Watercolor	Mon	6:00-7:00pm	2/6-2/27	Mem: \$35 Non: \$45

SCHOOL OF MUSIC

Youth ages 7-15 will learn vocal exercises, theory, drama and will choose an instrument elective (Piano, Ukulele, Drums).

NAME	DAY	TIME	DATE	COST
Piano	Wed	5:00-7:10pm	1/18-2/22	Mem: \$15 Non: \$25
Ukulele	Wed	5:00-7:10pm	1/18-2/22	Mem: \$15 Non: \$25
Drums	Wed	5:00-7:10pm	1/18-2/22	Mem: \$15 Non: \$25

OPEN ART STUDIO

NAME	DAY	TIME	DATE	COST
J.O.Y. Art Studio	Fri	11:00am-12:00pm	1/6-2/24	Mem: FREE Non: \$20

Birthday Parties are BACK!

You've asked....WE'VE ANSWERED!! Birthday parties are now back at the Kroc! Birthday pricing includes

- a Private Party Room
- Access to the Gym
- Access to the Pool
- You can bring in your own pre-packaged food & drinks
- and MORE!

For more information or for any questions please contact

Christine Shada

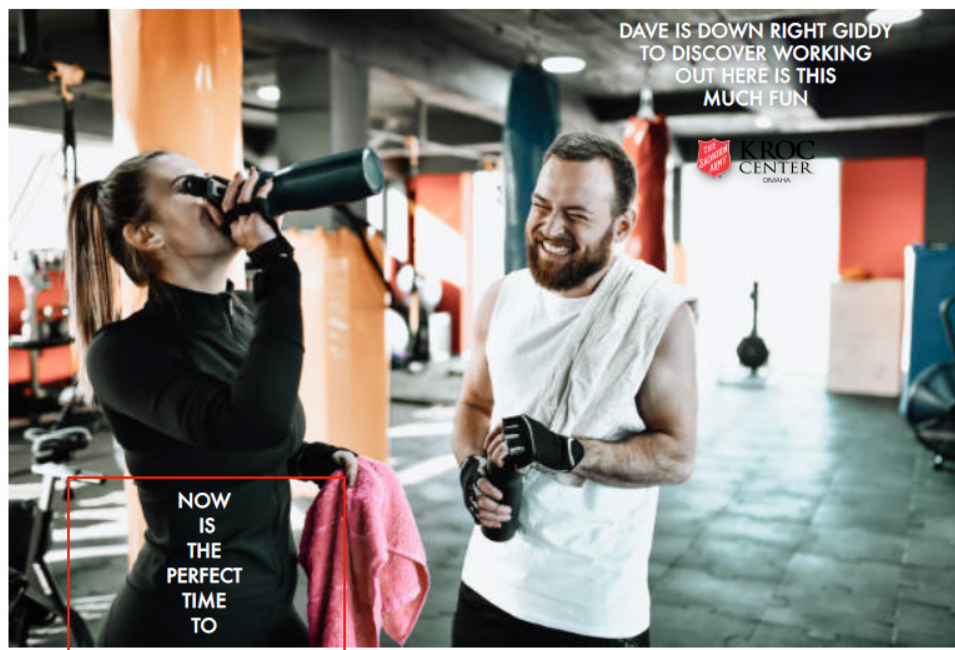
Christine.Shada@usc.salvationarmy.org

Hurry, dates are filling up fast!



Bring Your Friends to the Kroc!

Encourage your friends, family and colleagues to experience what you love about the Kroc!



JOIN UP

NEW YEAR, NEW YOU SAVINGS OFFER

AND GIVE YOURSELF
TIME TO RELAX
AND GET HEALTHY

January and February are great months to become a part of the Kroc community - with great offers available to new members!

- * No processing fee on auto pay and annual paid in full memberships
- * All paid in full memberships include a 6% discount
- * 15% discount on all room rentals for all annual paid in full members.
- * Auto-pay and Paid in full memberships get 1 month free and 4 free guest passes *restrictions apply
- * Auto pay members joining before Jan 31st will receive \$50 Kroc bucks.
- * Paid in full memberships automatically get \$50 Kroc bucks and if you join before Jan. 31st you will receive an additional \$50 Kroc bucks.

Offer Expires February 28, 2023

Discounts are available for First Responders, Military, Educators and Home School Parents!

If cost is a challenge, scholarships are available for additional discounts to make the Kroc accessible to everyone!

Learn more at www.OmahaKroc.org/membership or call us at 402-905-3500!



FITNESS

FREE Fitness Services

The following services are BY APPOINTMENT ONLY. To schedule, please contact the Kroc Center Fitness Desk.

BALANCE ASSESSMENT

Balance is something everyone needs to keep especially as we grow older. If you have difficulty with balance or are looking to maintain good balance, we offer ways to strengthen balance at any age. The results from this assessment will give our staff information to suggest programs that would be beneficial for you to utilize. For members only and encouraged for older adults.

FITNESS EVALUATION

Everyone starts somewhere! Think of your Fitness Evaluation as a tool to set goals when starting your exercise program. Consisting of a baseline fitness assessment, including core strength, endurance & flexibility, body composition analysis and blood pressure, you will receive an individual consultation explaining your results and what they mean. After your first six (6) month period of membership you may retake your assessment at no charge and compare results. For members only.

EQUIPMENT ORIENTATION

Think of this as a "start-up" program to get you moving. An appointment is made for you to learn a basic routine, one-on-one with a member of our fitness staff. They will assist you in learning to use the equipment for both strength and cardiovascular training. Our staff will also suggest modifications or any physical limitations you might need for safety. A follow-up appointment can be made after six (6) weeks to add additional exercises to your routine and refresh your memory on the original exercises provided. For members only.

FOLLOW-UP EQUIPMENT ORIENTATION

Keep your knowledge, safety and progress moving in the right direction with this follow-up orientation. We will add new exercises, as you feel comfortable with your strength training workout regimen. Keeping your workouts fresh and energized is a great way for you to reach your fitness goals! For members only.



Not sure if a Personal Trainer is for you?

Here's your chance to see if personal training is what YOU NEED to reach YOUR GOALS!

Stop by the fitness desk and sign up for a FREE 15 minute session with one of our personal trainers. Limit 1 session per Kroc Center Member, ages 16+.

Drop In Classes

WE HAVE A VARIETY OF DROP IN FITNESS CLASSES FOR YOU TO EXPERIENCE!

If you are looking for a group environment to get fit and healthy we have a wide range of classes for you to experience! These classes are FREE to members and non members only have to pay the day pass fee! If you are interested in learning more about any of the classes feel free to call our Health & Recreation Manager or Assistant Manager at 402-905-3589 or 402-905-3576.

CLASS	DAY	TIME	DATE	COST
Zumba	Mon/Wed/ Fri	6:00- 6:50pm	ALL YEAR	
Fit & Function	Tues/Thurs	8:30- 9:00am	ALL YEAR	
SilverSneakers Yoga	Mon	9:45- 10:30am	ALL YEAR	
Yoga	Tues	7:00- 7:50pm	ALL YEAR	
Stages Cycle	Mon	6:30- 7:15pm	ALL YEAR	
TRX Suspension Training	Thurs	7:00- 7:45pm	ALL YEAR	
Escape	Wed	6:30- 7:15pm	ALL YEAR	
SilverSneakers Stability	Tues	9:15- 10:00am	ALL YEAR	
Inner Calm Kids Yoga	Tues	6:00- 6:45pm	ALL YEAR	
Line Dancing	Thurs	9:15- 9:45am	ALL YEAR	
TikTok Dance	Mon	5:00- 5:45pm	ALL YEAR	
The Floor is Lava	Tues	5:00- 5:45pm	ALL YEAR	Mem: FREE Non: Day Pass Fee
Up Your Game	Wed	5:00- 5:45pm	ALL YEAR	
Total T-Rex	Fri	5:00- 5:45pm	ALL YEAR	
Totally Tubular	Thurs	5:00- 5:45pm	ALL YEAR	
PiYo	Tues	6:00- 6:45pm	ALL YEAR	
Les Mills Body Combat (LIVE)	Mon	7:00- 7:45pm	ALL YEAR	
Les Mills Body Pump (LIVE)	Mon	7:00- 7:45pm	ALL YEAR	
Les Mills Body Combat (VIR- TUAL)	Mon/Wed	5:15- 6:00am	ALL YEAR	
Les Mills Body Combat (VIR- TUAL)	Fri	7:00- 7:45pm	ALL YEAR	
Les Mills Body Flow (VIRTUAL)	Sat	10:45- 11:30am	ALL YEAR	



FITNESS & SPORTS



KICKBOXING

A high energy class that combines martial arts techniques, a little cardio, and strength training. Building stamina, coordination, and flexibility in a fun and exciting environment.

DAY	TIME	DATE	COST
Thu	5:30-6:15am	1/5-2/23	Mem: FREE Non: Day Pass Fee
Thu	6:00-6:45pm	1/5-2/23	

GLUTES AND GUTS

This class is designed to shape, sculpt, and strengthen your butt, thigh, back and core muscles in a targeted fun and high energy workout.

DAY	TIME	DATE	COST
Tues	5:30-6:15am	1/3-2/28	Mem: FREE Non: Day Pass Fee

UPBEAT DANCE

How do you make working out more Fun? Dance makes everything better! A workout including Hip Hop dance with a focus on legs, arms, and core. It is a fun and exciting total body workout.

DAY	TIME	DATES	COST
Mon	5:30-6:15am	1/9-2/27	Mem: FREE Non: Day Pass Fee

DRUM FIT

Use drumsticks, fitness balls, high-energy music, and specially choreographed routines to mix high and low intensity exercises! Tone, build muscle, and burn calories while you beat out some sweet rhythms and smile your way to a fit body!

DAY	TIME	DATE	COST
Wed	5:30-6:15am	1/4-2/22	Mem: FREE Non: Day Pass Fee
Wed	9:30-10:15am	1/4-2/22	

BARRE

This 45-minute low-impact, combo class for all levels and will give you the perfect mix. Build both muscular endurance and strength. Our motivating playlists will push you to get lower and dig deeper in small movements that bring on the large movements that increase your power. You'll walk out of class feeling stronger, more toned and accomplished.

DAY	TIME	DATE	COST
Sat	9:00-10:00am	1/21-2/25	Mem: FREE Non: Day Pass Fee

ZUMBA

Add some Latin flavor and international zest to your workout with Zumba®. This is a 60-minute class for all fitness levels. Arrive early to get a spot.

DAY	TIME	DATE	COST
Sat	10:00am-11:00am	1/21-2/25	Mem: FREE Non: Day Pass Fee

WEIGHTS FOR WOMEN

Women at any age can learn how to safely and effectively use weight lifting to improve muscle tone, weight loss and bone health. During this 4 week progressive class, an experienced instructor will teach you how to use free weights with proper form, work all major muscle groups and familiarize yourself with weight room etiquette. This 60 minute class has a maximum class size of eight individuals.

DAY	TIME	DATE	COST
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KROC ADULT CO-ED SOCCER LEAGUE

Grab your teammates and put together a co-ed team. Teams will be 5v5 (4 field players, and a goalkeeper). There is a seven-game guarantee with championship games on the final week. Thursday and Friday nights on the indoor. AGES 19+ Please call for more information or to register!

DAY	TIME	DATE	COST
Thurs	6:00-7:45pm	1/12-2/23	\$400/team
Fri	6:00-7:45pm	1/13-2/24	\$400/team

HATCHLING SOCCER

A way to introduce the basic elements and proper technique through experienced coaching to those just starting their soccer journey! This program consists of 3 weeks and has 6 different sessions. Each week will consist of soccer activities working on foot-skills and a competitive game.

DAY	TIME	DATE	COST
Mon & Wed	6:30-7:30pm	1/9-1/25	Mem: \$60 Non: \$80

HATCHLING BASKETBALL

A way to introduce the basic elements and proper technique through experienced coaching to those just starting their basketball journey! This program consists of 3 weeks and has 6 different sessions. Each week will consist of soccer activities working on foot-skills and a competitive game.

DAY	TIME	DATE	COST
Wed & Fri	6:00-7:00pm	1/11-1/27	Mem: \$60 Non: \$80



SENIOR LIFE

IMMUNE SUPPORT 101

Most people know that vitamin C is important for the immune system, but do they know why? And what about the importance of other vitamins? Just like the rest of our body, the immune system requires optimal nutrition to function at its best. Keeping your immune system fed with proper nutrition will ensure that your body is ready to handle whatever comes its way during the winter months.

DAY	TIME	DATE	COST
Tues	10:30-11:30am	1/17	FREE

J.O.Y. HOT CHOCOLATE SOCIAL

Join us for a time of fellowship at our JOY Social, this month a Hot Chocolate Social! It's cold outside so let's stay warm with some hot chocolate and good company. RSVP Today!

DAY	TIME	DATE	COST
Tues	10:30-11:30am	1/24	FREE

ALZHEIMER'S ASSOCIATION: UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research and treatments available for some symptoms, and Alzheimer's Association resources.

DAY	TIME	DATE	COST
Tues	10:30-11:30am	1/30	FREE

J.O.Y. VALENTINE'S COOKIE EXCHANGE

Join us for a time of fellowship at our monthly JOY Social. This month, a Valentine's Cookie Exchange! Bring a dozen of your favorite homemade cookies and go home with new favorites! RSVP today!

DAY	TIME	DATE	COST
Tues	10:30-11:30am	1/30	FREE

EMPOWERED RELIEF: TRAIN YOUR BRAIN AWAY FROM PAIN

An evidence-based, single-session pain class developed at Stanford University that rapidly equips participants with pain management skills.

DAY	TIME	DATE	COST
Tues	10:30-12:30pm	2/21	FREE

JOIN US FOR OUR

J.O.Y. Hot Chocolate Social



WITH MUSIC BY
MIKE MCCRACKEN

TUESDAY, JANUARY 24

10:30 AM - 11:30 AM

RSVP TODAY AT THE FRONT
DESK ON YOUR NEXT VISIT!
or CALL 402-905-3500!



present

Immune Support 101

Workshop

Tuesday, January 17
10:30am-11:30am

at the Kroc Center!
Call 402-905-3500 to register!

Did You Know...

That the senior in your life may qualify for a FREE membership to the Kroc through their participating Medicare plans?!

Qualifying Plans



Aetna
Blue Cross Blue Shield
Bankers Life
GEHA
Humana
WellCare Health Plans
silversneakers.com

Renew Active
by  UnitedHealthcare®

UnitedHealthcare
AARP Medicare Supplement
uhcrenewactive.com

 **Silver&Fit**®

 **Active&Fit**®

Cigna
Oscar Insurance*
Pekin Insurance
State Farm
WPS*
silverandfit.com | activeandfit.com

Call us today to see if you or someone you love qualifies!

Spotlight on the Kroc





YOUTH & EDUCATION

CLUB KROC AFTER SCHOOL PROGRAM

Club Kroc is a great after-school program that provides a safe place offering students a chance to participate in fun and educational activities through the entire school year! Activities range from Book Club to STEM activities; Spy Club to Learning how to navigate a map; Shark School to Reader's Theater! A hot meal is served to all students who come straight after school!

DAY	TIME	DATE	COST	AGES
Weeks 15-22 Mon-Fri	4:00-6:30pm	1/4-2/28	Mem FREE Non \$25/week	6-12

LEGO CLUB

Lego Club puts your child's imagination to the test! Structured Lego challenges will be presented each week so kids can use their creativity to design buildings, cars, and other structures with their friends.

DAY	TIME	DATE	COST	AGES
Wed	6:00-6:45pm	1/11-2/22	Mem FREE Non \$7 *included in Club Kroc	6-12

ARTIC STEM CHALLENGE

You have traveled with a group of scientists to the arctic circle when you got caught in a great blizzard. What had begun as an exciting adventure has now turned into a disastrous expedition. It is now up to you to help the group survive and return to safety once again. Are you up to the challenge?

DAY	TIME	DATE	COST	AGES
Mon	5:00-5:45pm	Starts 2/27	Mem FREE Non \$7 *included in Club Kroc	6-12

PENGUIN PALS

Travel to the icy Antarctic to learn about how unique and interesting penguins really are. Each week kids will participate in hands-on penguin themed activities to explain how they can survive in such a frigid habitat.

DAY	TIME	DATE	COST	AGES
Tues	5:00-5:45pm	1/10-2/14	Mem FREE Non \$7 *included in Club Kroc	6-12

NAVIGATE THE MAP

Do you think in this digital age map skills aren't necessary? Think again! From spatial awareness to instilling a sense of adventure, maps are magical. Learning how to use a map is not only a life skill but can be fun and exciting.

DAY	TIME	DATE	COST	AGES
Mon	5:00-5:45pm	1/9-2/13	Mem FREE Non \$7 *included in Club Kroc	6-12

SHARK SCHOOL ADVANCED

Dive in and learn about the scariest animal in the sea. Each week kids will participate in fun hands on shark activities that will leave them screaming for more.

DAY	TIME	DATE	COST	AGES
Mon	5:00-5:45pm	1/9-2/13	Mem FREE Non \$7 *included in Club Kroc	6-12

MAKE IT!

The possibilities are endless. Kids ages 6 - 12 will be making a different project each week. Projects range from art, building challenges and even simple recipes. If you can imagine it, we can make it!

DAY	TIME	DATE	COST	AGES
Wed	5:00-5:45pm	1/11-2/15	Mem FREE Non \$7 *included in Club Kroc	6-12

READER'S THEATER

There's no need to memorize a script to be part of this group. Kids ages 6-8 will build reading fluency while acting out simple stories and creating fun characters to share with each other.

DAY	TIME	DATE	COST	AGES
Tues	5:00-5:45pm	STARTS 2/21	Mem FREE Non \$7 *included in Club Kroc	6-12

BOARD GAMERS CLUB

Board Gamers Club offers a place to play a favorite board game or learn a new one with friends.

DAY	TIME	DATE	COST	AGES
Wed	5:00-5:45pm	STARTS 2/22	Mem FREE Non \$7 *included in Club Kroc	6-12

CRAZY 8 MATH CLUB

Crazy 8s is a nationwide after-school math club designed to get kids fired up about math. Every week they get to build, run and jump, make music, make a mess and make friendships at the same time.

DAY	TIME	DATE	COST	AGES
Wed	5:00-5:45pm	1/11-2/22	Mem FREE Non \$7 *included in Club Kroc	GRADE 1-2
Mon	5:00-5:45pm	1/9-2/27	Mem FREE Non \$7 *included in Club Kroc	GRADE 4-5



YOUTH & EDUCATION



KAST TEEN PROGRAM

**KROC ACADEMY FOR
SUCCESSFUL TEENS**

Join us on Tuesdays!
5:30-6:30pm

- Mentorship**
- Life Skills**
- Games**
- Field Trips**

REGISTRATION OPEN!
Ages 12-17

CONTACT US 402-905-3532
www.omahakroc.org
emma.phillips@usc.salvationarmy.org

The Salvation Army
Kroc Center
2825 Y ST
Omaha, NE 68107

KAST - KROC ACADEMY FOR SUCCESSFUL TEENS

The KAST (Kroc Academy for Successful Teens) program is designed to engage and educate young adults as they enter into adulthood. Through this program, they will be given the resources, tools, and support for success in all areas of their lives. Each month will carry a combination of weekly lessons, challenges, and games to teach and promote social skills. Mentorship is always provided to help teens excel academically, athletically, and/or creatively. Incentives are also provided monthly to ensure and reward consistency and commitment to the program.

DAY	TIME	DATE	COST	AGES
Tues	5:30-6:30pm	1/4-2/28	Mem FREE Non \$11/session	11-17

HOMESCHOOL AT THE KROC: ELECTRICITY

Are you in the need of STEM education for your homeschool child(ren)? This science course taught by a certified teacher will cover the basics of electricity and meet state science standards SC 3.1 and SC 4.4. Students will create different types of circuits, explore conductivity, and learn about the scientist that discovered how to create and control this important energy source.

DAY	TIME	DATE	COST	AGES
Tues	2:00-3:00pm	1/10-1/26	Mem \$30 Non \$60	9-12
Thurs	2:00-3:00pm	1/12-1/26	Mem \$30 Non \$60	9-12

WINTER MINUTE TO WIN IT

If you're looking for some winter fun without the cold come to the loft for a variety of winter themed games that are fun for the whole family.

DAY	TIME	DATE	COST	AGES
Fri	5:30-6:30pm	1/6-1/27	Mem FREE Non \$15	ALL

FAMILY BINGO

Join us for some old fashion fun and chance. Small prizes will be presented to those who have a winning card.

DAY	TIME	DATE	COST	AGES
Fri	5:30-6:30pm	2/17	Mem FREE Non \$15	ALL



KROC CENTER
INTRODUCING
Homeschool
at the
Kroc

**REGISTRATION IS
NOW OPEN**

STARTS JAN. 9

**3-WEEK SCIENCE PROGRAM:
ELECTRICITY**

\$10/WEEK
FOR MEMBERS AGES 9-12

\$20/WEEK
FOR NON-MEMBERS

For more information call 402-950-3500
www.OmahaKroc.org



KROC CENTER

OMAHA

“ The Kroc is my second family and I am the crazy aunt you love to have around. The staff is caring and supportive. I come to work and know that I am surrounded by people who value me and my ideas.”

Charity W., Staff Member

“ I love the Kroc Center because of the people and experiences it has brought me. Every day is something different and there is always something new to learn. Through my 7 years working here, I have found my true passion of working with youth and providing them with unique extended learning opportunities.”

Emma P., Staff Member

“ Everyone receives me with a smile and shows me the love of God when I most need it.”

Javier F., Staff Member

“ I love how welcoming the place is. I also love how it is very involved with the community and the kids get to have a place to hangout besides home!”

Karla C., Member

“ I love teaching staff and guests new skills and seeing them accomplish their goals! Keeping the mission of reaching people and serving Jesus at the center of all my work everyday is the goal!”

Alyssa H., Aquatics Manager



WHY DO
YOU LOVE
THE KROC?