

KROC



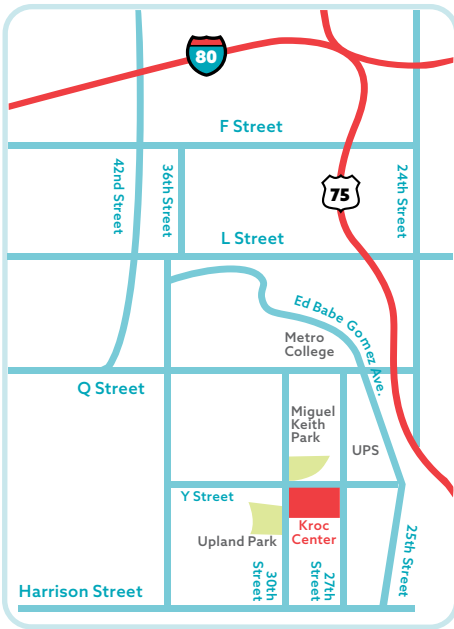
MAY-AUGUST 2024 PROGRAM GUIDE

Omaha.KrocCenter@usc.salvationarmy.org



**KROC
CENTER**
OMAHA





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 5:00am-8:00pm
 Saturday 8:00am-5:00pm
 Sunday **OPEN FOR WORSHIP**

SUNDAY WORSHIP

Kroc Church Service begins at 11:00am.

KIDZONE HOURS

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

402.905.3500

Quick Guide

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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.



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.

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.salvationarmyusa.org.



Welcome

to The Salvation Army Kroc Center

Welcome to the Kroc!

This will be our third summer leading the Omaha Kroc Center and three years later, we still love it here.

One of the wonderful things that we have witnessed is the amazing heart for service found in each of our Team Members. No matter what they are going through, once they come into the building, they are ready to serve you.

This summer season, you will experience life inside and outside the Kroc. All our departments have prepared great programs and activities to keep you engaged and moving. Look forward to Summer Nights and our Rally Day event at the end of August!

This is a wonderful place to experience community and we hope that you feel welcome here.

Be blessed and Kroc On,

Captains Alex and Carolina Yanez
Kroc Center Officers

"For even the Son of Man came not to be served but to serve,
and to give His life as a ransom for many."
Mark 10:45

A letter from
the Officers...





SENIOR LIFE

J.O.Y. EVENTS & ACTIVITIES

MEMBER: \$0 | PUBLIC: DAY PASS | AGES: 55+

Join us for monthly potlucks and other social and educational gatherings as we have fun, learn, and socialize. Registration is required for these events, so please see our Welcome Desk to sign up.

| Activity | Date | Time | Description |
|--|--------------------|-----------------|--|
| Taking a Look at Depression | Wednesday, May 1 | 10:00-11:00am | Learn about the signs and symptoms of mild to severe depression, treatment options, and medication management. |
| The Historical Development of Omaha | Thursday, May 9 | 10:30-11:30am | The Douglas County Historical Society presents on the history of Omaha |
| The Four M's (Mentation, Mobility, Medication, and what Matters) | Wednesday, May 15 | 10:00-11:30am | UNMC's Aging Interprofessional Group presents on increasing confidence in discussing health matters with providers. |
| Senior Appreciation Brunch (Members only. Register in advance.) | Tuesday, May 21 | 10:30am-12:00pm | Food is provided. Dan Reynolds presents the songs of Neil Diamond. |
| Book Authors Presentation | Wednesday, May 29 | 10:30-11:30am | Authors Lisa and Tim Trudell present on their tour books of Nebraska and Omaha. |
| Facts on Low Vision | Wednesday, June 5 | 10:30-11:30am | Guest speaker Ruth Bitter talks about the brain injury that affected her vision, and her tools and coping skills for recovery. |
| Medicare 101 & Ice Cream Social | Thursday, June 13 | 10:00-11:00am | Aetna presents an ice cream social and informational talk on the basics of Medicare and plan choices. |
| Fall Asleep, Stay Asleep | Monday, June 17 | 10:30-11:30am | Humana presents on sleep, and getting better rest. |
| Rooted in Diversity: Douglas County's Immigration Story | Thursday, July 11 | 10:30-11:30am | Douglas County Historical Society presents our immigration story. |
| Facebook Safety and Tech Support | Thursday, August 1 | 10:30am-12:00pm | Bring your laptop for hands-on assistance with setting up features and settings on Facebook. |
| End of Summer Potluck | Tuesday, August 13 | 11:00am-12:30pm | Enjoy summer fun, hamburgers & hotdogs as we celebrate the end of summer. |

OTHER PRESENTATIONS & EVENTS

MEMBER: \$0 | PUBLIC: DAY PASS | AGES: 55+ | REGISTER IN ADVANCE AT THE WELCOME DESK

HOMESTEAD EXEMPTION ASSISTANCE

THURSDAY, MAY 2 | 10:00AM-3:00PM
Stop in to receive assistance with filling out your Homestead Exemption Application. Schedule an appointment ahead of time by calling 402-444-6617.

LONG-TERM CARE MEDICAID PLANNING & ASSET PRESERVATION

TUESDAY, JUNE 25 | 11:30AM-1:00PM
Lunch and learn session with Elder Law of Omaha. Learn how planning can help to preserve a family's assets.

YOUR BONE HEALTH

WEDNESDAY, JULY 17 | 10:30-11:30AM
Natural Grocers presents on bone health. Learn about bone building and care, and how to support lifelong bone health.

UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIOR

THURSDAY, JULY 25 | 10:30-11:30AM
Learn from the Alzheimer's Association about common triggers for behaviors associated with dementia, assessing needs, and effective intervention.

CLASE DE INGLES: HAVING FUN WITH ENGLISH

MEMBER: \$0 | PUBLIC: DAY PASS
LENGTH: 60 MINUTES, ONGOING
MONDAYS 10:00-11:00AM

Do you want to learn the basics of English? Do you want to be able to have a conversation in English? This class is designed for participants to learn the basics of English while having fun.

MINISTRIES



The men and women in our congregation come from all walks of life; they are warm and welcoming, and will make you feel part of our family. Our church offers different opportunities for building community. Join us today!

SERVICES & ACTIVITIES

WEDNESDAY

| Activity | About | Time | Location |
|-----------------|---|--------|---------------|
| Bible Study | Men & women gather to dig deeper into God's word, one book of the Bible at a time. | 5:30pm | Senior Center |
| Estudio Biblico | Venga a estudiar la biblia mas a fondo junto a otros adultos y en un lugar agradable. | 6:30pm | Senior Center |

THURSDAY

| Activity | About | Time | Location |
|--------------------|--|---------|---------------|
| Women's Fellowship | A safe place for women to experience the love of God through fellowship, prayer, Bible study, and community. Refreshments available. | 10:00am | Party Room 1 |
| Grupo de Mujeres | Las mujeres se juntan a disfrutar de un tiempo de camaradería, mientras estudian la biblia en un ambiente cómodo y ameno. | 5:30pm | Senior Center |

Sunday Services

| | | | |
|-----------------------------|---------|--------|------------|
| Chuck's Sunday School Class | 9:30am | 1 Hour | Chapel |
| Coffee & Fellowship | 10:15am | 30 Min | Fellowship |
| Worship Service | 11:00am | 1 Hour | Assembly |
| Orange | 11:30am | 1 Hour | KidZone |

Join us for **Family Sundays** once a month after church on **June 23, July 14, and August 18**. Enjoy food and activities around the Kroc Center with our church family!

Teens gather once a month for fun activities, outings, and to study God's word.

THE SALVATION ARMY OVERNIGHT CAMPS

OLDER ADULT CAMP

JUNE 3-6

MEN AND WOMEN AGES 55+

Older adults will participate in various activities, including arts & crafts, music, Bible study, games, experiencing the outdoors, having the opportunity to make new friends and more.

JUNIOR SPORTS CAMP

JUNE 11-14

BOYS AND GIRLS WHO ARE ENTERING 1ST-5TH GRADES IN FALL 2024

Come and learn a new sport, or advance in a sport you are already familiar with.

SENIOR BOYS CAMP

JUNE 17-22 (BLACK HILLS CAMP - RAPID CITY, SOUTH DAKOTA)

BOYS WHO ARE ENTERING 6TH-12TH GRADES IN FALL 2024, UNDER AGE 18

Boys will encounter the basics of outdoor living, which includes tent, camping, nature study, hiking, and fun.

The Salvation Army Western Plains Camp near South Sioux City is a place where kids ages 6-18 can safely experience the beauty and adventure of the great outdoors.

New in 2024: High ropes and low ropes challenge courses and zip line. (Signed waiver)

For overnight camps, please contact OmahaKrocMinistries@usc.salvationarmy.org

SENIOR GIRLS CAMP

JUNE 17-22

GIRLS WHO ARE ENTERING 6TH-12TH GRADES IN FALL 2024, UNDER AGE 18

Girls learn teamwork and important life skills that will encourage them to become a productive member of society.

THE SALVATION ARMY OUTDOORS CAMP (TSAO)

JUNE 25-28

BOYS AND GIRLS AGES 10-16

TSAO introduces children to the great outdoors by engaging them in activities like swimming, fishing, boating, climbing, archery, conservation, hiking & camping.

SENIOR SPORTS CAMP

JULY 8-12

BOYS & GIRLS ENTERING 6TH-12TH GRADES IN FALL 2024, UNDER AGE 18

Come and learn a new sport or advance in a sport you are already familiar with.

JUNIOR CAMP

JULY 22-25

BOYS AND GIRLS WHO ARE ENTERING 1ST-5TH GRADES IN FALL 2024

Campers will learn how important they are in God's kingdom through classes and Bible study, expanding their creativity and sense of adventure through educational and recreational classes.



FINE ARTS

For all group classes except Ballet, children under 7 must be accompanied by an adult.



YOUTH PIANO FUNDAMENTALS

Students are introduced to piano playing fundamentals including technique, score reading, playing by ear, improvisation, arranging, and basic music theory.

MEMBER: \$35 | **PUBLIC:** \$50 | **AGES:** 7-12
LENGTH: 45 MINUTE CLASSES, 7 WEEKS

| Day | Time | Start Date |
|-----------|--------|------------|
| Wednesday | 5:00pm | 05/01/24 |

MEMBER: \$40 | **PUBLIC:** \$55 | **AGES:** 7-12
LENGTH: 45 MINUTE CLASSES, 8 WEEKS

| Day | Time | Start Date |
|-----------|--------|------------|
| Wednesday | 5:00pm | 07/10/24 |

ADULT PIANO FUNDAMENTALS

Students are introduced to piano playing fundamentals including technique, score reading, playing by ear, improvisation, arranging, and basic music theory.

MEMBER: \$35 | **PUBLIC:** \$50 | **AGES:** 18+
LENGTH: 45 MINUTE CLASSES, 7 WEEKS

| Day | Time | Start Date |
|-----------|--------|------------|
| Wednesday | 6:45pm | 05/01/24 |

Friday 10:45am 05/03/24

MEMBER: \$40 | **PUBLIC:** \$55 | **AGES:** 18+
LENGTH: 45 MINUTE CLASSES, 8 WEEKS

| Day | Time | Start Date |
|-----------|--------|------------|
| Wednesday | 6:45pm | 07/10/24 |

Friday 10:45am 07/12/24

DRUM CIRCLE FOR ADULTS

Explore drumming from different cultures as you create music and work in a group. Experience the positive impact of music on your mental and emotional health.

MEMBER: \$15 | **PUBLIC:** \$25 | **AGES:** 19+
LENGTH: 45 MINUTE CLASSES, 7 WEEKS

| Day | Time | Start Date |
|--------|---------|------------|
| Friday | 10:00am | 05/03/24 |

MEMBER: \$18 | **PUBLIC:** \$30 | **AGES:** 18+
LENGTH: 45 MINUTE CLASSES, 8 WEEKS

| Day | Time | Start Date |
|--------|---------|------------|
| Friday | 10:00am | 07/12/24 |

PRIVATE & SEMI-PRIVATE MUSIC LESSONS: PIANO AND DRUM

AGES: 7+

Learn and become more proficient with an instrument in a one-on-one or small group setting. Private lessons are one student with an instructor. Semi-private are groups of 2-3 students. Minors must be accompanied by an adult. Purchase your class package at the Membership Desk, and email OmahaKrocFineArts@usc.salvationarmy.org to set up your lesson dates and times.

| Package | Private Rate | Semi-Private Rate (per Individual) |
|-------------------------|------------------------------------|------------------------------------|
| Eight 1-Hour Lessons | Member: \$170 Non-Member: \$185 | Member: \$120 Non-Member: \$135 |
| Four 1-Hour Lessons | Member: \$90 Non-Member: \$105 | Member: \$65 Non-Member: \$80 |
| Eight 30-Minute Lessons | Member: \$135 Non-Member: \$150 | Member: \$95 Non-Member: \$110 |
| Four 30-Minute Lessons | Member: \$70 Non-Member: \$85 | Member: \$55 Non-Member: \$70 |

FINE ARTS



For all group classes except Ballet, children under 7 must be accompanied by an adult.

BALLET CONDITIONING AND CHOREOGRAPHY 1

MEMBER: \$60 | **PUBLIC:** \$75 | **AGES:** 6-8
LENGTH: TWO 1-HOUR CLASSES, 4 WKS

A beginner recreational ballet class where dancers learn etiquette, artistry and wholistic self-awareness. Classes cover arm/foot positions, basic barre steps, jumps, turns, balances & traveling steps.

| Day/Time | Start Date |
|--|------------|
| Tuesday 5:00-6:00pm & Saturday 12:00-1:00pm | 05/21/24 |
| Tuesday 5:00-6:00pm & Saturday 12:00-1:00pm | 06/18/24 |
| Tuesday 5:00-6:00pm & Saturday 12:00-1:00pm | 07/23/24 |

BALLET CONDITIONING AND CHOREOGRAPHY 2

MEMBER: \$60 | **PUBLIC:** \$75 | **AGES:** 9-12
LENGTH: TWO 1-HOUR CLASSES, 4 WKS

A beginner recreational ballet class where dancers learn etiquette, artistry and wholistic self-awareness. Classes cover arm/foot positions, basic barre steps, jumps, turns, balances & traveling steps.

| Day/Time | Start Date |
|--|------------|
| Friday 5:00-6:00pm & Saturday 11:00am-12:00pm | 05/24/24 |
| Friday 5:00-6:00pm & Saturday 11:00am-12:00pm | 06/21/24 |
| Friday 5:00-6:00pm & Saturday 11:00am-12:00pm | 08/09/24 |

OPEN BALLET

Beginners are welcome in this relaxed, low-pressure, judgement free class. Spark creativity and confidence by exploring traditional ballet movement.

MEMBER: \$50 | **PUBLIC:** \$65 | **AGES:** 3+
LENGTH: 90 MINUTE CLASSES, 4 WEEKS

| Day | Time | Start Date |
|--------|--------|------------|
| Friday | 6:00pm | 05/24/24 |
| Friday | 6:00pm | 06/21/24 |
| Friday | 6:00pm | 08/09/24 |



PRIVATE BALLET LESSONS

AGES: 3+

Receive one-on-one guidance to improve your skills and performing confidence. Dedicated instruction can help you see more progress in a shorter period of time. Minors must be accompanied by an adult.

Purchase your class package at the Membership Desk, and email us to set up your lesson dates at OmahaKrocFineArts@usc.salvationarmy.org.

| Package | Rate |
|-------------------------|------------------------------------|
| Eight 1-Hour Lessons | Member: \$170 Non-Member: \$185 |
| Four 1-Hour Lessons | Member: \$90 Non-Member: \$105 |
| Eight 30-Minute Lessons | Member: \$135 Non-Member: \$150 |
| Four 30-Minute Lessons | Member: \$70 Non-Member: \$85 |



FINE ARTS

For all group classes except Ballet, children under 7 must be accompanied by an adult.

JOY PRINTMAKING FUNDAMENTALS

MEMBER: \$40 | PUBLIC: \$55 | AGES: 55+
LENGTH: 60 MINUTE CLASSES, 5 WEEKS

Linocut Printmaking is an artform that allows you to carve designs into a linoleum block and stamp them onto paper or fabric. In this course we'll carve and stamp our own designs.

| Day | Time | Start Date |
|----------|---------|------------|
| Thursday | 10:00am | 05/02/24 |
| Thursday | 10:00am | 06/13/24 |
| Thursday | 10:00am | 07/25/24 |

KIDS PRINTMAKING FUNDAMENTALS

MEMBER: \$40 | PUBLIC: \$55 | AGES: 12+
LENGTH: 60 MINUTE CLASSES, 5 WEEKS

Linocut Printmaking is an artform that allows you to carve designs into a linoleum block and stamp them onto paper or fabric. In this course we'll carve and stamp our own designs.

| Day | Time | Start Date |
|----------|---------|------------|
| Thursday | 11:15am | 05/02/24 |
| Thursday | 11:15am | 06/13/24 |
| Thursday | 11:15am | 07/25/24 |

PAINT & SIP

MEMBER: \$35 | PUBLIC: \$50 | AGES: 12+
LENGTH: 75 MINUTE CLASSES, 5 WEEKS

Improve your painting skills in a fun, relaxed environment. Each week features a different, fun summer Italian Soda (non-alcoholic) to sip while you work toward creating 1-2 masterpieces over the course of the class.

| Day | Time | Start Date |
|-----------|---------|------------|
| Wednesday | 11:00am | 05/01/24 |
| Wednesday | 6:30pm | 05/01/24 |
| Wednesday | 11:00am | 06/05/24 |
| Wednesday | 6:30pm | 06/05/24 |
| Wednesday | 11:00am | 07/17/24 |
| Wednesday | 6:30pm | 07/17/24 |

JOY DRAWING FUNDAMENTALS

MEMBER: \$0 | PUBLIC: \$14 | AGES: 55+
LENGTH: 90 MINUTE CLASSES, 6 WEEKS

Students familiar with drawing will meet to improve basic skills; getting familiar with art vocabulary, and focusing on light and shading various shapes.

| Day | Time | Start Date |
|---------|---------|------------|
| Tuesday | 11:00am | 06/25/24 |

JOY OPEN ART STUDIO

MEMBER: \$0 | PUBLIC: \$14 | AGES: 55+
LENGTH: 60 MINUTE CLASSES, 18 WEEKS

Work independently on art projects of your choice. Staff is on hand to offer advice and assistance. Use Kroc supplies and/or bring your own.

| Day | Time | Start Date |
|--------|---------|------------|
| Friday | 11:00am | 05/03/24 |

KIDS KRAFTS

MEMBER: \$30 | PUBLIC: \$45 | AGES: 5-12
LENGTH: 45 MINUTE CLASSES, 4 WEEKS

During each session children will explore mixed media art forms in a supportive classroom environment. A new craft is created each class, and each class session has a different offering of crafts to create.

| Day | Time | Start Date |
|--------|---------|------------|
| Friday | 10:00am | 05/03/24 |
| Friday | 10:00am | 06/07/24 |
| Friday | 10:00am | 07/12/24 |



ONE AND TWO DAY POTTERY WORKSHOPS

GLAZE YOUR OWN WIND CHIMES

MEMBER: \$15 | PUBLIC: \$25 | AGES: 3+
LENGTH: 2 HOUR CLASS, 1 DAY

Glaze and assemble your own wind chime. Chimes will be fired in the kiln after class, and can be picked up at a later date.

| Day | Time | Start Date |
|--------|--------|------------|
| Friday | 5:30pm | 05/10/24 |

MAKE A CLAY JEWELRY DISH

MEMBER: \$30 | PUBLIC: \$45 | AGES: 3+
LENGTH: 2 HOUR CLASS, 2 DAYS

A two-day workshop. Day one consists of stamping and forming the dish. After an initial firing, we meet a second time to paint and glaze before a final firing.

| Day | Time | Start Date |
|--------|--------|----------------------|
| Friday | 5:30pm | 06/14/24 06/21/24 |

PAINT A TILE COASTER

MEMBER: \$15 | PUBLIC: \$30 | AGES: 3+
LENGTH: 2 HOUR CLASS, 1 DAY

Students can design and paint their own tile coaster. Coaster will then be fired in the kiln, and available for pickup at a later date.

| Day | Time | Start Date |
|--------|--------|------------|
| Friday | 5:30pm | 07/19/24 |

MAKE A HAND-BUILT PENCIL HOLDER CUP

MEMBER: \$30 | PUBLIC: \$45 | AGES: 3+
LENGTH: 2 HOUR CLASS, 2 DAYS

A two-day workshop. The first class consists of building the cup using the coiling method. After firing, we meet a second time to glaze and fire a final time.

| Day | Time | Start Date |
|--------|--------|----------------------|
| Friday | 5:30pm | 08/02/24 08/09/24 |

FINE ARTS



For all group classes except Ballet, children under 7 must be accompanied by an adult.

YOUTH POTTERY: HANDBUILDING

Learn how to hand-build and construct clay pieces, meld them together, and decorate pottery through glazing as we focus on slab, pinch and coil techniques.

MEMBER: \$55 | PUBLIC: \$70 | AGES: 5-11
LENGTH: 90 MINUTE CLASSES, 3 WEEKS

| Day | Time | Start Date |
|------------|---------|------------|
| Tues/Thurs | 10:30am | 05/07/24 |

MEMBER: \$60 | PUBLIC: \$75 | AGES: 5-11
LENGTH: 90 MINUTE CLASSES, 4 WEEKS

| Day | Time | Start Date |
|------------|---------|------------|
| Tues/Thurs | 10:30am | 06/04/24 |
| Tues/Thurs | 10:30am | 07/09/24 |
| Tues/Thurs | 10:30am | 08/06/24 |

ALL AGES POTTERY: HANDBUILDING

Learn how to hand-build and construct clay pieces, meld them together, and decorate pottery through glazing as we focus on slab, pinch and coil techniques.

MEMBER: \$45 | PUBLIC: \$60 | AGES: 3+
LENGTH: 2.5 HOUR CLASSES, 3 WEEKS

| Day | Time | Start Date |
|----------|---------|------------|
| Saturday | 10:00am | 05/11/24 |

MEMBER: \$50 | PUBLIC: \$65 | AGES: 3+
LENGTH: 2.5 HOUR CLASSES, 4 WEEKS

| Day | Time | Start Date |
|----------|---------|------------|
| Saturday | 10:00am | 06/08/24 |
| Saturday | 10:00am | 07/13/24 |
| Saturday | 10:00am | 08/10/24 |

TEEN POTTERY: HANDBUILDING

Learn how to hand-build and construct clay pieces, meld them together, and decorate pottery through glazing as we focus on slab, pinch and coil techniques.

MEMBER: \$55 | PUBLIC: \$70 | AGES: 12-18
LENGTH: 90 MINUTE CLASSES, 3 WEEKS

| Day | Time | Start Date |
|------------|---------|------------|
| Tues/Thurs | 12:30pm | 05/07/24 |

MEMBER: \$60 | PUBLIC: \$75 | AGES: 12-18
LENGTH: 90 MINUTE CLASSES, 4 WEEKS

| Day | Time | Start Date |
|------------|---------|------------|
| Tues/Thurs | 12:30pm | 06/04/24 |
| Tues/Thurs | 12:30pm | 07/09/24 |
| Tues/Thurs | 12:30pm | 08/06/24 |

ALL AGES POTTERY: OPEN STUDIO

Work independently while using the Kroc Pottery Studio resources, like our throwing wheels, tools, glazes and kiln. Your first 12.5 lbs. of clay are included.

MEMBER: \$55 | PUBLIC: \$70 | AGES: 17+
LENGTH: 2.5 HOUR CLASSES, 3 WEEKS

| Day | Time | Start Date |
|----------|---------|------------|
| Saturday | 12:30pm | 05/11/24 |

MEMBER: \$60 | PUBLIC: \$75 | AGES: 17+
LENGTH: 2.5 HOUR CLASSES, 4 WEEKS

| Day | Time | Start Date |
|----------|---------|------------|
| Saturday | 12:30pm | 06/08/24 |
| Saturday | 12:30pm | 07/13/24 |
| Saturday | 12:30pm | 08/10/24 |

ADULT POTTERY: HANDBUILDING

Learn how to hand-build and construct clay pieces, meld them together, and decorate pottery through glazing as we focus on slab, pinch and coil techniques.

MEMBER: \$55 | PUBLIC: \$70 | AGES: 17+
LENGTH: 90 MINUTE CLASSES, 3 WEEKS

| Day | Time | Start Date |
|------------|--------|------------|
| Tues/Thurs | 5:30pm | 05/07/24 |

MEMBER: \$60 | PUBLIC: \$75 | AGES: 17+
LENGTH: 90 MINUTE CLASSES, 4 WEEKS

| Day | Time | Start Date |
|------------|--------|------------|
| Tues/Thurs | 5:30pm | 06/04/24 |
| Tues/Thurs | 5:30pm | 07/09/24 |
| Tues/Thurs | 5:30pm | 08/06/24 |



PRIVATE & SEMI-PRIVATE POTTERY INSTRUCTION

AGES: 7+ (Minors accompanied by adult)

Learn and/or become more proficient in pottery with intentional instruction in a one-on-one or small group setting. Private lessons are one student with an instructor. Semi-private are groups of 2-3 students. Purchase your class package at the Membership Desk, and email us to set up your lesson dates at OmahaKrocFineArts@usc.salvationarmy.org.

| Package | Private Rate | Semi-Private (per Individual) |
|----------------------|------------------------------------|------------------------------------|
| Eight 2-Hour Lessons | Member: \$380 Non-Member: \$395 | Member: \$225 Non-Member: \$240 |
| Six 2-Hour Lessons | Member: \$280 Non-Member: \$295 | Member: \$170 Non-Member: \$185 |
| Four 2-Hour Lessons | Member: \$215 Non-Member: \$230 | Member: \$115 Non-Member: \$130 |
| Two 2-hour Lessons | Member: \$115 Non-Member: \$130 | Member: \$60 Non-Member: \$75 |



EDUCATION & CAMPS

Camp Kroc

Camp Kroc is a fun day camp opportunity for youth **ages 6 to 12** that utilizes all areas of the Kroc Center, including the pool! Each week is a unique theme that engages campers in creative, educational, and physically fun activities. Weeks may include guest speakers, field trips, or special events. Breakfast, lunch, and snack are included.

weekly themes

| Weeks | Theme | Description |
|---------|---------------------------------|--|
| Week 1 | Splashtopia | Get wet and wild with this week as we have a good time learning all about the power and unique qualities of water in our world. |
| Week 2 | Icky Sticky Ooey Gooley | This week will allow your kids to get their hands, dirty with slime, Oobleck, and goop; exploring textures and getting creative. |
| Week 3 | Nature Explorers | Explore our beautiful, natural world with activities that revolve around plants, insects, animals, and more. |
| Week 4 | Animal Planet | Grab your binoculars and safari hats! Explore the wonders of the animal kingdom, and discover new animals along the way. |
| Week 5 | Adventure Camp | Calling all Treasure Hunters and Adventurers! This camp is all about discovery and problem-solving as we explore parts unknown. |
| Week 6 | Start The Party VBS | This Vacation Bible Camp is free to attend, and will meet Monday-Wednesday. Let's celebrate, play fun games, and enjoy worship together. |
| Week 7 | Mad Scientists | Campers will conduct a variety of science experiments that teach cause and effect, problem-solving, and analytical thinking. |
| Week 8 | Mystery Week | Someone stole RJ's favorite T-shirt and it's up to the campers to find out "who done it" using investigation and attention to detail. |
| Week 9 | Enchanted Forest | Fairies, princesses, and knights... oh my! Explore classic tales from literature with a fun and interactive twist. |
| Week 10 | To Infinity & Beyond | Camp Kroc Astronauts will learn all about outer space, stars, and planets during this out-of-this-world camp. |
| Week 11 | Kroc Olympics | We'll go for the gold as campers learn and play a variety of team and individual sports and activities. |



MORE INFO FOR CAMPERS AND PARENTS:

PRICING

FIRST CHILD
MEMBER: \$170 | NON-MEMBER: \$210

ADDITIONAL CHILD(REN)
MEMBER: \$140 | NON-MEMBER: \$180

\$30 late registration fee is applied for signups within a 2-week window of the camp you're registering for.

EXTENDED CARE

To provide parents with more flexibility, Camp Kroc offers an hour of Extended Care; both in the morning before camp and in the afternoon beyond the normal pick up window. This can be added to any week of camp, either before or after camp for just \$25, or before and after camp for \$50.

For more information...

Visit the Welcome Desk for a Camp Kroc guide, or to register for camp.

YOUTH DEVELOPMENT



SALVATION ARMY Gaming

MEMBER: \$0 | PUBLIC: DAY PASS | AGES: 10-16
WHEN: FRIDAYS 5/31-8/2, 4:00-6:30PM (No Meeting July 5)

It's time to level up! Whether you are new to gaming or a pro, sign up for Salvation Army Gaming on Fridays this Summer. We provide a safe space for youth and teens to compete on the screen, playing games like FIFA, NBA 2K, Madden and Fortnite. **Register at the Welcome Desk by June 7.**

EXTENDED SUMMER LOFT HOURS BEGINNING MAY 23
 Monday-Friday 11:00am-8:00pm, and Saturday Noon-5:00pm



OCCUPATION EDUCATION

MEMBER: \$0 | PUBLIC: DAY PASS | AGES: 14-19 | LENGTH: 1 HR CLASSES, 4 WEEKS

Through engaging activities, interactive, discussions, and practical exercises, students will develop a skill-set tailored to the job market. From résumé writing and interview techniques to communication skills and workplace etiquette, this course covers all aspects of professional readiness.

| Day | Time | Start Date |
|--------------|---------|------------|
| Tues & Thurs | 11:00am | 06/04/24 |

KROC ONWARD

MEMBER: \$0 | PUBLIC: DAY PASS
AGES: 8-13
LENGTH: 1 HR CLASSES, 10 WEEKS

Get ready to Kroc Onward with this program, which focuses on social-emotional learning for children. It provides comprehensive lessons and activities designed to enhance skills, such as empathy, emotion management, problem-solving, and communication. The program is structured to be developmentally appropriate for different age groups.

| Day | Time | Start Date |
|--------|--------|------------|
| Monday | 5:00pm | 06/03/24 |

DROP-IN



WORK-IT WEDNESDAY

MEMBER: \$0 | PUBLIC: DAY PASS
AGES: 8-13
WEDNESDAYS 5/29-8/7, 2:00-4:00PM

Are you ready to use your mad dance skills? Work-It Wednesdays are a fun drop in activity for kids aged 8 to 13. Get up and show your best moves as we play along to Just Dance in the Loft.

No meetings on June 19 or July 3 due to observed holidays.



SPORTS

SOCCER



KROC YOUTH SPORTS LEAGUE: SUMMER SOCCER

MEMBER: \$40 | PUBLIC: \$50 | \$400/TEAM
AGES: K-8TH GRADE

Join us in this fun and competitive community-based soccer league. Here we address more than just competition; life skills such as leadership, responsibility, and sportsmanship. All while having fun, kicking the ball around and scoring some goals.

There will be one 60-minute practice during the week, day and time to be determined, and games every Saturday.

**REGISTER BY JUNE 7TH.
PRACTICES START WEEK OF JUNE 10.
FIRST GAMES ON SAT. JUNE 15.**

WOMEN'S SPRING & SUMMER 9v9 SOCCER LEAGUE

\$400/TEAM | AGES: 19+

Grab your teammates and put together an all-women's soccer team. Games will be held Friday nights or Sunday mornings, depending on the division.

Spring Fridays

Meet every Friday night, starting on April 5. Times will vary based on schedule.

Spring Sundays

Meet every Sunday Evening, starting on April 7. Times will vary based on schedule.

Summer Fridays

Meet every Friday night, starting on June 7. Times will vary based on schedule.

Summer Sundays

Meet every Sunday Evening, starting on June 9. Times will vary based on schedule.



CO-ED ADULT SUMMER 9v9 SOCCER LEAGUE

\$400/TEAM | AGES: 19+

REGISTRATION IS MARCH 23-JUNE 10

Put together a team of friends and join us for our co-ed summer league! There is a six game guarantee with playoffs and championship matches.

Meet every Thursday night, beginning June 6. Times will vary based on schedule.

HIGH SCHOOL SUMMER 9v9 SOCCER LEAGUE

\$400/TEAM | AGES: 9TH-12TH GRADE

REGISTRATION IS MARCH 23-JUNE 10

Put together a team of friends and join us for our high schooler summer league!

Meet every Monday night, starting on June 10. Times will vary based on schedule.

FUTURE KIDS 3v3 SPRING SOCCER

MEMBER: \$0 | PUBLIC: \$0 | AGES: 8-15
REGISTRATION ENDS MAY 18

A fun and active way to spend your Saturdays. Join us and our state of the art air inflatable soccer pitches for 3v3 fun.

Meet every Saturday Afternoon, starting on April 13. Times will vary based on schedule.

PICKLEBALL

SUMMER PICKLEBALL TOURNAMENTS

MEMBER: \$15 | PUBLIC: \$25 | AGES: 19+

Pickleball Nation! It's time for some competition and fun! Grab your partner and head down to the Kroc center for the first annual summer Pickleball tournament.

Play happens every Saturday morning beginning at 10:00am.

There is a separate tournament for June, July, and August. Register for each tournament in advance by visiting the Kroc Center Welcome Desk.

**JUNE TOURNAMENT
REGISTRTION OPENS MAY 1
TOURNAMENT DATE 06/22/24**

**JULY TOURNAMENT
REGISTRTION OPENS JUNE 1
TOURNAMENT DATE 07/20/24**

**AUGUST TOURNAMENT
REGISTRTION OPENS JULY 1
TOURNAMENT DATE 08/17/24**

SPORTS

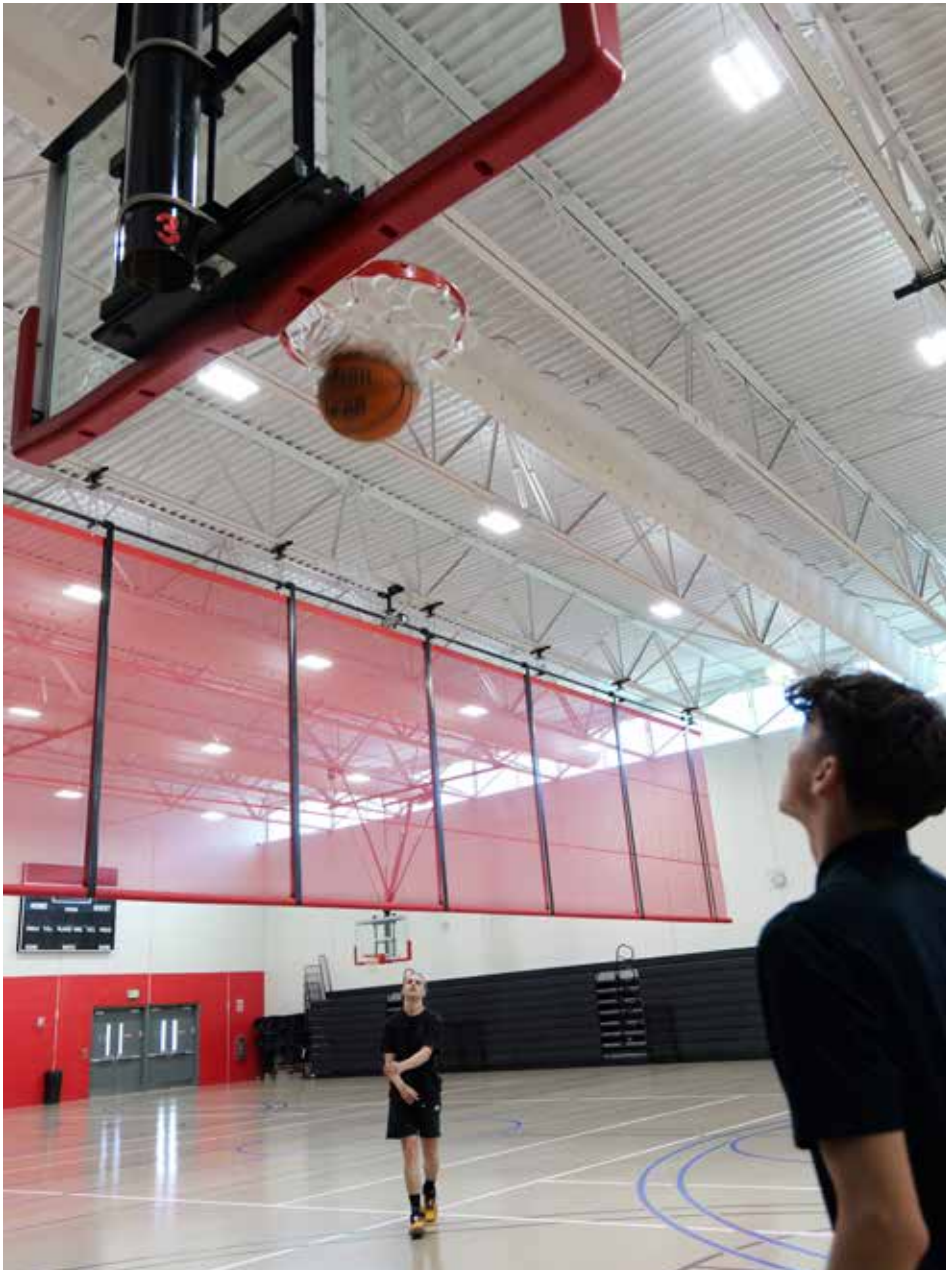


Drop-In Schedule



MEMBER: \$0 | PUBLIC: \$5 DROP-IN FEE

| Class | Day | Time |
|---------------------------------------|---------------|--------------|
| J.O.Y. Pickleball (Ages 19+) | Mon, Wed, Fri | 9:30-11:30am |
| Friends & Family Pickleball (Ages 8+) | Mon & Fri | 6:30-7:30pm |
| Basketball Nights (Ages 19+) | Wednesday | 7:00-8:00pm |
| Volleyball Nights (Ages 19+) | Tuesday | 7:00-8:00pm |



FLAG FOOTBALL



KROC YOUTH SPORTS LEAGUE: FOOTBALL

MEMBER: \$40 | PUBLIC: \$50 | \$400/TEAM
AGES: K-2ND AND 3RD-5TH GRADE

Join us in this fun and competitive community-based youth flag football league. Here we address more than just competition; life skills such as leadership, responsibility, and sportsmanship. All while having fun and scoring some touchdowns.

There will be one 60-minute practice during the week, day and time to be determined, and games every Saturday.

**REGISTER BY JUNE 7TH.
PRACTICES START WEEK OF JUNE 10.
FIRST GAMES ON SAT. JUNE 15.**



FITNESS

DROP-IN FITNESS CLASSES

MEMBER: FREE | PUBLIC: DAY PASS | AGES: 16+ Unless Otherwise Specified

Our drop-in fitness classes happen weekly, and we have a variety for you to experience year-round. If you have any questions about our drop-in classes, please stop by our Fitness Desk.

Drop-In Schedule

| Class | Day | Time | Length |
|-------------------------------|------------|--------|--------------------------|
| Tai Chi | Wednesday | 9:30am | 45 Minutes |
| Adult Kickboxing | Tues/Thurs | 6:45pm | 60 Minutes |
| Teen Kickboxing (ages 13-16) | Thursday | 5:30pm | 30 Minutes |
| Youth Kickboxing (ages 10-13) | Tuesday | 5:30pm | 30 Minutes |
| Silver Sneakers Yoga | Monday | 9:45am | 45 Minutes |
| Zumba | Wednesday | 6:00pm | 50 Minutes |
| Fit & Function | Tues/Thurs | 8:30am | Tu: 45 min Th: 30 min |
| Yoga | Tuesday | 6:00pm | 45 Minutes |
| TRX Suspension Training | Thursday | 6:00pm | 45 Minutes |
| Escape | Wednesday | 6:30pm | 45 Minutes |
| Line Dancing | Thursday | 9:10am | 40 Minutes |
| Cycle Combo | Monday | 6:00pm | 45 Minutes |
| Core & Glutes | Saturday | 9:00am | 45 Minutes |

Drop-In Class Descriptions

Tai Chi

Tai chi is a slow, controlled way to relieve stress and develop muscle while increasing range of motion without pain. A great class for anyone in need of relaxation or gentle mobility improvement.

Fit & Function

A class based on strategy and movement to assist adults in safely, improving mobility and function.

Escape

A focus on body conditioning, cross training, and athletic base training for every "body."

Zumba

A dance-based cardio class for all fitness levels.

Kickboxing (Adult, Teen, Youth)

A high-energy class, combining martial arts techniques with cardiovascular endurance and strength training. Participants provide their own kickboxing gear.

Cycle Combo

A cycling workout that incorporates medium intensity cardio. Great for beginners to cycling, those building stamina, and people looking to build core strength and stability.

Yoga

Grow awareness of your body, reduce stress, and work your muscles. Please bring your own mat and additional equipment.

FREE FITNESS SERVICES FOR MEMBERS

The following services are available by appointment. Stop by our Fitness Desk to schedule yours today!

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 your 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 active older adults.

PERSONAL JUMPSTART

Everyone starts somewhere! Think of your Personal Jumpstart as a tool to set goals when starting your exercise program. Consisting of an InBody assessment, a tour/orientation of the Fitness Center, and an optional equipment orientation. After your first three months, we encourage all members to retake their In Body assessment at no charge and compare their results.

Line Dancing

A form of dance in which memory, coordination, and balance come together; including a little bit of cardiovascular fitness.

TRX Suspension Training

Suspension training, gives your strength routine a twist that provides results.

Core & Glutes

A group exercise class intentionally designed to help and teach participants how to increase balance and stability through core strength.

Silver Sneakers Yoga

Move through a complete series of seated and standing yoga poses designed to increase flexibility, balance, and range of movement.

FITNESS



KROC I.E.

**MEMBER: \$30 | PUBLIC: \$45 | AGES: 8-15
WEDNESDAYS AT 5:30PM, 4 WEEKS**

This four-week class is designed to introduce youth to bodyweight strength training and use of the cardio machines on the Fitness Deck. Youth will receive instructions on proper Fitness Center etiquette, equipment safety, and the importance of proper exercise form. Upon completion, youth will then be able to use approved areas of the Fitness Center under the following conditions:

Ages 8-9 must stay within arms length of their parent or guardian.

Ages 10-11 must have a parent present in the fitness area.

Ages 12-15 may use cardio equipment, the indoor track, and limited areas for bodyweight strength training on their own. They may also attend drop-in fitness classes with a parent or guardian.

Badges are provided upon graduation, and must be used to check in at the Fitness Desk prior to using the Fitness Center or attending a drop-in class.

Call or visit the Welcome Desk to enroll.

KROC I.E. FAST TRACK

**MEMBER: \$40 | PUBLIC: \$60 | AGES: 8-15
LENGTH: ONE 90 MINUTE CLASS**

A one-time training summarizing the regular Kroc I.E. class into one 90 minute session. Visit the Welcome Desk to schedule your personal Kroc I.E. Fast Track appointment.

POWERLIFTING

\$10/MONTH | AGES: 14+

Powerlifting is a competitive outlet/opportunity for people to attempt their best lifts in squat, bench, and deadlift; while competing against themselves, other individuals, and as a group in a supportive team setting.

| Month | Day and Time | Start Date |
|--------|--|------------|
| May | Mon/Thurs: 7:00pm, Friday: 6:00pm | 05/06/24 |
| June | Mon/Thurs: 7:00pm, Friday: 6:00pm | 06/03/24 |
| July | Mon/Thurs: 7:00pm, Friday: 6:00pm | 07/01/24 |
| August | Mon/Thurs: 7:00pm, Friday: 6:00pm | 08/05/24 |

KROC FIT CLUB

**MEMBER: FREE | PUBLIC: DAY PASS
AGES: 16+ | DROP-IN**

Kroc Fit Club is a group exercise class intended to give like-minded individuals an opportunity to have a guided workout in a dedicated time and place. This hour-long class will challenge participants through strength and cardio-based exercises.

| Day | Time |
|-----------|-------------------|
| Monday | 7:00pm |
| Tuesday | 5:30am 10:00am |
| Wednesday | 10:00am 7:00pm |
| Thursday | 5:30am 10:00am |
| Friday | 9:30am |

PERSONAL TRAINING

AGES: 16+

Work with a professional, experienced Trainer, one on one. Your Trainer will determine and adjust your recommended exercises, frequency, intensity, and progression based on your goals.

Visit the Welcome Desk to schedule your Personal Training sessions.

| Length | Rate |
|------------|----------------------------------|
| 30 Minutes | Member: \$40 Non-Member: \$60 |
| 60 Minutes | Member: \$60 Non-Member: \$80 |

MOMS WALKING CLUB

**MEMBER: \$FREE | PUBLIC: DAY PASS
WEDNESDAYS 10:00-11:00AM**

A weekly time for moms to make friends, enjoy fellowship, and create connections while using the indoor Kroc walking track. Strollers are allowed during this time.





AQUATICS

SWIM LESSONS & POOL CLASSES

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 registration requirements.

SYNCHRONIZED SWIMMING INTRODUCTION

**MEMBER: \$35 | PUBLIC: \$75 | AGES: 12+
LENGTH: 35 MINUTE CLASSES**

Synchronized swimming involves moving in a choreographed routine accompanied by music. You will learn different positions in the water and work together as a team to give a performance.

| Session | Day | Time |
|---------------------|------------|--------|
| Sessions 1, 2 and 3 | Tues/Thurs | 6:15pm |

PADDLEBOARDING

**MEMBER: \$35 | PUBLIC: \$75 | AGES: 12-55
LENGTH: 35 MINUTE CLASSES**

This class teaches the basics of SUP, or "Stand-Up Paddleboarding." Learn techniques for paddling and using your body for balance.

| Session | Day | Time |
|--------------------------|----------|---------|
| Saturdays June 8-July 27 | Saturday | 11:20am |

PRIVATE SWIM LESSONS

AGES: 3+

Private one-on-one or small group swim instruction.

| Package | Rate |
|-----------------------------|------------------------------------|
| Private Single Session | Member: \$30 Non-Member: \$50 |
| Private Six Sessions | Member: \$168 Non-Member: \$288 |
| Semi-Private Single Session | Member: \$25 Non-Member: \$45 |
| Semi-Private Six Sessions | Member: \$120 Non-Member: \$240 |

SWIM TEAM

MEMBER: \$60 | PUBLIC: \$100 | AGES: 6-15 | LENGTH: 1 HOUR

The Omaha Kroc Center Swim Team is a great way to introduce youth to competitive swimming in a fun, relaxed environment. Swim team participants will enhance stroke technique, and the four competitive strokes, learn racing starts and turns, competitive swimming etiquette and more. Eligible participants must be able to continuously swim the length of the pool (25 yards) using the freestyle, backstroke or breaststroke AND tread water for one minute.

RED GROUP

Students perfect the elementary style backstroke, freestyle with rotary breathing and backstroke with good rotation. Introduction to other strokes.

BLUE GROUP

Students complete warm-ups on their own and understand all five strokes. They will be perfecting their breaststroke and butterfly.

SILVER GROUP

Students will be comfortable completing 50-yard swims non-stop for all five strokes with flip turns, and be introduced to clock work.

GOLD GROUP

Students are skilled and comfortable. Focus shifts to increased cardio and speed. Students will be coached on racing the clock and recalling their times.

RED & BLUE

SESSION 1: MAY 1-29

| Practice | Day | Time |
|------------|-----------|---------|
| Homeschool | Mon & Wed | 11:00am |
| Afternoon | Tu & Th | 5:30pm |
| Morning | Saturday | 10:10am |

SESSION 2: JUNE 1-29

| Practice | Day | Time |
|-----------|----------|---------|
| Afternoon | Tu & Th | 5:30pm |
| Morning | Saturday | 10:10am |

SESSION 3: JULY 2-30

| Practice | Day | Time |
|-----------|----------|---------|
| Afternoon | Tu & Th | 5:30pm |
| Morning | Saturday | 10:10am |

SILVER & GOLD

SESSION 1: MAY 1-29

| Practice | Day | Time |
|------------|-----------|---------|
| Homeschool | Mon & Wed | 11:00am |
| Afternoon | Tu & Th | 6:30pm |
| Morning | Saturday | 9:10am |

SESSION 2: JUNE 1-29

| Practice | Day | Time |
|-----------|----------|--------|
| Afternoon | Tu & Th | 6:30pm |
| Morning | Saturday | 9:10am |

SESSION 3: JULY 2-30

| Practice | Day | Time |
|-----------|----------|--------|
| Afternoon | Tu & Th | 6:30pm |
| Morning | Saturday | 9:10am |



GROUP SWIM LESSONS

MEMBER: \$50 | PUBLIC: \$90
LENGTH: 35 MINUTE CLASSES

SESSION 1: MAY 2-23

MEMBER REGISTRATION OPEN APRIL 19
PUBLIC REGISTRATION OPEN APRIL 22

SESSION 2: JUNE 4-27

MEMBER REGISTRATION OPEN MAY 17
PUBLIC REGISTRATION OPEN MAY 20

SESSION 3: JULY 9-30

MEMBER REGISTRATION OPEN JUNE 21
PUBLIC REGISTRATION OPEN JUNE 24

BABY KROC

A parent and child water exploration class for kids ages 4 months-3 years. Focus is on water adjustment and exploration through games and songs.

| Session | Day | Time |
|--------------------------|------------|---------|
| Sessions 1, 2 and 3 | Tues/Thurs | 5:30pm |
| Saturdays June 8-July 27 | Saturday | 11:20am |

GENERAL PRESCHOOL

Ideal for children ages 3-5 who have limited or no water experience. Children are introduced to the aquatic environment and adjusted to being in the water.

| Session | Day | Time |
|--------------------------|------------|-----------------------------|
| Sessions 1, 2 and 3 | Tues/Thurs | 4:00pm 4:45pm 5:30pm |
| Saturdays June 8-July 27 | Saturday | 9:05am 9:50am 11:20am |
| FAST TRACK June 3-13 | M/Tu/W/Th | 11:55am |
| FAST TRACK June 17-27 | M/Tu/Th/F | 11:55am |
| FAST TRACK July 8-18 | M/Tu/W/Th | 11:55am |
| FAST TRACK July 22-Aug 1 | M/Tu/W/Th | 11:55am |

SWIM SKILL ASSESSMENT

Children will be assessed by a certified swim lesson instructor to evaluate and recommended appropriate class level placement. The assessment will last 10 - 15 minutes. Inquire at Membership Services. No appointment needed.

| Day | Time |
|-------------|-------------|
| Mon/Wed/Fri | 4:00-7:00pm |

LEVEL 1

Ideal for children ages 3-12 who are comfortable in the water, but ready to learn more! We introduce basic aquatic skills like entering & exiting the pool, floats, glides and the front crawl.

LEVEL 2

Ideal for children ages 5-12 to develop and expand on skills learned in Level 1. We work on endurance, deep water exposure, and treading water.

| Session | Day | Time |
|--------------------------|------------|--|
| Sessions 1, 2 and 3 | Tues/Thurs | 4:00pm 4:45pm 5:30pm 6:15pm 7:00pm |
| Saturdays June 8-July 27 | Saturday | 9:05am 9:50am 10:35am 11:20am |
| FAST TRACK June 3-13 | M/Tu/W/Th | 11:15am 12:35pm |
| FAST TRACK June 17-27 | M/Tu/Th/F | 11:15am 12:35pm |
| FAST TRACK July 8-18 | M/Tu/W/Th | 11:15am 12:35pm |
| FAST TRACK July 22-Aug 1 | M/Tu/W/Th | 11:15am 12:35pm |

HOW TO REGISTER FOR GROUP SWIM LESSONS

IN PERSON: Visit the Kroc Center Member Services desk during open registration.

BY PHONE: Call the Member Services Desk at 420.905.3500 to build the child's profile for registration.

Unsure of your child's ability level? Schedule a Swim Skill Assessment.

LEVEL 3

Ideal for children ages 5-12 to develop and expand on skills learned in Level 2. We work on survival floating, kicks, front crawl and elementary backstroke.

| Session | Day | Time |
|--------------------------|------------|--------------------------------------|
| Sessions 1, 2 and 3 | Tues/Thurs | 4:00pm 4:45pm 6:15pm 7:00pm |
| Saturdays June 8-July 27 | Saturday | 9:05am 9:50am 11:20am |
| FAST TRACK June 3-13 | M/Tu/W/Th | 11:15am |
| FAST TRACK June 17-27 | M/Tu/Th/F | 11:15am |
| FAST TRACK July 8-18 | M/Tu/W/Th | 11:15am |
| FAST TRACK July 22-Aug 1 | M/Tu/W/Th | 11:15am |

LEVEL 4

Ideal for children ages 5-12 to gain proficiency in skills learned in Level 2. New skills include sidestroke, breaststroke, butterfly, open turns, and dives.

| Session | Day | Time |
|--------------------------|------------|---------|
| Sessions 1, 2 and 3 | Tues/Thurs | 6:15pm |
| Saturdays June 8-July 27 | Saturday | 11:20am |

ADULT (AGES 19+)

It's never too late to learn safe swim skills!

| Session | Day | Time |
|--------------------------|------------|--------|
| Sessions 1, 2 and 3 | Tues/Thurs | 7:00pm |
| Saturdays June 8-July 27 | Saturday | 9:05am |



AQUATICS

AQUATICS CENTER GUIDELINES

- **Swimming suits are required.**
- **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 Kroc Center Welcome Desk.
- **No food or glass in the pool area.**
- **Shower before entering the pool.**
- **Individuals 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 shut down temporarily for cleaning.**
- **Parents/Guardians are ultimately responsible for the safety and well-being of their children:**
 - Kids ages 11 and under need to be accompanied by an adult age 16 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.

OPEN SWIM

Hourly Breaks are taken 10 minutes before the hour, each hour.

Children ages 11 & under need to be accompanied by an adult age 16 or older. Children AGES 5 & under must have an adult age 16 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 10am - this includes the Lazy River.

| Day | Time | Pool Areas | Ages |
|---------------|----------------|------------|----------|
| Monday-Friday | 5:30-6:30am | Rec Pool | 19+ |
| Monday-Friday | 6:30-10:00am | Both Pools | 19+ |
| Monday-Friday | 10:00am-1:00pm | Both Pools | All Ages |
| Mon/Wed/Fri | 4:00-7:00pm | Both Pools | All Ages |
| Saturday | 12:00-4:00pm | Both Pools | All Ages |

Summer Extended Hours starting June 3: Tu & Th 1:00-4:00pm | Both Pools, All Ages

DROP-IN CLASSES & ACTIVITIES

AQUASIZE

MEMBER: \$0 | PUBLIC: DAY PASS

AGES: 19+ | LENGTH: 45 MINUTES

An upbeat class that uses the resistance of the water and equipment to give each participant a great workout!

| Day | Time |
|-------------|--------|
| Mon/Wed/Fri | 8:30am |
| Thursday | 9:30am |

MORNING FAMILY SWIM

MEMBER: \$0 | PUBLIC: DAY PASS

Pool is open to enjoy a relaxed time with your family. Slide, volleyball net, splash zone and lazy river are open.

| Day | Time |
|--------------------|----------------|
| Saturday, June 1 | 9:00am-12:00pm |
| Saturday, August 3 | 9:00am-12:00pm |

WIBIT BRIDGE CHALLENGE

MEMBER: \$0 | PUBLIC: DAY PASS

AGES: 4+

Take turns crossing our challenging Wibit bridge. Can you keep your balance? It's a fun contest for the whole family.

| Day | Time |
|----------|--------------|
| Saturday | 12:00-4:00pm |

STINGRAY SLIDE

MEMBER: \$0 | PUBLIC: DAY PASS

AGES: 5+

Take a ride on our big red slide! Must be 48 inches tall to ride.

| Day | Time |
|-------------|--------------|
| Mon/Wed/Fri | 4:30-6:30pm |
| Saturday | 12:00-4:00pm |

AQUATICS



CERTIFIED CLASSES BY THE AMERICAN RED CROSS

BABYSITTING

MEMBER: \$90 | PUBLIC: \$110
AGES: 10-18

This class uses the American Red Cross content to teach teens the skills and confidence needed to appropriately supervise children. The class covers topics including child behavior, age-appropriate activities, keeping kids safe, leadership, and first aid skills.

| Day | Time |
|-------------------|-------------|
| August 27, 28, 29 | 4:00-7:00pm |

LIFEGUARDING

MEMBER: \$120 | PUBLIC: \$140
AGES: 15+

Provides the knowledge and skills to prevent, recognize, and respond to aquatic emergencies. It also teaches skills to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses. Email KrocAquatics@usc.salvationarmy.org for prerequisites before registering.

| Day | Time |
|-------------|---------------|
| May 10 | 4:00-8:00pm |
| May 11 & 12 | 8:00am-5:00pm |

WATER SAFETY INSTRUCTOR

MEMBER: \$200 | PUBLIC: \$250
AGES: 16+

Become an American Red Cross certified swim instructor. This course combines classroom learning and pool time. Certification is good for two years. Email KrocAquatics@usc.salvationarmy.org for prerequisites before registering.

| Day | Time |
|-------------------|---------------|
| August 5, 6, 7, 8 | 8:00am-6:00pm |

WE'RE HIRING LIFEGUARDS!

If you're looking for a Summer job, apply to be a lifeguard at the Kroc! Take our May Lifeguarding course, or apply now if you're already certified.

Visit OmahaKroc.org/about/careers to apply, or email KrocAquatics@usc.salvationarmy.org with questions. Base rate is \$16.50/hr.



Thank you for being part of the
Kroc Center family!

