This program guide is effective 6/1/17.
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.

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

CAFÉ HOURS:
Monday-Friday 8am-4pm
Saturday 12-5pm
Starting 6/19, Monday-Friday, the Café will stay open till 7pm

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

GET UPDATES BY TEXTING
“NJ Kroc” to 51555
“NJ KrocFitness” to 51555
“NJ KrocAquatics” to 51555
“NJ KrocEd” to 51555
“NJ KrocCorps” to 51555
“NJ Cinderella” to 51555

1865 Harrison Avenue
Camden, NJ 08105
(856) 379-6900
camdenkroccenter.org
WELCOME TO THE KROC CENTER

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 simply 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.
MINISTRIES

CHOICE FOOD PANTRY - LANTERN C
Monday-Friday: 9am-2pm
Tuesday: 5-7pm
To make an appointment for the
Choice Food Pantry
Call: (856) 379-4870

SENIOR DROP-IN - ADULT MIN. RM.
Monday-Friday: 8am-12pm

TUESDAY
Adult Bible Study 10am Adult Min. Rm.

WEDNESDAY
Chat 'N Chew 5:30pm Youth Min. Rm.
Ends June 21st

THURSDAY
Adult Bible Study 10am Adult Min. Rm.
2nd & 4th Thursday
Cinderella Club 6:30pm Adult Min. Rm.
Ends June 15th

FRIDAY
Youth Group 6-8:30pm Youth Min. Rm.
Christian fellowship for youth ages 13-21.

SATURDAY
Boys & Men’s Fellowship 8:30-9:30am Adult Min. Rm
1st Saturday
Men’s Fellowship 8:30-9:30am Adult Min. Rm
3rd Saturday

KROCK KIDS & TEENS

<table>
<thead>
<tr>
<th>Ages 6-13</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>6-13</td>
<td>6-7:50pm $Swim Team *Ends July 31st. Ages 6-8</td>
<td>5:30-6:30pm $MASSF *Ages 6-18</td>
<td>6-7:50pm $Swim Team *Ends July 31st. Ages 6-8</td>
<td>5:15-7:30pm Faith-Based Programs Educ. Center *Ends June 8</td>
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<tr>
<td></td>
<td>6:30-8:00pm © Movie Mondays Teen Ministry</td>
<td>6:30-7:15pm © Choir Music Room</td>
<td>5:30-6:30pm $MASSF *Ages 6-18</td>
<td>5:30-6:30pm $Swim Team *Ends July 31st. Ages 6-8</td>
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<tr>
<td></td>
<td>6:30-8:00pm © Open Piano Lab Music Room *For students enrolled in piano lessons only!</td>
<td>6:30-8:00pm © Piano-Level 1 Music Room</td>
<td>6:30-7:30pm © Piano-Primer Music Room</td>
<td>6:30-7:30pm © Piano-Primer Music Room</td>
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<td></td>
<td>© Piano-Primer Music Room</td>
<td>7:00-7:30pm © Piano-Primer Music Room</td>
<td>7:30-8:00pm © Brass Band Music Room *Ages 8+ only</td>
<td>6-8:30pm Youth Group Teen Ministry</td>
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</tbody>
</table>

Vacation Bible School: “Hero Academy”

Ages: 6-12
From: 6-7:30pm
1st Week: June 12-16 OR 2nd Week: June 19-23
Pick a week to be apart of our Hero Academy. 30 participate for each week. Space is limited so sign up today.

£ Registration for these summer youth programs begins June 1. Spaces are limited and registration is required.
© These programs begin June 19.
$ These classes have a fee.

Parent/guardian must sign youth 13 and under in & out of classes.

MUSIC LESSONS & CLASSES
Students enrolling in Piano-Level 1 must have completed Piano-Level Primer. Students who would like to schedule an assessment to determine placement can call (856) 379-6858.

## Group Fitness Classes

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<tbody>
<tr>
<td>6:30-7:30am Spin Studio A</td>
<td>9:10am Yoga Studio C</td>
<td>9:10am Spin Studio B</td>
<td>9:10am Step Aerobics Studio B</td>
<td>6:30-7:30am Step Aerobics Studio B</td>
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<td>9:10am Step Aerobics Studio B</td>
<td>10:11am Circuit Training Studio C</td>
<td>10:11am Core &amp; More Studio C</td>
<td>9:10am Step Aerobics Studio B</td>
<td>9:10am Adult BoxFit Studio C</td>
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<tr>
<td>10:30-11:30am Stretch Time Youth Min. Rm.</td>
<td>11am-12pm Circuit Training Studio C</td>
<td>11am-12pm Core &amp; More Studio C</td>
<td>10:11am Line Dancing Studio C</td>
<td>10:11am Studio A</td>
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<tr>
<td>6:7pm Family Zumba Studio B</td>
<td>5:30-6:30pm SMASSF Multi-Sport Gym</td>
<td>6:30-7:30pm Spin-Journey Ride Studio A</td>
<td>11am-12pm Circuit Training Studio C</td>
<td>10:11am Yoga Studio C Starts July 8th</td>
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<tr>
<td>6:30-7:30pm SMASSF Multi-Sport Gym</td>
<td>6:45-8:30pm Yoga Studio B</td>
<td>6:7pm Spin Studio B</td>
<td>6:7pm Pilates Studio C</td>
<td>7-8pm Family Line Dancing Studio B</td>
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<td>7:30-8:30pm</td>
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### Personal Training Packages

New members get a free fitness assessment in the first 30 days.

- **Fitness Assessment**: $25
- **Single Training Session**: $30
- **Bronze (3 Training Session)**: $60
- **Silver (5 Training Session)**: $90
- **Gold (8 Training Session)**: $140

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

### Field Equipment:

- **Box Fit**: This cardio strength workout incorporates interval training with technical boxing instruction.

### Fitness Room Hours:

- **Monday-Friday**: 5:30am-8:45pm
- **Saturday**: 8am-8:45pm
- **Sunday**: 9am-4:45pm

### Kidfit by Appointment Only

Sign up in the Fitness Room (Description Below)

### Open Gym Hours:

- **Effective June 26, 2017**
- **Gym Hours Are Subject To Change**

### Walking Path Access:

- **Monday-Saturday**: 8am-8pm
- **Sunday**: 9am-4pm

### Kidfit:

Research says that children should have active play for at least 60 minutes per day. Kidfit program provides children ages 3-15 the privilege to access classes, the fitness room and the gym without parent supervision. In order to get Kidfit status you must make an appointment with a fitness specialist and complete a 20 minute orientation. Members will receive a Kidfit sticker and Day Pass Users will receive a stamp on their barcode receipt at the Fitness Desk.

### $ Indicates Program Fee

*$ Indicates Fee for Non-members
### Group Aqua Classes

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<tr>
<td>Aqua Zumba</td>
<td>Aqua Aerobics I</td>
<td>Aqua Cardio &amp; Strength</td>
<td>Waterpark</td>
<td>Waterpark</td>
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<td>7:10am</td>
<td>7:10am</td>
<td>7:10am</td>
<td>7:10am</td>
<td>10:10-10:45am</td>
<td>$Swim Lesson Clinic</td>
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<tr>
<td>River Walking</td>
<td>River Walking</td>
<td>River Walking</td>
<td>Waterpark</td>
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<td>Adults only</td>
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<td>Waterpark</td>
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<td>Aqua Fit Camp Pool</td>
<td>Pre-School: Water Exploration Waterpark</td>
<td>Level 2 Fundamentals Waterpark</td>
<td>Level 2: Adaptive Swim Waterpark</td>
<td>Level 2: Adaptive Swim Waterpark</td>
<td>Special Needs Class</td>
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<td>Adult Swim Lessons Beginner Camp Pool</td>
<td>Level 1: Beginner Skills Waterpark</td>
<td>Level 1: Beginner Skills Waterpark</td>
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<tr>
<td>Adult Swim Lessons Intermediate Camp Pool</td>
<td>Level 1: Beginner Skills Waterpark</td>
<td>Level 1: Beginner Skills Waterpark</td>
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<td>Teen Group Learn to Swim Camp Pool</td>
<td>Swim Team</td>
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<td>Swim Team</td>
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### Summer Swim Team (Ages 6-18)
Swim Team program provides children with the ability to develop their swimming techniques, competitively swim, and also learn how to become a part of a team. The Kroc Center Swim Coaches work to create both a fun and positive environment for the kids to learn and become better swimmers as well as individuals.

**Swim Meets:** 2 Home and 2 Away plus Championships June and July, No Swim Team in August

**Mon - Thurs:** 6:00 - 7:30 pm
**Wednesday Dry Land Fitness:** 6:00 - 7:00 pm
- **Bring Workout Gear**

**Class Fee:** Non-members $160, Kroc Member $100
**Payment Plan available $40 per Month for Kroc Members**
**Non-Members are not eligible to swim in Summer Meets**

### American Red Cross Lifeguard Training (We Are Hiring and Have a Special Program)
Online and Classroom Instruction
Must be 15 by the start of the course
Lifeguard, First Aid, CPR Certification
Must complete a full session.

**Session 1:**
- **Monday:** 6/6 - 6/8 @ 5:00 - 8:00 PM
- **Saturday:** 7/6 @ 9:00 PM

**Session 2:**
- **Monday:** 7/6 - 7/8 @ 5:00 - 8:00 PM
- **Saturday:** 7/6 @ 9:00 PM

Class Fee: Non-Member $225, Kroc Member $180, $100.00 Swim Test Fee per Attempt

### Learn to Swim Lessons
**4 Week Session:**
- **Participant Minimum:** Non-Member $50, Kroc $40
- **3 Week Session:**
  - **Participant Minimum:** Non-Member $40, Kroc $30
No Refunds or Make up classes

**30 Minute Classes**

**PRESCHOOL: WATER EXPLORATION**
(Ages 3-5)
Students are introduced to and taught to feel comfortable in the water. They will learn safe, elementary level water skills that will provide a base for advanced training.

**LEVEL 1: BEGINNING SKILLS**
(Ages 5 and up)
Students are introduced to water safety and begin to learn basic swimming techniques and skills with guided support. For ages 5-9

**LEVEL 2: PRIMARY SKILLS**
Students learn basic self-help rescue skills, as well as fundamental skills such as floating without support. For ages 5-11

**LEVEL 3: STROKE READINESS**
Students will begin basic stroke patterns, including front and back crawl, and refine skills such as treading water. Must be able to complete all skills in Levels 2. Must be able to float on stomach and back without assistance. For ages 5-11

**TEEN GROUP LEARN TO SWIM**
(Ages 12-18)
Teens tend to progress quicker so we would like to provide them with their own class. This class is specifically designed to move a little faster, while still covering all phases of swimming for safety and fun.

**ADULT SWIM LESSONS:**
**Beginner**
Ages 18+
There is no level or skills requirement for the adult swim lessons, we will adjust class to meet the individual needs of the class and work at a comfortable pace in a safe environment.

**ADULT SWIM LESSONS:**
Intermediate
Ages 18+
Students will begin to develop confidence in basic water skills and progress to other fundamentals.

**ADAPTIVE SWIM CLASS**
Learn to Swim Class for special needs children. The program will be designed to teach swimming and safety skills but also provide aqua therapy for the participants.

**Learn to Swim CLINIC at ALL LEVELS**
All levels excluding adults, teens, and tots (ages 3-12)
Perfect for families with children in different levels to participate in one class day and time
- **4 Week Session:**
  - **Participant Minimum:** Non-Member $50, Kroc $40
- **3 Week Session:**
  - **Participant Minimum:** Non-Member $40, Kroc $30

**45 Minute Class**

**Private Swim Lessons**

**Single Private Lesson:** 30 Minutes $30.00
**Package of 3 Private Lessons:** 30 minutes $80.00

*Please check availability with our Aquatics Department*
**Jim Warner, Aquatics Supervisor**
**Jim.Warner@USE.salvationarmy.org**
## Community Education

### Upcoming Events:

**JUNE**
- **Flea Market** 6/3 @ 9am-3pm
- **Don’t Forget...Alzheimer’s** 6/3 @ 8:30
- **South Jersey Golf Classic** 6/12 @ 12-7pm
  All Ages
- **Vacation Bible School: “Hero Academy”** @ 6-7:30pm
  Ages: 6-12
  1st Week: June 12-16 OR 2nd Week: June 19-23
  Pick a week to be apart of our Hero Academy. 30 participate for each week. Space is limited so sign up today.

**JULY**
- **Wheeled Sport Safety Rodeo** 7/6
  All Ages

**AUGUST**
- **A Wrinkle in Time** 7/22 @ 7pm
  All Ages

### Class Descriptions

**Chat 'N Chew:** Bringing education to their space, this program provides teens 13-18 a free meal & opportunity to chat about their relationships, leadership and much more with a variety of guest speakers.

**Cinderella Club Insert:** Cinderella Club meets weekly and is for women to eat, fellowship and learn together. The monthly Community Education inserts are to provide women the opportunity to better themselves and learn while enjoying time together.

**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.

**Faithfully Fit:** Faithfully Fit collaborates with faith-based organizations to help those in need eat well on a budget. Faithfully Fit serves churches that serve largely SNAP-eligible congregants.

**Learn Chinese:** Chinese is spoken by 955 million people in the world. Increase your employability and networking skills by learning to navigate common situations such as greetings, introductions, getting directions, making purchases and giving information with 14.4% of the world’s population.

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

Check out our Events page on our website for more exciting upcoming events happening at the Kroc Center.