

# KROC

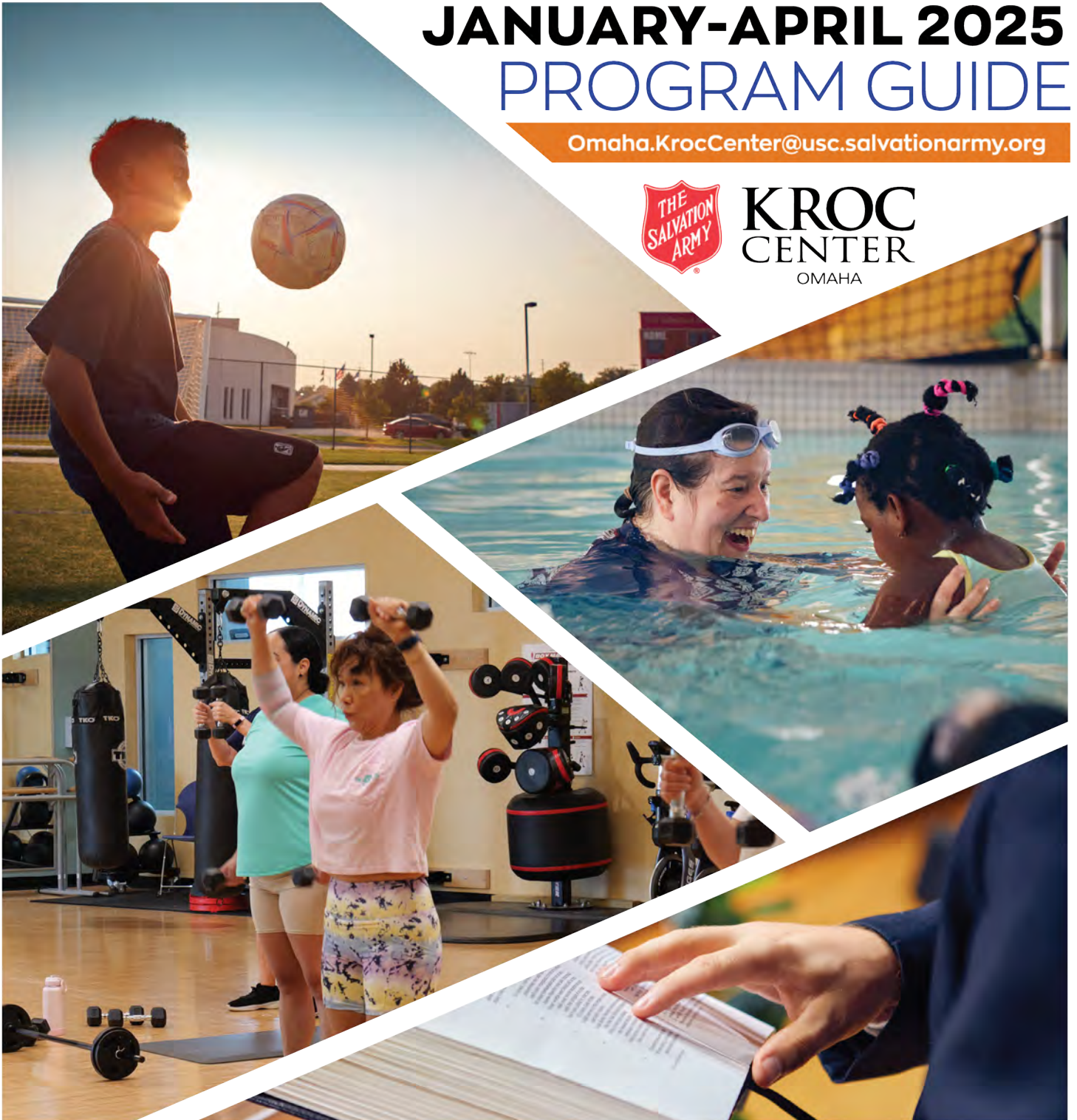


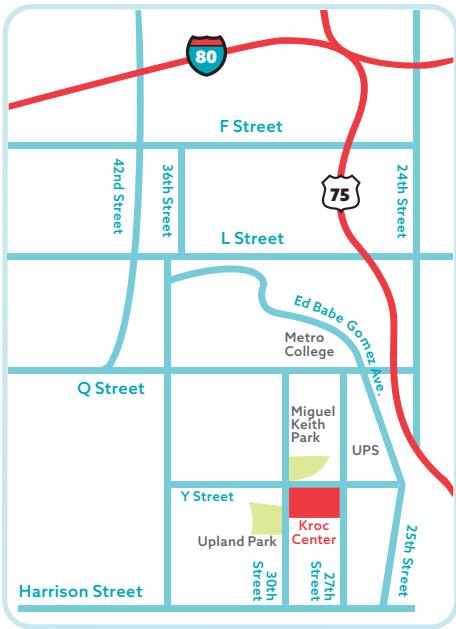
## JANUARY-APRIL 2025 PROGRAM GUIDE

[Omaha.KrocCenter@usc.salvationarmy.org](mailto: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

Find info fast; just flip the page!

Senior Life .....	4-5
Worship .....	6
Fine Arts .....	7-9
Education & Camps ...	10
Youth Development ..	11
Fitness .....	12-13
Sports .....	14
Aquatics .....	15-19

**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](http://www.salvationarmyusa.org).





# OMAHA KROC

*Serving Our Community*



The Salvation Army Kroc Center has been part of the Omaha community for 15 years; serving, supporting and uplifting our neighbors and friends. Join us this year as we host celebratory events for members and the community to commemorate this milestone, and look toward the future.

Dear Kroc Center Family,

Happy New Year! As we enter 2025, we are excited to celebrate 15 years of service in our community. We are filled with gratitude for all the ways we've grown together in faith and fellowship. We're excited to continue offering programs that nurture every part of your life—whether through fitness, kids' programs, our Aquatics Center, church services, or senior activities.

This year, we are introducing even more opportunities to connect, grow, and serve, and we can't wait to share them with you. As Proverbs 3:5-6 says, "Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." With God's guidance, we trust this year will be filled with new blessings and growth for us all.

Thank you for being part of the Kroc Center family. Here's to an exciting year ahead!

In Christ,

Captains Alex and Carolina Yanez  
Kroc Center Officers

## 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	Reg. Opens	Description
<b>J.O.Y. Building Heathy &amp; Delicious Meals</b> Wednesday, Jan. 8, 10:30-11:30am	12/20/24	Natural Grocers presents: Get off the blood sugar rollercoaster using high-quality proteins, fats and carbs to build healthy and delicious meals. Also a smoothie demonstration.
<b>J.O.Y. Italian Luncheon</b> Thursday, Jan. 16, 10:30am-Noon	12/20/24	Bring your favorite pasta sauces to share as we enjoy a meal of pasta, salad and bread in the Fellowship Hall.
<b>J.O.Y. Introduces HELP Equipment</b> Wednesday, Jan. 22, 10:30-11:30am	01/02/25	HELP Equipment presents on a broad array of used durable medical equipment that can be rented more affordably than buying.
<b>J.O.Y. Keeping Active During Winter Months</b> Wednesday, Jan. 29, 10:00-11:00am	01/02/25	Our own Wendy Harris demonstrates exercises that can be done at home when you don't feel like venturing out in the cold and snow.
<b>J.O.Y. Lunch &amp; Learn w/ Elder Law</b> Tuesday, Feb. 4, 11:30am-1:00pm	01/15/25	Elder Law of Omaha presents "Legal Documents and More: Protecting Yourself and Your Family," covering topics like Financial Power of Attorney and Estate Planning.
<b>J.O.Y. Winter Games</b> February 11, 12, and 13	02/11/25	Register for \$10 and compete in events on Tuesday and Wednesday, then celebrate with a chili cookoff on Thursday!
<b>J.O.Y. Chili Cookoff &amp; Senior Games Awards Luncheon</b> Thursday, Feb. 13, 10:45am-12:45pm	01/02/25	Bring your best chili and see if it's award-winning as we celebrate winners from the Winter Senior Games. Register for the luncheon with Janet.
<b>J.O.Y. Weigel Williamson Center for Visual Rehabilitation</b> Wednesday, Feb. 26, 10:00-11:00am	01/02/25	Keep your independence, spirit, and quality of life by learning about adaptive tools and training to use your current vision more efficiently and effectively.
<b>J.O.Y. Lucky Corned Beef Luncheon</b> Thursday, March 13, 11:am-12:30pm	02/15/25	Enjoy corned beef sandwiches and sides as we celebrate the luck of the Irish! Register for this Members-only event at the Welcome Desk.
<b>J.O.Y. What You Need To Know About Stroke Prevention</b> Wed., March 19, 10:00-11:00am	02/15/25	Lucia Scheffel, Ph.D., CCC-SLP presents valuable information on what you need to know about preventing strokes.
<b>J.O.Y. Nutrition 101</b> Wednesday, March 16, 10:30-11:30am	02/01/25	Stephanie with Natural Grocers provides information on the tools for balanced energy, mood, sleep, metabolism and more.
<b>J.O.Y. Lunch &amp; Learn w/ Elder Law</b> Tuesday, April 8, 11:30am-1:00pm	03/03/25	Elder Law of Omaha is back to present on Probate and Trust Administration, covering the probate process and estate taxes, gift taxes and more.
<b>J.O.Y. Bring Your Best Mac 'n' Cheese</b> Thursday, April 17, 10:30am-Noon	03/03/25	Show your talent by bringing your best mac 'n' cheese dish! If mac 'n' cheese isn't your thing, bring your favorite side dish or dessert.



# HEALTHY AGING EXPO

Presented by the  
Omaha Kroc Center

**Save The  
Date!**

May 1, 2025  
9:00am-Noon

Mark your calendars now for the **2025 Healthy Aging Expo** presented by the Omaha Kroc Center. Learn about the wide array of programs and services available to help you age well and live healthy! Over 40 companies will be available to speak one-on-one, and provide helpful information and insight on relevant topics you may need to know now or might need in the future. Save time by registering in advance at the Kroc Center Welcome Desk beginning April 1.





# MINISTRIES

## WEEKLY SERVICES & ACTIVITIES

### MONDAY \_\_\_\_\_

#### **GRUPO DE MUJERES - 6:00PM**

Únete a nosotras todos los jueves a las 6:00pm para un tiempo de compañerismo, estudio bíblico y conversación significativa. Mujeres de todas las edades son bienvenidas. Si gustas, trae tus galletas o snacks para compartir mientras nos apoyamos y animamos en nuestro caminar espiritual.



# Sunday Services

### WEDNESDAY \_\_\_\_\_

#### **GRUPO DE ESTUDIO BÍBLICO - 5:30PM**

Nuestro Grupo de Estudio Bíblico es un espacio acogedor para aquellos que desean explorar las Escrituras de manera significativa y transformadora. Ya sea que seas nuevo en el estudio bíblico o tengas años profundizando en la Palabra, te invitamos a traer tu Biblia y venir preparado para participar en discusiones que invitan a la reflexión, profundizar en la verdad de Dios y fortalecer tu fe.

#### **SCHOOL OF MUSIC - 5:30PM**

Our School of Music program is designed to inspire and cultivate the musical talents of young people, ages 7-17, through a dynamic and enriching experience. Every student participates in the choir, where they learn vocal techniques, harmony, and teamwork as they build confidence and musical skill. In addition to the choir, students can choose from a variety of exciting electives based on their age group, including:

- **Ukulele** - A fun, hands-on introduction to string instruments.
- **Worship Dance** - Expressing faith through movement and rhythm.
- **Drums & Bass Guitar** - Building a strong rhythm section foundation
- **Introduction to Piano** - Learning the basics of piano playing, perfect for beginners.

Each month, students will have the opportunity to participate in Sunday Worship, contributing their talents during one Sunday service per month. This program not only enhances musical ability but also encourages spiritual growth and community involvement. We look forward to nurturing the next generation of musicians in a supportive and vibrant environment!

#### **SOM dates every Wednesday 5:30PM - 7:10PM**

February 6th through May 18th, excluding Wednesday April 2nd

#### **SOM Sundays**

March 2nd, April 20th (Easter): Brunch before service, May 18th: Desserts after service

### THURSDAY \_\_\_\_\_

#### **BIBLE STUDY IN ENGLISH**

##### **9:00AM**

Join us every Thursday at 9 AM as we dive into the Book of Galatians. Our Bible Study Group is for those eager to explore Scripture, grow in understanding, and strengthen their faith. Bring your Bible and come ready for insightful discussions and a deeper connection to God's truth. We look forward to growing together in His Word!

#### **WOMEN'S COFFEE AND**

##### **FELLOWSHIP - 10:00AM**

Join us every Thursday at 10 AM for a time of fellowship, Bible study, and meaningful conversation. Women of all ages are welcome, whether you're looking to deepen your faith, are curious about God, or simply want to explore the Word of God. Come share in the joy of community over coffee and cookies as we support and encourage each other in our spiritual journeys.

Coffee & Fellowship  
Worship Service

10:15am 30 Min Fellowship Hall  
11:00am 1 Hour Assembly Hall

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



# FINE ARTS



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



## We Offer Private Music Lessons!

Perfect for individuals who want to become more proficient on the piano or drums.

Private lessons are one student with an instructor. Semi-private are groups of 2-4 students. Purchase your class package at the Membership Desk, and email us to set up your lesson dates at [OmahaKrocFineArts@usc.salvationarmy.org](mailto:OmahaKrocFineArts@usc.salvationarmy.org).

### ADULT PIANO FUNDAMENTALS

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

MEMBER: \$60 | PUBLIC: \$75 | AGES: 18+  
LENGTH: 45 MINUTE CLASSES, 7 WEEKS

Day	Time	Start Date
Wednesday	6:30pm	01/08/25
Wednesday	6:30pm	03/05/25

## String Sprouts at the Kroc

**String Sprouts** is a revolutionary Omaha-born music program that introduces youth ages 3-6 to a variety of string instruments. We are proud to work with String Sprouts to make their violin lessons available at the Kroc Center.

Classes resume on January 7th. Visit [omaha.stringsprouts.org/apply](http://omaha.stringsprouts.org/apply) to begin the application process.

**Level 1** Learn the musical alphabet, identify basic rhythm patterns, play a major scale with several bowing patterns and learn 23 pieces.

**Level 2** Develop left hand dexterity with varied finger patterns, clap more complicated rhythms, play several major scales, use the full bow and perform 16 pieces.

**Level 3** Master new bowing patterns and scales, build musical independence, play more complicated rhythms and many new pieces.

## Sessions

Level	Class Date & Times
Violin 1	Tues. & Thurs. at 4:30pm
Violin 2	Tues. at 5:30pm and Thurs. at 6:15pm
Violin 3	Tues. at 6:15pm and Thurs. at 5:30pm





# FINE ARTS

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

*J.O.Y. Classes are for ages 55+!*

## J.O.Y. WATERCOLOR CLASS

MEMBER: \$30 | PUBLIC: \$45 | AGES: 55+  
LENGTH: 90 MIN CLASS, 2 WEEKS

Improve your watercolor painting skills in a fun, relaxed environment. Socialize and paint two masterpieces in your own style with instructor guidance.

Day	Time	Start Date
Tuesday	11:00am	01/21/25
Tuesday	11:00am	02/11/25
Tuesday	11:00am	04/01/25

## J.O.Y. LEGO CLUB

MEMBER: \$5 | PUBLIC: \$10 | AGES: 55+  
LENGTH: 2 HOUR CLASS, ONE DAY

Join us and socially create your own Lego masterpieces! We have step-by-step Lego packets, as well as classic make-your-own packs.

Day	Time	Start Date
Thursday	10:00am-Noon	02/20/25
Thursday	10:00am-Noon	04/10/25

## J.O.Y. OPEN ART STUDIO

MEMBER: \$0 | PUBLIC: \$14 | AGES: 55+  
Drop into the Kroc J.O.Y. Coffee Room to 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	10:00am-1:00pm	01/03/25

## J.O.Y. PAINT & SIP

MEMBER: \$30 | PUBLIC: \$45 | AGES: 55+  
LENGTH: 90 MINUTE CLASSES, 2 WEEKS

Improve your painting skills in a fun, relaxed environment! We offer Italian Sodas (non-alcoholic) to sip while creating 1-2 masterpieces over the course of the class.

Day	Time	Start Date
Wednesday	11:00am	01/08/25
Wednesday	11:00am	02/12/25
Wednesday	11:00am	03/19/25

## Art Discovery Days

Create your own art project while guided by an instructor in these 90-minute classes. J.O.Y. classes are ages 55+. Other classes are ages 3+.

Class	Rate	Date
Art Discovery Day	Member: \$15   Public: \$30	Saturday, Jan. 18, 11:00am
Art Discovery Day	Member: \$15   Public: \$30	Saturday, March 1, 11:00am
Art Discovery Day	Member: \$15   Public: \$30	Saturday, March 29, 11:00am
Art Discovery Day	Member: \$15   Public: \$30	Saturday, April 26, 11:00am
J.O.Y. Art Discovery Day	Member: \$15   Public: \$30	Tuesday, Jan. 14, 11:00am
J.O.Y. Art Discovery Day	Member: \$15   Public: \$30	Tuesday, Feb. 25, 11:00am
J.O.Y. Art Discovery Day	Member: \$15   Public: \$30	Tuesday, March 25, 11:00am

## ALL ARTS AFTERSCHOOL CLASS

MEMBER: \$55 | PUBLIC: \$70 | AGES: 5-12  
LENGTH: ONCE WEEKLY, 5 WEEKS  
\*MEMBER: \$60 | PUBLIC: \$75 | AGES: 7-12  
LENGTH: TWICE WEEKLY, 5 WEEKS

An arts course that allows youth to explore painting, drawing, pottery, and mixed media arts in a supportive classroom environment.

Day	Time	Start
Tuesday	5:30-6:45pm	01/07/25
*Monday & Thursday	5:30-6:30pm	02/10/25
Tuesday	5:30-6:45pm	03/25/25

## ALL ARTS HOMESCHOOL CLASS

MEMBER: \$55 | PUBLIC: \$70 | AGES: 5-12  
LENGTH: ONCE WEEKLY, 5 WEEKS  
\*MEMBER: \$60 | PUBLIC: \$75 | AGES: 7-12  
LENGTH: TWICE WEEKLY, 5 WEEKS

An arts course that allows youth to explore painting, drawing, pottery, and mixed media arts in a supportive classroom environment.

Day	Time	Start
Monday	1:00-2:15pm	01/06/25
*Monday & Wednesday	1:00-2:00pm	02/10/25
Monday	1:00-2:15pm	03/24/25

## KIDS KRAFTS

MEMBER: \$35 | PUBLIC: \$50 | AGES: 3-10  
LENGTH: 1 HOUR 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
Thursday	5:30pm	01/09/25
Thursday	5:30pm	02/06/25
Thursday	5:30pm	04/03/25

## SEWING LAB

MEMBER: \$0 | PUBLIC: \$14 | AGES: 55+  
Drop into the Kroc Sewing Studio to work independently on your own sewing projects. Staff is on hand to offer advice and assistance. Some supplies available, but please bring your own.

Day	Time	Start Date
Tuesdays & Thursdays	10:00am- Noon	01/02/25

*We Offer Private Art I*

Perfect for individuals who need help with an art project, or who would like to learn a specific art skill!

Our instructor is experienced in drawing, painting, printmaking (for ages 10+), crafts, and mixed media.



# FINE ARTS



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

## PAINT YOUR OWN POTTERY

**MEMBER:** \$28 | **PUBLIC:** \$40 | **AGES:** 3+  
**LENGTH:** 90 MINUTE INDIVIDUAL CLASS

Glaze your own pre-made ceramic sculpture, just like paint-your-own pottery studios! Supplies and your sculpture are included in the class fee.

Day	Time	Class Date
Friday	6:00pm	01/10/25
Friday	6:00pm	02/14/25
Friday	6:00pm	03/14/25
Friday	6:00pm	04/11/25

## 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:** \$60 | **PUBLIC:** \$75 | **AGES:** 8+  
**LENGTH:** 2 HOUR CLASSES, 5 WEEKS

Day	Time	Start Date
Wednesday	5:30pm	01/08/25
Wednesday	5:30pm	02/12/25
Wednesday	5:30pm	03/26/25

## 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:** \$55 | **PUBLIC:** \$70 | **AGES:** 7+  
**LENGTH:** 2 HOURS, 5 WEEKS

Day	Time	Start Date
Saturday	10:30am	01/11/25
Saturday	10:30am	02/15/25
Saturday	10:30am	03/29/25

## Pottery Discovery Days

Create your own pottery-based projects while guided by an instructor in these one or two day classes. All Pottery Discovery classes are ages 3+. *\*Indicates two-day classes.*

Project	Rate	Date
*Ring Dish	Member: \$30   Public: \$45	Friday, Jan. 24, 5:30-7:30pm
*Slab Vases	Member: \$30   Public: \$45	Friday, Feb. 21, 5:30-7:30pm
Windchime Painting	Member: \$15   Public: \$30	Friday, March 28, 5:30-7:30pm
*Coil Flowerpots	Member: \$30   Public: \$45	Friday, April 18, 5:30-7:30pm

## Kroc Kiln Space Rental

**AGES:** 7+ | **LENGTH:** 30 MINUTES

Fire your ceramic pieces in the Kroc kiln! Pricing is based on kiln load. The Kroc kiln is an L&L Kiln-Easy Fire e237, with a 23" diameter, 27" height, and 7 cubic feet. Purchase your session at the Welcome Desk and email OmahaKrocFineArts@usc.salvationarmy.org to schedule your kiln time.

Space	Rate	Amount
Shelf Load	Member: \$15   Public: \$25	1 Load Per Week
Half Kiln Load	Member: \$25   Public: \$35	1 Load Per Week
Full Kiln Load	Member: \$40   Public: \$50	1 Load Per Week



## PRESCHOOL POTTERY

In this playful pottery class, young children ages 3-7 are introduced to pottery building and modeling techniques in a fun and social classroom environment.

**MEMBER:** \$40 | **PUBLIC:** \$55 | **AGES:** 3-7  
**LENGTH:** 30 MINUTES, 5 WEEKS

Day	Time	Start Date
Saturday	9:30am	01/11/25
Saturday	9:30am	02/15/25
Saturday	9:30am	03/29/25

## KIDS POTTERY

In this youth pottery class, kids and teens ages 8-14 grow their pottery skills by learning building and modeling techniques in a fun classroom environment.

**MEMBER:** \$55 | **PUBLIC:** \$70 | **AGES:** 8-14  
**LENGTH:** 2 HOUR CLASSES, 5 WEEKS

Day	Time	Start Date
Monday	5:30pm	01/06/25
Monday	5:30pm	03/24/25

## Instruction!

Private lessons are one student with an instructor. Semi-private are groups of 2-4 students. Purchase your class package at the Welcome Desk, and email us to set up your lesson dates at OmahaKrocFineArts@usc.salvationarmy.org.



# CAMPS & EDUCATION

## Spring Break CAMP



Our **Spring Break Camp** is a great way to keep your kids, active and safe during their break from school! With activities like swimming, art, and gym time, your kids will enjoy their time off while giving you peace of mind. This camp also offers extended care for an additional price. Breakfast lunch and snack are provided.

**March 17-21, 8:30am-5:00pm**

**MEMBER: \$170 | NON-MEMBER: \$210**

Registration opens January 6 and closes March 7. Extended care is available both before and after the camp day. More information below.

### 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. These extended hours of care are available for an additional fee of \$25 for AM or PM care. Inquire about extended care availability at the Welcome Desk.

### For more information...

Visit the Welcome Desk to register for our Spring Break Camp!

## Fall & Winter Drop-In Activities

These activities are free for members, and available to the public with a Day Pass.

Class	Day	Time	Length
Kinder Prep (Ages 3-6) <b>KidZone 2</b> Learning sessions to help prepare kids for kindergarten with fun lessons and skills.	Mondays Jan. 13-March 3	11:00am	60 Min
Tales Under the Tree (Ages 1-7) <b>RJs</b> Meet in RJs for storytime with themes like kindness, mindfulness, friendship and family.	Wednesdays, Jan. 15-March 5	10:15am	45 Min



## Messy Mondays

Children will dive into messy, hands-on projects that teach them about textures, materials, and ingredient reactions. Why does baking soda and vinegar create a bubbly, explosive mess? Why does cornstarch turn solid when you add water? Find out the answers to these questions and more when you join us for Messy Mondays.

**MEMBER: \$10 | PUBLIC: \$20 | AGES: 3-11**  
**LENGTH: 1 HR CLASSES, 6 WEEKS**

Day	Time	Start Date
Monday Early	9:00am	01/13/25
Monday Late	5:00pm	01/13/25

## lego club

If you've got a Lego-loving child, register them for Lego Club! Meeting in our Lego Room, children will get to build exciting new projects with an educational twist, as they explore their inner engineer.

**MEMBER: FREE | PUBLIC: \$15**  
**AGES: 5-13 | LENGTH: 60 MIN, 5 WEEKS**

Day	Time	Start Date
Thursdays	5:00pm	01/16/25



# HOMESCHOOL PROGRAMMING JAN-FEB SESSION

## MONDAY

### MESSY MONDAY (\$)

9:00-10:00AM

LEARNING CENTER

### SWIM LESSONS (\$)

10:20-10:55AM

LAP POOL

### SWIM TEAM (\$)

11:00AM-12:00PM

LAP POOL

### KINDERPREP

11:00AM-12:00PM

KIDZONE

### OPEN LOFT

12:00-1:00PM

LOFT

### ALL ARTS-HOMESCHOOL CLASS (\$)

1-2:15PM

ART STUDIO

## WEDNESDAY

### STEM CLUB

9-10AM

LOFT

### F.A.S.T. (\$)

10:15-11AM

FITNESS CENTER

### TALES UNDER THE TREE

10:15-11AM

RJ'S ADVENTURE ZONE

### SWIM LESSONS (\$)

10:20-10:55AM

LAP POOL

### SWIM TEAM (\$)

11-12PM

LAP POOL

### RECREATIONAL GYM

11-12PM

GYMNASIUM

### OPEN LOFT

12-1PM

LOFT

### DEPARTMENTAL COLOR KEY:

**LIGHT BLUE** = Camps & Education

**ORANGE** = Recreation & Sports

**BLUE** = Aquatics

**PURPLE** = Fine Arts

**TURQUOISE** = Youth Development

**RED** = Health & Fitness

### Homeschool Programming Block Schedule

- **Session 1: January 13- February 19**
- **Break: February 19- March 10**  
\*Homeschool Arts Class (Pottery Handbuilding) running 2/10-3/12!
- **Session 2: March 10- April 16**

**For questions, pricing, and to enroll,  
please visit the Welcome Desk or call  
402-905-3500**



# YOUTH DEVELOPMENT



## SALVATION ARMY Gaming

MEMBER: \$5 | PUBLIC: \$35 | AGES: 8-14

WHEN: FRIDAYS, January 31-April 25, 4:30-5:30PM

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

## DROP-IN ACTIVITIES

MEMBER: \$0 | PUBLIC: DAY PASS



## MAKE-IT MONDAYS

AGES: 8-13

MONDAYS 1/13-4/28, 5:00-6:00PM

For those who like to show their creative side, join us on make it Mondays. Every Monday we do a different craft or DIY activity guided by staff.

## YOUTH EXPLORATION SERIES (YES)

The YES programs are a great way for kids ages 8-13 to try new things, explore new topics, and learn their strengths. All classes are free for members and \$5 for the public, aside from YES Food, which is \$5 for members and \$10 for the public.

Class Topic	About	Date
Gardening	Join us for a hands-on lesson about plant growth and gardening. Plant your own bean sprout and watch it grow.	Jan. 23, 5:00-6:00pm
Slime	Explore chemical reactions, and then make your own - ooey, gooey slime!	Jan. 30, 5:00-6:00pm
Food	Join us as we learn all about nutrition, then use our knowledge to make smoothies.	Feb. 6, 5:00-6:00pm
Rollercoasters	Learn about the physics, construction, and natural forces that make rollercoasters GO, then build your own.	Feb. 13, 5:00-6:00pm
Boardgames	Where do boardgames come from, and who invented them? Find out, then invent your own boardgame.	Feb. 20, 5:00-6:00pm
Robotics	Learn about how robots are built and how they move, then have a turn at controlling a variety of small robots.	Feb. 27, 5:00-6:00pm

## STEM CLUB

Learn more about Science, Technology, Engineering and Math! From fun experiments to messy projects, we get hands on to discover WHY and HOW things work.

MEMBER: \$10 | PUBLIC: \$20 | AGES: 8-13

LENGTH: 1 HOUR WEEKLY

Day	Dates
Wednesday at 9:00am	Jan. 15-Feb. 20
Wednesday at 9:00am	March 6-April 10

## THE LOFT HOURS

The Loft is a safe space where kids can play games and have fun together under supervision.

**Monday**  
Noon-1:00pm, 3:00-8:00pm  
**Tuesday**  
3:00-8:00pm  
**Wednesday**  
9:00am-1:00pm, 3:00-8:00pm  
**Thursday**  
3:00-8:00pm  
**Friday**  
3:00-8:00pm  
**Saturday**  
Noon-5:00pm





# HEALTH & 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.

See schedule insert for current class times.

### Drop-In Class Descriptions

#### Core & Glutes

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

#### TRX Suspension Training

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

#### SilverSneakers® Yoga

Complete series of seated and standing yoga poses designed to increase flexibility, balance, and range of movement.

#### SilverSneakers® Fit & Function

Strategic movements to assist adults with improving mobility and function.

#### Zumba®

A dance-based cardio class for all fitness levels.

#### Kroc Fit Club

This hour-long drop-in fitness club will challenge participants through strength and cardio-based exercises in a supportive group class.

#### Cycle Combo

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. Bring your own mat and additional equipment.

#### Aqua Fit

Jump into the Kroc pool for this fitness class, as you are guided through a series of strength and cardio exercises with the added resistance of water.



## WEIGHTS FOR WOMEN

MEMBER: \$40 | PUBLIC: \$75 | AGES: 16+ | 2 HOUR CLASSES, 4 WEEKS

Learn how to safely and effectively use weightlifting to improve muscle tone, weight, loss, and bone health. During this four week progressive class, an experience instructor will familiarize you with weight room etiquette and teach you about proper form to work all major muscle groups.

Month	Day and Time	Start Date
January	<b>Saturday:</b> 9:00-11:00am	01/11/25
February	<b>Saturday:</b> 9:00-11:00am	02/08/25
March	<b>Saturday:</b> 9:00-11:00am	03/08/25
April	<b>Saturday:</b> 9:00-11:00am	04/12/25

## PERSONAL JUMPSTART & INBODY ASSESSMENT

Includes an **InBody** body composition scan and assessment, Fitness Center tour/orientation, and an optional equipment orientation. Free for Members and just \$27 for the public (including day use of the Kroc Center). Retake your assessment after 4 months & compare your results!



# DROP-IN FITNESS CLASS SCHEDULE

March

## MONDAY

**Aquacize**  
8:30 am  
Pool

**Aqua Fit**  
10:00 am  
Pool

**NEW** **Mobility**  
5:15 pm  
Group X

**Cycle Combo**  
6:00 pm  
Group X

**Zumba**  
7:00 pm  
Group X

## TUESDAY

**SilverSneakers  
Fit & Function**  
8:30 am  
Group X

**Kroc Fit Club**  
10:00 am  
Group X

**NEW** **Step Aerobics**  
5:15 pm  
Group X

**Yoga**  
6:00 pm  
Group X

## WEDNESDAY

**Aquacize**  
8:30 am  
Pool

**SilverSneakers  
Yoga**  
9:45 am  
Group X

**NEW** **Flex & Stretch**  
5:15 pm  
Group X

**Zumba**  
6:00pm  
Group X

**Kroc Fit Club**  
7:00 pm  
Group X

## THURSDAY

**SilverSneakers  
Fit & Function**  
8:30 am  
Group X

**NEW** **Aqua Fit**  
10:00 am  
Pool

**NEW** **Cycle Combo**  
5:15 pm  
Group X

**TRX**  
6:00 pm  
Group X

**NEW** **Mobility**  
7:00 pm  
Group X

## FRIDAY

**Aquacize**  
8:30 am  
Pool

**Kroc Fit Club**  
9:30 am  
Group X

## SATURDAY

**Core & Glutes**  
9:30 am  
Group X

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

CLASS KEY:

**REGULAR DROP-IN CLASSES** **AQUATICS CLASSES**  
**SENIOR CLASSES** **YOUTH CLASSES**



**KROC  
CENTER**  
OMAHA



# HEALTH & FITNESS



*Fitness Center  
Introduction for  
youth*

## KROC I.E. INTRO

MEMBER: \$5 | PUBLIC: \$25 | AGES: 8-15  
BY APPOINTMENT ONLY  
SEE FITNESS OR WELCOME DESK

This class is designed to introduce youth to proper and safe use of cardio and plyometric machines. 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 approved equipment and the indoor track. 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.

**Graduates of this training can move on to Kroc I.E. Strength and Kroc I.E. Power.**

## KROC I.E. STRENGTH

MEMBER: \$30 | PUBLIC: \$45 | AGES: 10-15  
BY APPOINTMENT AT WELCOME DESK

The second phase of the Introduction to Exercise series. Designed to teach guardians and their youth, ages 10 to 15, how to operate in and around Pin and Plate-Loaded strength training machines. During this training, participants will learn about weight selection, movement phases, and exercise programming. With the completion of this class, Youth - along with the accompaniment of their guardian - will be allowed to use approved equipment.

## KROC I.E. POWER

MEMBER: \$30 | PUBLIC: \$45 | AGES: 13-15  
BY APPOINTMENT AT WELCOME DESK

The third phase of the introduction to exercise series. Designed to teach guardians and their youth, ages 13 to 15, how to operate in and around free weights. During training, participants will focus on learning proper lifting form and spotting techniques, as well as equipment differentiation and application. Completion of this class will allow youth - with the supervision of their guardians - to take full advantage of the Fitness Center; developing stability, strength, and hypertrophy through the use of equipment in the Free Weight section.

## 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. Schedule at the Welcome Desk.

Length	Rate
30 Minutes	Member: \$40 Public: \$60
60 Minutes	Member: \$60 Public: \$80
Package of 5 30-minute Sessions	Member: \$160 Public: \$260
Package of 5 60-minute Sessions	Member: \$260 Public: \$360
Package of 10 30-minute Sessions	Member: \$300 Public: \$500
Package of 10 60-minute Sessions	Member: \$500 Public: \$700



## F.A.S.T

MEMBER: \$25 | PUBLIC: \$40

AGES: 10+ | 45 MIN CLASSES, 8 WEEKS

F.A.S.T. stands for **Functional Athletic Strength Training** - a program designed to help young athletes develop their physical strength, improve reactions, and aid them in achieving their goals on the court or field.

Day/Time	Start
Tuesday, 6:00pm	01/07/25
Wednesday, 10:15am	01/08/25
Thursday, 6:00pm	01/09/25



# SPORTS & RECREATION

## SOCCER

### KROC YOUTH SPORTS LEAGUE

MEMBER: \$40 | PUBLIC: \$60  
\$400/TEAM | AGES: 5-14

Join us in this fun and competitive community-based soccer league. Here we focus on 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. Both leagues have a six game guarantee, with playoff and championship matches if you qualify.

### WINTER INDOOR SESSION

**5v5 for all age groups**  
REGISTER BY JANUARY 27.  
PRACTICES START WEEK OF FEBRUARY 17.

### SPRING OUTDOOR SESSION

**6v6 for K-1st Grade, 9v9 for 2nd-8th**  
REGISTER BY APRIL 4.  
PRACTICES START WEEK OF APRIL 14.



### CO-ED ADULT 5v5 WINTER INDOOR SOCCER LEAGUE

\$400/TEAM | AGES: 17+

Put together a team of friends and join us for our co-ed league! Teams will be 5v5, four players and a goalkeeper. There is a seven game guarantee with championship games on the final week. All games take place on our indoor field.

THURSDAYS OR FRIDAYS  
6:00-8:00pm (60 minute games)

Registration open now. Starts 01/30/25.

## PICKLEBALL TOURNAMENTS

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

Pickleball Nation! It's time for some competition and fun! Grab your partner and head down to the Kroc Center for our open pickleball tournaments.

Play happens every Saturday morning beginning at 10:00am. Register for each tournament individually in advance by visiting the Kroc Center Welcome Desk.

FEBRUARY VALENTINE'S TOURNAMENT  
REGISTRATION OPENS JANUARY 1  
TOURNAMENT DATE 02/15/25

APRIL SPRING TOURNAMENT  
REGISTRATION OPENS MARCH 1  
TOURNAMENT DATE 04/12/25

## HOMESCHOOL GYM

MEMBER: \$0 | PUBLIC: DAY PASS  
AGES: 5+ | LENGTH: 1 HR, 6 WEEKS  
WEDNESDAYS 11:00AM-12:00PM

It's gym class at the Kroc! Each week offers a variation of physical education, including competitive sports and recreational activity. The focus is to enhance physical education and exercise, while learning, teamwork, sportsmanship, and confidence.

SESSION 1 BEGINS JANUARY 15.  
SESSION 2 BEGINS FEBRUARY 26.

## Drop-In Sports & Rec

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

Class	Day	Time
J.O.Y. Pickleball (Ages 15+)	Mon, Wed, Fri	9:00-11:30am
Recreational Fridays (Ages 5+) Must be accompanied by a parent	Friday	6:00-7:30pm

### J.O.Y. PICKLEBALL

J.O.Y. (Just Older Youth) Pickleball is all the rage! A paddleball sport that combines elements of badminton, table tennis, and tennis. Two to four players use solid paddles to hit a ball over a net. Equipment provided or bring your own.

### RECREATIONAL FRIDAYS

Join us every Friday for our recreational programming. Every month we will focus on fun activities and sports that will get you moving and having fun. Activities change each month, so stop in regularly for your dose of movement and fun.

## YOUTH HOOPERS

MEMBER: \$35 | PUBLIC: \$55 | AGES: 6-11  
LENGTH: 1 HOUR CLASSES, 4 WEEKS

Ages 6-8 practice 6:00-7:00pm  
Ages 9-11 practice 7:00-8:00pm  
Love shooting hoops? Be part of our Elite Hoopers Basketball Program. Our program teaches kids the fundamentals of basketball, including dribbling, passing, catching, footwork, and the most fun of all - shooting buckets. Players learn about offense, defense, teamwork and cooperation. All while having fun!

SESSION 1 BEGINS JANUARY 15.  
SESSION 2 BEGINS FEBRUARY 19.



**SPLASH INTO FUN CLASSES!**

# AQUATICS



## CERTIFIED CLASSES BY THE AMERICAN RED CROSS

### PADDLEBOARDING FOR BEGINNERS

**MEMBER: \$35 | PUBLIC: \$75 | AGES: 12-55**  
**LENGTH: 35 MINUTE CLASSES, 7 WEEKS**

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

Day	Time	Start Date
Saturday	9:05am	01/11/25
Saturday	9:05am	03/01/25
Saturday	9:05am	04/19/25

### SNORKELING ADVENTURES FOR BEGINNERS

**MEMBER: \$35 | PUBLIC: \$75 | AGES: 12-55**  
**LENGTH: 35 MINUTE CLASSES, 7 WEEKS**

This class teaches the foundations of snorkeling to prepare the beginning snorkeler for varying aquatic adventures. Gain more experience in open water and pool environments practicing limited time-based submersion techniques at a recreational level. \*Students must provide their own snorkel & mask.

Day	Time	Start Date
Saturday	9:05am	01/11/25
Saturday	9:05am	03/01/25
Saturday	9:05am	04/19/25

### WATER JOUSTING LEAGUE

**MEMBER: \$45 | PUBLIC: \$80**  
**LENGTH: 30 MINUTE CLASSES, 7 WEEKS**

Battle it out on a floating platform with your friends! Mixed teams of 4 participants compete against other teams in a timed race to earn points. Knock your opponent off the battle platform using a padded jousting stick!

Ages	Register	Starts	Time
11-14	12/20-1/3	Jan. 8	5:45pm
11-14	2/18-3/1	Mar. 5	5:45pm
15-18	12/20-1/3	Jan. 8	6:30pm
15-18	2/18-3/1	Mar. 5	6:30pm
19+	12/20-1/3	Jan. 8	7:15pm
19+	2/18-3/1	Mar. 5	7:15pm



### BABYSITTING

**MEMBER: \$90 | PUBLIC: \$110**  
**AGES: 12+**

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
April 1, 2 & 3	4:00-7:00pm

### LIFEGUARDING

**MEMBER: \$140 | PUBLIC: \$175**  
**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](mailto:KrocAquatics@usc.salvationarmy.org) for prerequisites before registering.

Day	Time
January 24-26	Friday 4:00-8:00pm Saturday 8:00am-5:00pm Sunday 8:00am-5:00pm
February 21-23	Friday 4:00-8:00pm Saturday 8:00am-5:00pm Sunday 8:00am-5:00pm
March 14-16	Friday 4:00-8:00pm Saturday 8:00am-5:00pm Sunday 8:00am-5:00pm
March 28-30	Friday 4:00-8:00pm Saturday 8:00am-5:00pm Sunday 8:00am-5:00pm
April 11-13	Friday 4:00-8:00pm Saturday 8:00am-5:00pm Sunday 8:00am-5:00pm
April 25-27	Friday 4:00-8:00pm Saturday 8:00am-5:00pm Sunday 8:00am-5:00pm

## HOMESCHOOL SWIM LESSONS

**MEMBER: \$50 | PUBLIC: \$90 | LENGTH: 35 MINUTE CLASSES, 3.5 WEEKS**

Class Period	Ages	Registration Opens	Starts
Mon/Wed 10:20am	3-5.5	<b>Member:</b> Dec 16   <b>Public:</b> Dec 19	Jan. 6
Mon/Wed 10:20am	3-5.5	<b>Member:</b> Jan 21   <b>Public:</b> Jan 24	Feb. 3
Mon/Wed 10:20am	3-5.5	<b>Member:</b> Feb 18   <b>Public:</b> Feb 21	Mar. 3
Mon/Wed 10:20am	3-5.5	<b>Member:</b> Mar 18   <b>Public:</b> Mar 21	Apr. 7
Mon/Wed 10:20am	5.5+	<b>Member:</b> Dec 16   <b>Public:</b> Dec 19	Jan. 6
Mon/Wed 10:20am	5.5+	<b>Member:</b> Jan 21   <b>Public:</b> Jan 24	Feb. 3
Mon/Wed 10:20am	5.5+	<b>Member:</b> Feb 18   <b>Public:</b> Feb 21	Mar. 3
Mon/Wed 10:20am	5.5+	<b>Member:</b> Mar 18   <b>Public:</b> Mar 21	Apr. 7



# AQUATICS

## GROUP SWIM LESSONS MEMBER: \$50 | PUBLIC: \$90 | LENGTH: 35 MIN TU/TH CLASS: 3.5 WEEKS, SAT CLASS: 7 WEEKS

### 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.

Class Period	Registration Opens	Starts
Tu/Th 4:00pm	Member: Dec 16   Public: Dec 19	Jan. 7
Tu/Th 4:45pm	Member: Dec 16   Public: Dec 19	Jan. 7
Tu/Th 5:30pm	Member: Dec 16   Public: Dec 19	Jan. 7
Tu/Th 4:00pm	Member: Jan 21   Public: Jan 24	Feb. 4
Tu/Th 4:45pm	Member: Jan 21   Public: Jan 24	Feb. 4
Tu/Th 5:30pm	Member: Jan 21   Public: Jan 24	Feb. 4
Tu/Th 4:00pm	Member: Feb 18   Public: Feb 21	Mar. 4
Tu/Th 4:45pm	Member: Feb 18   Public: Feb 21	Mar. 4
Tu/Th 5:30pm	Member: Feb 18   Public: Feb 21	Mar. 4
Tu/Th 4:00pm	Member: Mar 18   Public: Mar 21	Apr. 1
Tu/Th 4:45pm	Member: Mar 18   Public: Mar 21	Apr. 1
Tu/Th 5:30pm	Member: Mar 18   Public: Mar 21	Apr. 1
Sat 8:20am	Member: Dec 20   Public: Dec 23	Jan. 11
Sat 9:05am	Member: Dec 20   Public: Dec 23	Jan. 11
Sat 10:35am	Member: Dec 20   Public: Dec 23	Jan. 11
Sat 8:20am	Member: Feb 8   Public: Feb 11	Mar. 1
Sat at 9:05am	Member: Feb 8   Public: Feb 11	Mar. 1
Sat 10:35am	Member: Feb 8   Public: Feb 11	Mar. 1
Sat 8:20am	Member: Mar 29   Public: Apr 1	Apr. 19
Sat 9:05am	Member: Mar 29   Public: Apr 1	Apr. 19
Sat 10:35am	Member: Mar 29   Public: Apr 1	Apr. 19

### LEVEL 1

Ideal for children ages 3-12 who are comfortable in the water. Introduction of basic skills like entering and exiting the water, fully submerging, front & back floats, glides and front crawl.

Class Period	Registration Opens	Starts
Tu/Th 4:00pm	Member: Dec 16   Public: Dec 19	Jan. 7
Tu/Th 5:30pm	Member: Dec 16   Public: Dec 19	Jan. 7
Tu/Th 6:15pm	Member: Dec 16   Public: Dec 19	Jan. 7
Tu/Th 4:00pm	Member: Jan 21   Public: Jan 24	Feb. 4
Tu/Th 5:30pm	Member: Jan 21   Public: Jan 24	Feb. 4
Tu/Th 6:15pm	Member: Jan 21   Public: Jan 24	Feb. 4
Tu/Th 4:00pm	Member: Feb 18   Public: Feb 21	Mar. 4
Tu/Th 5:30pm	Member: Feb 18   Public: Feb 21	Mar. 4
Tu/Th 6:15pm	Member: Feb 18   Public: Feb 21	Mar. 4
Tu/Th 4:00pm	Member: Mar 18   Public: Mar 21	Apr. 1
Tu/Th 5:30pm	Member: Mar 18   Public: Mar 21	Apr. 1
Tu/Th 6:15pm	Member: Mar 18   Public: Mar 21	Apr. 1
Sat 8:20am	Member: Dec 20   Public: Dec 23	Jan. 11
Sat 9:50am	Member: Dec 20   Public: Dec 23	Jan. 11
Sat 10:35am	Member: Dec 20   Public: Dec 23	Jan. 11
Sat 8:20am	Member: Feb 8   Public: Feb 11	Mar. 1
Sat 9:50am	Member: Feb 8   Public: Feb 11	Mar. 1
Sat 10:35am	Member: Feb 8   Public: Feb 11	Mar. 1
Sat 8:20am	Member: Mar 29   Public: Apr 1	Apr. 19
Sat 9:50am	Member: Mar 29   Public: Apr 1	Apr. 19
Sat 10:35am	Member: Mar 29   Public: Apr 1	Apr. 19

### ADULT

Perfect for adults ages 19+ with little to no experience in the water. Learn beginner swim strokes and water safety in a supportive environment.

Class Period	Registration Opens	Starts
Tu/Th 7:00pm	Member: Dec 16   Public: Dec 19	Jan. 7
Tu/Th 7:00pm	Member: Jan 21   Public: Jan 24	Feb. 4
Tu/Th 7:00pm	Member: Feb 18   Public: Feb 21	Mar. 4
Tu/Th 7:00pm	Member: Mar 18   Public: Mar 21	Apr. 1
Sat 8:20am	Member: Dec 20   Public: Dec 23	Jan. 11
Sat 8:20am	Member: Feb 8   Public: Feb 11	Mar. 1
Sat 8:20am	Member: Mar 29   Public: Apr 1	Apr. 19

### BABY KROCODILES

A parent and child water exploration class for kids ages 6 months-3 years. Focus is on water adjustment and exploration through games and songs.

Class Period	Registration Opens	Starts
Tu/Th 5:30pm	Member: Dec 16   Public: Dec 19	Jan. 7
Tu/Th 5:30pm	Member: Jan 21   Public: Jan 24	Feb. 4
Tu/Th 5:30pm	Member: Feb 18   Public: Feb 21	Mar. 4
Tu/Th 5:30pm	Member: Mar 18   Public: Mar 21	Apr. 1
Sat 9:50am	Member: Dec 20   Public: Dec 23	Jan. 11
Sat 9:50am	Member: Feb 8   Public: Feb 11	Mar. 1
Sat 9:50am	Member: Mar 29   Public: Apr 1	Apr. 19



# AQUATICS



## MINUTE CLASSES KS

### HOW TO REGISTER FOR GROUP SWIM LESSONS

Visit the Kroc Center Welcome Desk to register, or call 420.905.3500 to build the child's profile for registration.

#### LEVEL 2

Ideal for children ages 5-12 to expand upon what is learned in level 1, with additional focus on increasing distance, building endurance, deep water exposure, and treading water.

Class Period	Registration Opens	Starts
Tu/Th 4:00pm	Member: Dec 16   Public: Dec 19	Jan. 7
Tu/Th 5:30pm	Member: Dec 16   Public: Dec 19	Jan. 7
Tu/Th 6:15pm	Member: Dec 16   Public: Dec 19	Jan. 7
Tu/Th 4:00pm	Member: Jan 21   Public: Jan 24	Feb. 4
Tu/Th 5:30pm	Member: Jan 21   Public: Jan 24	Feb. 4
Tu/Th 6:15pm	Member: Jan 21   Public: Jan 24	Feb. 4
Tu/Th 4:00pm	Member: Feb 18   Public: Feb 21	Mar. 4
Tu/Th 5:30pm	Member: Feb 18   Public: Feb 21	Mar. 4
Tu/Th 6:15pm	Member: Feb 18   Public: Feb 21	Mar. 4
Tu/Th 4:00pm	Member: Mar 18   Public: Mar 21	Apr. 1
Tu/Th 5:30pm	Member: Mar 18   Public: Mar 21	Apr. 1
Tu/Th 6:15pm	Member: Mar 18   Public: Mar 21	Apr. 1
Sat 9:05am	Member: Dec 20   Public: Dec 23	Jan. 11
Sat 9:50am	Member: Dec 20   Public: Dec 23	Jan. 11
Sat 10:35am	Member: Dec 20   Public: Dec 23	Jan. 11
Sat 9:05am	Member: Feb 8   Public: Feb 11	Mar. 1
Sat 9:50am	Member: Feb 8   Public: Feb 11	Mar. 1
Sat 10:35am	Member: Feb 8   Public: Feb 11	Mar. 1
Sat 9:05am	Member: Mar 29   Public: Apr 1	Apr. 19
Sat 9:50am	Member: Mar 29   Public: Apr 1	Apr. 19
Sat 10:35am	Member: Mar 29   Public: Apr 1	Apr. 19

#### LEVEL 3

This class is for children ages 5-12 to expand upon proficiencies gained in Level 2. New skills include survival floating, front crawl, backstroke, additional kicks and diving.

Class Period	Registration Opens	Starts
Tu/Th 4:00pm	Member: Dec 16   Public: Dec 19	Jan. 7
Tu/Th 6:15pm	Member: Dec 16   Public: Dec 19	Jan. 7
Tu/Th 4:00pm	Member: Jan 21   Public: Jan 24	Feb. 4
Tu/Th 6:15pm	Member: Jan 21   Public: Jan 24	Feb. 4
Tu/Th 4:00pm	Member: Feb 18   Public: Feb 21	Mar. 4
Tu/Th 6:15pm	Member: Feb 18   Public: Feb 21	Mar. 4
Tu/Th 4:00pm	Member: Mar 18   Public: Mar 21	Apr. 1
Tu/Th 6:15pm	Member: Mar 18   Public: Mar 21	Apr. 1
Sat 9:05am	Member: Dec 20   Public: Dec 23	Jan. 11
Sat 9:50am	Member: Dec 20   Public: Dec 23	Jan. 11
Sat 9:05am	Member: Feb 8   Public: Feb 11	Mar. 1
Sat 9:50am	Member: Feb 8   Public: Feb 11	Mar. 1
Sat 9:05am	Member: Mar 29   Public: Apr 1	Apr. 19
Sat 9:50am	Member: Mar 29   Public: Apr 1	Apr. 19

#### LEVEL 4

This class is for children ages 5-12 to improve endurance of strokes learned in level 3, and add sidestroke, breaststroke, butterfly, open turns and diving confidence.

Class Period	Registration Opens	Starts
Tu/Th 4:45pm	Member: Dec 16   Public: Dec 19	Jan. 7
Tu/Th 7:00pm	Member: Dec 16   Public: Dec 19	Jan. 7
Tu/Th 4:45pm	Member: Jan 21   Public: Jan 24	Feb. 4
Tu/Th 7:00pm	Member: Jan 21   Public: Jan 24	Feb. 4
Tu/Th 4:45pm	Member: Feb 18   Public: Feb 21	Mar. 4
Tu/Th 7:00pm	Member: Feb 18   Public: Feb 21	Mar. 4
Tu/Th 4:45pm	Member: Mar 18   Public: Mar 21	Apr. 1
Tu/Th 7:00pm	Member: Mar 18   Public: Mar 21	Apr. 1
Sat 9:05am	Member: Dec 20   Public: Dec 23	Jan. 11
Sat 10:35am	Member: Dec 20   Public: Dec 23	Jan. 11
Sat 9:05am	Member: Feb 8   Public: Feb 11	Mar. 1
Sat 10:35am	Member: Feb 8   Public: Feb 11	Mar. 1
Sat 9:05am	Member: Mar 29   Public: Apr 1	Apr. 19
Sat 10:35am	Member: Mar 29   Public: Apr 1	Apr. 19

## SWIM SKILL ASSESSMENT

Not sure which level is right for your child? Book a Swim Skill Assessment to get our recommendation.

Children will be assessed by a certified swim lesson instructor to evaluate and recommend appropriate class level placement. The assessment will last 10 - 15 minutes. Bring a swimsuit and towel, and inquire at the Welcome Desk **Monday, Wednesday or Friday between 4:00-7:00pm**. No appointment needed.



# AQUATICS

## DROP-IN CLASSES & ACTIVITIES

### 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	12:00-3:30pm

### 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	4:00-6:30pm
Saturday	12:00-3:30pm

### 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

## SWIM TEAM

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.

### REGISTRATION SESSIONS MEMBER: \$60 | PUBLIC: \$100 | AGES: 6-15

Groups	Session Length	Registration Opens	Starts
Red, Blue, Silver, Gold	4 Weeks	12/01/24	01/02/25
Red, Blue, Silver, Gold	4 Weeks	01/01/25	02/01/25
Red, Blue, Silver, Gold	4 Weeks	02/01/25	03/01/25
Red, Blue, Silver, Gold	4 Weeks	03/01/25	04/01/25

Practice	Day	Time
Homeschool	Monday & Wednesday	11:00am
Afternoon Red/Blue	Tuesday & Thursday	5:30pm
Afternoon Silver/Gold	Tuesday & Thursday	6:30pm
Morning Red/Blue	Saturday	9:40am
Morning Silver/Gold	Saturday	9:40am





## 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](http://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 Until 10:00am: 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	11:30am-4:00pm	Both Pools	All Ages

### 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

Thank you for being part of the  
Kroc Center family!



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