This program guide is effective 3/1/19 - 5/31/19. Check camdenkroccenter.org and Facebook @CamdenKroc for updates. Program Guide is subject to change.

Kroc Center hours may change due to inclement weather, holidays, and special events. Check our website for times. For our membership fees please see our Welcome Desk or visit our website.

OPERATING HOURS:
Monday-Friday 5:30am-9pm
Saturday 8am-9pm
Sunday 9am-5pm

**Please pay attention to area closing times.**

CAFÉ HOURS:
Monday-Friday 11am-4pm

PLAYCARE HOURS:
Monday-Thursday 9am-12pm & 5pm-8:30pm
Friday & Saturday 9am-12pm

GET UPDATES BY TEXTING:
“NJKroc” to 51555 for updates that interest all members and guests.
“NJKrocFitness” to 51555 for those taking or interested in fitness classes.
“NJKrocAquatics” to 51555 for members of the Kroc Swim Team or for lessons info.
“NJKrocCorps” to 51555 for church activities

1865 Harrison Avenue
Camden, NJ 08105
(856) 379-6900
camdenkroccenter.org
Bus Routes: 419 & 452

Spring Program Guide
March-May 2019

The Salvation Army
Kroc
By: Ray & Joan
Corps Community Center
Camden
Welcome to The Salvation Army Ray and Joan Kroc Corps Community Center – A Place of Possibilities. As a member you will have the opportunity to learn, play, serve, and grow relationships in a family friendly environment. In doing so we respectfully ask that your behavior, speech, and attire adhere to the policies, rules, and regulations that are in place to support our mission.

**GENERAL RULES TO FOLLOW:**

1. No foul or offensive language.
2. No acts of bullying, harassment, or intimidation.
3. No loud personal music.
4. All clothing must adhere to Kroc Center standards.
5. No use of tobacco or vaping on Kroc Center property.
6. Locker rooms and restrooms are gender specific. Private family changing rooms are available for use during Kroc Center hours.
7. No selling of products on Kroc Center property without written permission.
8. Children under 13 must be directly supervised by an adult (18+).
9. No eating in any recreational spaces.
10. The Salvation Army is not responsible for lost or stolen items.

The Kroc Center exists to express the mission and ministry of The Salvation Army through a safe, enriching and sacred environment where all individuals have access to opportunities to reach their physical, intellectual, social and spiritual potential.

**THE SALVATION ARMY MISSION STATEMENT**

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 of God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination.

**WEEKLY WORSHIP**

**10am Sunday Service**

You’re invited to join us for worship located in the Chapel. Everyone’s welcome!

At The Salvation Army we strive to be honest about who we are and our goal is to simply glorify God with our lives. It is the grace of God that motivates us. We hope to point our community to Jesus.

The Salvation Army is a group of people with a common desire to follow and love Jesus. Being part of The Salvation Army Kroc Center allows us a number of different ways to create community. It doesn’t matter who you are or where you find yourself in life, if you want to get closer to Jesus and be a part of building a Christian community, we would love to have you join us.

We offer Sunday School for all ages.

**Traducción en español disponible.**
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>5:30-6:15pm</td>
<td>$ Ballet &amp; Jazz</td>
<td>5:30-7:00pm</td>
<td>$ Teen Drop-In</td>
<td>5:30-6:15pm</td>
<td>$ Youth Boxfit</td>
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<td>Studio B</td>
<td>Town Ministry</td>
<td>Ages 7-10</td>
<td>Studio C</td>
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<td>* Ages 7-10</td>
<td>* Ages 13-21</td>
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<td>* Ages 4-6 only</td>
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<td>5:30-6:15pm</td>
<td>$ Corps Program</td>
<td>$ Intro to Dance</td>
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<td>$ Youth Group</td>
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<td></td>
<td>Piano Music Rm.</td>
<td>Studio B</td>
<td>Ages 4-6 only</td>
<td>Teen Ministry</td>
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<td>* Ages 5-7 only</td>
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<td>5:30-6:30pm</td>
<td>$ Preparation for</td>
<td>$ Ship Hop Studio</td>
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<td>$ Youth Boxfit</td>
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<td>Piano Music Rm.</td>
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<td>$ Drawing Comics</td>
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**Class Descriptions**

- **Ballet & Jazz:** Students will learn the basic concepts of ballet and jazz, including coordination, and class etiquette. Dancers are encouraged to add their own personality to make each step unique and fun. Member $25 and Non-member $35. Runs from March 11 – May 17. Classes that don’t meet 8 person minimum by March 6 will be cancelled.

- **Corps Program:** In this free program, students receive dinner, participate in troops (Moonbeams, Sunbeams, Girl Guards and Adventure Corps) and choose one music arts class to join with a focus on spiritual enrichment. No Class April 24th.

- **Creating a Healthy Bully Free Community:** Bully Prevention Education for Youth and Families. This workshop series is designed for children and families who are vulnerable to being victims of harmful, intimidating, and oppressive behavior. Participants will receive scholar and resources to promote positive peer and family relationships. Runs from March 5 – April 16.

- **Drawing Comics:** Students make their own comics each week. They will also receive a different comic template to work from, each one incorporating the lesson, along with unique challenges and prompts. Member $25 and Non-member $35. Runs from March 11 – May 17. Classes that don’t meet 8 person minimum by March 6 will be cancelled.

- **Drawing Superheroes, Fantasy & Sci-fi:** This course will be a fun opportunity for kids to draw superhero, fantasy, or science-fiction characters. Students will learn each class with a new, finished colored drawing. Member $25 and Non-member $35. Runs from March 11 – May 17. Classes that don’t meet 8 person minimum by March 6 will be cancelled.

**Family Boot Camp:** Mixes traditional calisthenics and body exercises with interval training to improve strength agility and endurance.

- **Hip Hop:** Come find motivation and inspiration through hip hop influenced steps. This class is a high-energy class, geared toward self-expression and appreciation of life. Member $25 and Non-member $35. Runs from March 11 – May 17. Classes that don’t meet 8 person minimum by March 6 will be cancelled.

- **Intro to Dance:** Begin your dance journey by being introduced to basic types of dance. This class is a beginner friendly class, dedicated to exploring movement and the body. Member $25 and Non-member $35. Runs from March 11 – May 17. Classes that don’t meet 8 person minimum by March 6 will be cancelled.

- **Piano:** An exciting and informative introduction to piano for beginner to intermediate level piano students. Students will learn everything from fundamental keyboard techniques to musicianship skills. Member $25 and Non-member $35. Runs from March 11 – May 17. Classes that don’t meet 8 person minimum by March 6 will be cancelled.

- **Teen Drop-In:** A supervised time for 13-18 years old to play games, have positive conversations and enjoy snacks.

- **Youth Boxfit:** This cardio strength workout incorporates interval training with technical boxing instruction. Member $2, Non-member $5 per class.

**After School:** Our program includes academic support & dinner daily. Students participate in hands-on arts, STEM, literacy and wellness activities. We accept vouchers and have income based scholarships available. Contact Program Assistant, for information or to enroll at shameka.grant@use.salvationarmy.org or 856.379.6838.

**Spring Break Performing Arts Camp:** Is an exciting week in which we will act, sing, dance, play, and learn about God’s love! Each day is an interactive, Bible-Based adventure that our children will love. With our wonderful teachers helping us learn, create, play and have fun, this is a week you won’t want to miss out on. April 22-26 for grades kindergarten to 6th, 7:30am-5:30pm. Sign up today at our Welcome Desk or online.

KidFit: Research shows that children should engage in 60 minutes of active play daily. The Krocs Center’s Kidfit program provides children 13-15 the privilege to access the aquatics center, fitness room, and gymnasium without parent supervision. A KidFit Orientation with a Krocs Center Fitness or Recreation Supervisor is required upon receiving a Krocs Center membership or Day Pass. If a supervisor is not available, please schedule an appointment at the Fitness Center reception desk. After completing the orientation, the child will receive a KidFit sticker (members) or stamp on their day pass receipt. Questions? Call the Fitness Center at 856-379-6911.

**Registration is required.**

$ These classes have a fee. Spaces are limited.

**Please pay attention to the dates and ages of programs.**
GROUP FITNESS CLASSES

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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<th>THURSDAY</th>
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<tr>
<td>7-8am</td>
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<tr>
<td>Shred &amp; Muscle Pump Studio A</td>
<td>Cycle 50 Studio A</td>
<td>Shred &amp; Muscle Pump Studio A</td>
<td>Step &amp; Sculpt Studio B</td>
<td>Cycle 50 Studio A</td>
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<tr>
<td>9-10am</td>
<td>Resist It Studio C</td>
<td>10:15-11:30am</td>
<td>10-11am Silver Sneakers Classic Studio B</td>
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<tr>
<td>Barre Studio B</td>
<td>Silver Studio C</td>
<td>Barre Studio C</td>
<td>Silver Studio C</td>
<td>Cycle 50 Studio A</td>
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<td>10-11am</td>
<td>Silver Sneakers Classic Studio B</td>
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<td>5:45-6:45pm</td>
<td>Zumba Studio C</td>
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<tr>
<td>Zumba Studio A</td>
<td>Zumba Studio C</td>
<td>Barre Studio C</td>
<td>Shred &amp; Muscle Pump Studio A</td>
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<td>6-7pm</td>
<td>Cycle 50 Studio A</td>
<td>6-7pm</td>
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<tr>
<td>Cycle 50 Studio A</td>
<td>Family Boot Camp Studio C</td>
<td>Cycle 50 Studio A</td>
<td>Shred &amp; Muscle Pump Studio A</td>
<td>Yoga Youth Min Rm</td>
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<td>7-8pm</td>
<td>Yoga Youth Min. Rm.</td>
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<tr>
<td>Pilates Studio C</td>
<td>Yoga Studio C</td>
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$ Indicates Program Fee
¢ Indicates Fee for Non-members
☆ Requires Registration
Class fees and schedules are subject to change
Fitness classes are KidFit friendly except for Spin.

Personal Training Packages

- Fitness Assessment $45 New Members - FREE ASSESSMENT
- Single Training Session $35 Call 856.379.6910 to schedule.
- Bronze (3 Training Session) $90
- Silver (5 Training Session) $135
- Gold (8 Training Session) $200

*Non-members must purchase day pass plus pay personal training fee.

SMASSF Multi-Sport:
This is a sports performance training for serious athletes. Athletes of any sport can participate. Call (856) 379-6905 to schedule a training session.
Member $20 for 6 sessions or single session $5. Non-member $40 for 6 sessions or single session $8.

CLASS DESCRIPTIONS

**Beginner Tai Chi:** Accumulate, balance and circulate energy within our body creating a sense of well being, calm mind, correct posture and increased awareness.

**Barre:** Barre is a workout that combines functional strength, dance, Pilates, and yoga for enhancing body awareness, coordination, balance, and overall strength.

**Adult BoxFit:** Cardio strength workout incorporates interval training with technical boxing instruction. Member $2. Non-member $5.

**Shred & Muscle Pump:** High intensity 30 minute indoor cycling class is combined with a 20 minute full body circuit training in our fitness room.

**Cycle 50:** Enjoy 50 minutes of indoor cycling with a variety of rides including sprints, hills, and jumps. Burn calories and increase your cardio-fitness.

**Family Boot Camp:** Mixes traditional calisthenic and body exercises with interval training to improve strength agility and endurance.

**Pilates:** Improve flexibility, build strength and develop control and endurance.

**Resist It:** A full body, low impact strength training class, that uses small resistance bands that will be used with different intensities to totally begin to sculpt your body.

**Silver Sneakers Classic:** Have fun and move to the music through exercises designed to increase muscle strength, range of movement and activities for daily living. Must register.

**Step & Sculpt:** Step aerobic routine combined with strength training intervals give you a complete cardio and strength training workout. Excellent cross-trainings. Class for all skill and fitness levels.

**Teen Cycle 50:** Indoor cycle class to teach youth the basics. Ages 13-19.

**Yoga:** Discipline, which includes breath control, simple meditation, and the adoption of specific bodily postures.

**Zumba:** A dance fitness class with vibrant music that combines interval low impact training with exhilarating Latin rhythms.

LEAGUES

**Winter Basketball Clinic:** 2nd Session, Ages 5-12. Runs from February 16 - March 23, Saturdays, 12-2:30pm.

**Adult Basketball League:** 18-35 Division & 35+ Division. Runs from February 23 - April 6. Saturdays, 5:30-8:45pm.

**Spring Basketball League:** 4 Divisions, Grades Kindergarten - 12th. Runs from March 20 - June 1. Wednesdays, 6-9pm, Thursdays, 5-9pm and Saturdays, 10am-4:30pm

Fitness Room Hours:
Monday-Friday 5:30am-8:45pm
Saturday 8am-8:45pm
Sunday 9am-4:45pm
Sign up in the Fitness Room
For KidFit (Ages 13-15)
Gym schedule and programs are subject to change at any time.

Gym Schedule:
Monday Open Gym 5:30am-3:30pm
Open Gym 6:15-8:45pm
Tuesday Open Gym 5:30am-3:30pm
Open Gym 6:15-8:45pm
Wednesday Open Gym 5:30am-3:30pm
Open Gym 6:15-8:45pm
Thursday Open Gym 5:30am-3:30pm
Open Gym 6:15-8:45pm
Friday Open Gym 5:30am-3:30pm
Open Gym 6:15-8:45pm
Saturday Open Gym 6:15-8:45pm
Lacrosse 1-2:30pm

Walking Path Access:
Monday-Saturday 8am-4pm
Sunday 9am-4pm
Sign in and out at the Welcome Desk or in the Fitness Room.
# Group Aqua Classes

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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<td>7-8am</td>
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<td>12:15pm</td>
<td>Aqua Fit WP</td>
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<td>Aqua Splash Waterpark</td>
<td>Aqua Exercise Comp Pool</td>
<td>Aqua Exercise Waterpark</td>
<td>River Walking WP Adults only</td>
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<td>7-10am</td>
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<td>12:15pm</td>
<td>SLTS: Swim Clinic WP</td>
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<td>River Walking WP Adults only</td>
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<td>SLTS: Adult Swim Beginner WP</td>
<td>SLTS: Pre-School WP</td>
<td>SLTS: Level 2 WP</td>
<td>SLTS: Pre-School WP</td>
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<td>SLTS: Adult Swim Intermediate WP</td>
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<td>SLTS: Teen Swim Beginner WP</td>
<td>$Spring Warm Up Camp Pool</td>
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**Classes are KidFit friendly unless noted otherwise.**

Kids who are not KidFit approved must be accompanied by a parent/guardian. Family friendly bathing suits required. No cotton or streetwear.

## Competition Pool
- AM hours - parental supervision is required if under 18. PM hours - no parental supervision required if KidFit approved.

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<tr>
<td>6:00-10:00AM (8Lanes)</td>
<td>4:00-5:00PM (8 Lanes)</td>
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<td>6:00-10:00AM (8Lanes)</td>
<td>4:00-6:30PM (8 Lanes)</td>
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<td>4:00-6:30PM (8 Lanes)</td>
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<td>6:00-10:00AM (8Lanes)</td>
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<td>6:00-10:00AM (8Lanes)</td>
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<td>1:00-5:30PM (4-8 Lanes)</td>
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<td>1:00-3:50PM (4-8 Lanes)</td>
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<td>5:00PM - 7:50PM (Water Slide Closed)</td>
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## Water Park
- MONDAY-THURSDAY: 5:00PM - 7:50PM
- FRIDAY: CLOSED
- SATURDAY: 1:00 - 5:30PM
- SUNDAY: 1:00 - 3:50PM

## Spa
- MONDAY-FRIDAY: 6:00PM - 10:00PM
- 4:00PM - 7:50PM
- SATURDAY: 1:00PM - 5:30PM
- SUNDAY: 1:00PM - 3:50PM

## American Red Cross Lifeguard Training
- THE KROC CENTER IS HIRING AND WE HAVE A SPECIAL PROGRAM WITH A DISCOUNT RATE!
- Class fee: Member $300, Non-Member $325, $10 Swim Test Fee after first attempt
- Lifeguard, First Aid, CPR Certification, online and classroom instruction. Must be 15 by the start of the class. 16 to be considered for hire by the Kroc Center. Must attend all classes.
- Session 1: Monday, 3/4 @ 5:8 pm & Friday, 3/15 @ 5:8 pm
- Saturday/Sunday, 3/16 & 3/17 @ 9am-5pm
- Session 2: Monday, 4/1 @ 5:8 pm & Friday, 4/12 @ 5:8 pm
- Saturday/Sunday, 4/13 & 4/14 @ 9am-5pm
- Session 3: Monday, 5/6 @ 5:8 pm & Friday, 5/17 @ 5:8 pm
- Saturday/Sunday, 5/18 & 5/19 @ 9am-5pm

## American Red Cross Lifeguard Instructor Course or Water Safety Instructor Course
- Class fee: Member $375, Non-Member $400. In addition to Red Cross $35 Online Access Fee.
- Monday-Thursday, 4/22-4/25 @ 9am-5pm

## Learn to Swim Lessons
- **4 Week Session Fees:** Kroc $45 and Non-Member $55
- **3 Week Session Fees:** Kroc $35 and Non-Member $45

### Preschool Water Exploration
- For ages 3-5
- Student introduction to the water safety where they will learn elementary level water skills.

### Level 1: Beginner Skills
- For ages 6-9
- Basic swim techniques and skills with guided support.

### Level 2: Primary Skills
- For ages 6-10
- Fundamental swimming skills with recovery support.

### Level 3: Stroke Readiness
- For ages 7-11
- Must be able to float on stomach and back.

### TEEN SWIM LESSONS
- For ages 11-17
- We will adjust class to meet individual needs.

### ADULT SWIM LESSONS: Water Safety
- For ages 18+
- Begin to develop confidence in basic water skills.

### ADULT SWIM LESSONS: Intermediate
- For ages 18+
- Participants must be able to put their face in the water and float unassisted.

## Learn to Swim Clinic
- **For ages 5-10**
- Class is adaptable for levels 1-3
- Perfect for families with children in different levels.
- **4 Week Session Fees:** Kroc $50 and Non-Member $60

## Spring Warm-Up
- For competitive swimmers ages 6-18
- To prepare for their summer swim team season.
- March Session 1/2/TH: Kroc $45 and Non-Member $55
- April Session 1/2/TH: Kroc $55 and Non-Member $65
- May Session 1/2/TH: Kroc $65 and Non-Member $75
- Sign up for all 3 months to get a special rate:
  - Kroc $150 and Non-Member $180

### American Red Cross 2019 Centennial
- Limited Scholarships Available
- Fee: $5.00 per participant (covers 1 Month of class)
- Participants only receive 1 scholarship annually
- No refunds, class changes or make up classes.
  - 2 Participant Minimum for All Classes.

For Program Information Contact:
- Melissa Dalton, Aquatics Coordinator
- Melissa.Dalton@use.salvationarmy.org
- (856) 379-6907

For General Information Contact:
- Jim Warner, Aquatics Manager
- Jim.Warner@use.salvationarmy.org
- (856) 379-6906
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>6-8pm</td>
<td>12:30pm</td>
<td>10am</td>
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<tr>
<td>Sewing Basic Board Room</td>
<td>Healthy Lifestyle Series Adult Min. Rm.</td>
<td>Wellness Education Adult Min Rm 1st &amp; 3rd Thursday</td>
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<td>6pm</td>
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<td>10:10-10:45pm</td>
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<td>Faces of Change Entrance C</td>
<td>Adult Piano Music Rm. Starts 3/14</td>
<td>$Adult Piano Music Rm. Starts 3/12</td>
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<tr>
<td>6:30-8:15pm</td>
<td>Job Fair</td>
<td>11:30am-12:30pm</td>
<td>Computer Basics Computer Lab</td>
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<tr>
<td>Bullying Prevention Youth Min. Rm.</td>
<td>Town Plaza April 11th</td>
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<td>7:30-7:30pm</td>
<td>Wounded Hearts Youth Min. Rm.</td>
<td>5:30-7:30pm</td>
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**Class Descriptions**
- **Adult Piano:** These programs require registration. To register see the Welcome Desk. Spaces may be limited. Member $25 and Non-member $35. *Runs from March 11 – May 17.*
- **Creating a Healthy Bully Free Community: Bully Prevention Education for Youth and Families:** This workshop series is designed for children and families who are vulnerable to being victims of harmful, intimidating, and oppressive behavior. Participants will receive knowledge and resources to promote positive peer and family relationships. *Runs from March 5 – April 16.*
- **Computer Basics:** Learn basic computer skills and participate in cognitive challenges with other seniors. This class includes an introduction to work, the internet and email.
- **Faces of Change:** Do you or someone you know struggle with addiction? *Faces of Change* will be leading addiction support meetings and provide Christ Centered intervention service to help individuals struggling with addiction to find placement into long-term Christian Rehabilitation Programs.
- **Healthy Lifestyle Series:** Learn from a variety of presenters about health issues. Topics vary by week and primarily aim to serve older adults.
- **Job Fair:** Come dressed to impress and with resumes in hand for our Job Fair. *April 11th*.
- **Sewing Basic:** This class teaches the basics of using your own sewing machine and allows you to create simple projects. Students must bring their own machines and supplies listed on the registration form.

**Wellness Education:** Join us for seminars focusing on issues important to your everyday wellness. Topics throughout the year will include information on Improving Emotional, Environmental, Physical, Social, Spiritual, Intellectual, and Financial Wellness.

**Wounded Hearts:** Wounded Hearts Club is a 12-week healing series open to the public and geared toward healing youth who have dealt with trauma on any level. We specialize in actively work developing trust, anger management, self esteem, effective communication and more. *Runs from February 14 – April 2.*

**MINISTRIES**

**TUESDAY**
- **Adult Bible Study:** 10am
- **Teen Drop-In:** 5:30-7pm

**WEDNESDAY**
- **Adult Bible Study:** 10am
- **Corps Programming:** 5:30-6pm

**THURSDAY**
- **Adult Bible Study:** 10am

**FRIDAY**
- **Adult Bible Study:** 10am
- **Group Bible Study:** 6-8:30pm
- **Christian Fellowship for Youth ages 13-21:**
- **Job Fair:** Town Plaza April 11th
- **Job Fair:** Town Plaza April 11th

**SATURDAY**
- **Men’s Fellowship:** 1st and 3rd Saturday
- **The Gathering:** 1:2pm
- **Women’s Fellowship:** 2nd Saturday
- **Holy Week Morning:** 10-11:30am
- **Fellowship Meal:** 11:30am-12:30pm
- **2nd Sunday:**

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**Psalm 23**
A psalm of David.
1 The Lord is my shepherd; I have all that I need.
2 He lets me rest in green meadows; he leads me beside peaceful streams.
3 He refreshes my soul. He guides me along right paths, bringing honor to his name.
4 Even when I walk through the darkest valley, I will not be afraid, for you are close beside me.
5 Your rod and your staff protect and comfort me.
6 You prepare a feast for me in the presence of my enemies. You honor me by anointing my head with oil. My cup overflows with blessings.
7 Surel your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the Lord forever.

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**Pastoral Care**
Pastoral Care counseling is available to anyone seeking compassionate, comforting, and caring spiritual growth.

Our Pastoral Team reaches beyond the boundaries of religion, and focuses on the empathy and grace of a relationship with God. The team helps each person recognize his or her individual spirituality and facilitates the development of a lifestyle conducive to ongoing spiritual growth.

To be reached by one of our Pastoral Team Contact:
- Lt. Brehmen & Allison Hinzman
  Allison.Hinzman@use.salvationarmy.org

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**Open Computer Lab & Library Hours:**
Check Welcome Desk for Hours

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**Choice Food Pantry - Entrance C C**
Monday-Friday: 9am-2pm
Thursday: 5-6pm
To make an appointment for the Choice Food Pantry
Call: (856) 379-4871

**Senior Drop-In – Adult Min. Rm.**
Monday-Friday: 9am-12pm

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**Kroc Center Corps Officer**