This program guide is effective 12/1/18 - 2/28/19. 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
Saturday 12-4pm

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

The Salvation Army
**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.

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**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.*
# Class Descriptions

**Ballet:** A class focused on teaching proper ballet terms and techniques. Students will learn the basic concepts of ballet including turnout, spatial awareness, coordination, and class etiquette. Member $25 and Non-member $35. Runs from December 3 – February 28. No classes on December 24 & 31, January 21, & February 18.

**Corps Program:** In this free program students receive dinner, participate in troops (Moonbeams, Sunbeams, Girl Guards and Adventure Corps), and chose one music/arts class to join with a focus on spiritual enrichment. No classes from December 12 - January 9.

**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 December 3 – February 28. No classes on December 24 & 31, January 21, & February 18.

**Drawing Superheroes, Fantasy & Sci-fi:** This course will be a fun opportunity for kids to draw superhero, fantasy, or science-fiction characters. Students will leave each class with a new, finished colored drawing. Member $25 and Non-member $35. Runs from December 3 – February 28. No classes on December 24 & 31, January 21, & February 18.

**Family Core Stretch:** 30 minute class is a great way to strengthen your core, improve your flexibility, and energize yourself.

**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 December 3 – February 28. No class on December 27.

**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 December 3 – February 28. No class on December 27.

**Life Dance Competition Team:** The team will be an extension of our popular dance program. This 6 month program, running from December to May, represents a powerful opportunity for experienced dancers ages 9-17 to immerse themselves in professional dance training here in Camden, New Jersey. Auditions are required. No classes on December 26 & 29, January 1.

**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 December 3 – February 28. No classes on December 24, 25, 31, January 1, 2, & February 18.

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

**Teen Drop-in:** Is a supervised time for 13-18 years old to play games, have positive conversations and enjoy snacks. Starts January 15.

**Youth BoxFit:** This cardio strength workout incorporates interval training with technical boxing instruction. Member $2, Non-member $3 per class.

**Youth Group:** Come join us as we learn what God has to say about developing a purpose driven life. You will enjoy a variety of activities and projects that teach positive peer leadership. Starts January 18.

Registration is required.

These classes have a fee.Spaces are limited.

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**KidFit:** Research shows that children should engage in 60 minutes of active play daily. The Kroc Center’s KidFit program provides children 3-15 the privilege to access the aquatics center, fitness room, and gymnasium without parent supervision. A KidFit Orientation with a Kroc Center Fitness or Recreation Supervisor is required upon receiving a Kroc 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.
**Group Fitness Classes**

<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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</thead>
<tbody>
<tr>
<td>7-8am</td>
<td>9-10am Cycle 50 Studio A</td>
<td>7-8am Cycle 50 Studio A</td>
<td>9-10am Pilates Studio B</td>
<td>9-9:45am Step &amp; Sculpt Studio B</td>
<td>9-9:45am Adult BoxFit Studio C</td>
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<tr>
<td>C5 Studio A</td>
<td>Resist It Studio C</td>
<td>Beginner Tai Chi</td>
<td>10-11am Silver Sneakers Classic Studio C</td>
<td>10-11am Cycle 50 Studio C</td>
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<tr>
<td>9-10am</td>
<td>Yoga Studio B</td>
<td>10-11am Beginner Tai Chi Studio B</td>
<td>10-11am Silver Sneakers Classic Studio B</td>
<td>Studio C</td>
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<tr>
<td>10-11am Silver Sneakers Classic Studio B</td>
<td>10-11am Yoga Youth Min Rm</td>
<td>5:45-6:45pm Zumba Studio C</td>
<td>6:45-7:30pm Teen Cycle 50 Studio A</td>
<td>6:30-7:30pm JumpFit Circuit 1/2 Gym</td>
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<tr>
<td>5:45-6:45pm Zumba Studio C</td>
<td>6:30-7pm Cycle 50 Studio A</td>
<td>7-7:30pm Yoga Youth Min Rm</td>
<td>7-7:30pm Family Pilates Studio C</td>
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<tr>
<td>7-8pm</td>
<td>Yoga Youth Min Rm</td>
<td>7-7:30pm Family Core Stretch 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.

**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.

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

**C5:** 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 Core Stretch:** 30 minute class is a great way to strengthen your core, improve your flexibility, and energize yourself.

**JumpFit Circuit:** Burn lots of calories and improve your agility and cardio capacity while completing a full body work-out circuit training utilizing a jump rope as the featured exercise.

**Pickleball:** Played with a paddle on a court. Pickleball is a cross between badminton, tennis, and ping-pong. Ages 16+. Non-member $5.

**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.

**SMASSF Multi-Sport:**

This is a sports performance training for serious athletes. Athletes of any sport can participate. Call (856) 379-6903 to schedule a training session.

Member $20 for 6 sessions or single session $5. Non-member $40 for 6 sessions or single session $8.

**Fitness Room Hours:**

<table>
<thead>
<tr>
<th>Monday-Friday</th>
<th>6:30am-8:45pm</th>
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<tbody>
<tr>
<td>Saturday</td>
<td>8am-8:45pm</td>
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<tr>
<td>Sunday</td>
<td>9am-4:45pm</td>
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</table>

**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
- KidFit & 18 and Under Only 3:30-5:45pm
- Pickle Ball 6-6:45pm

**Tuesday:**
- Open Gym 5:30am-3:30pm
- KidFit & 18 and Under Only 3:30-5:45pm
- Fitness Class 1/2 Gym 6-7pm
- Open 1/2 Gym 6:30-8:45pm

**Wednesday:**
- Open Gym 5:30am-3:30pm
- KidFit & 18 and Under Only 3:30-5:45pm
- Open Gym 6:15-8:45pm (ENDS 1/3)

**Thursday:**
- Open Gym 5:30am-3:30pm
- KidFit & 18 and Under Only 3:30-5:45pm
- Fitness Class 1/2 Gym 6-7pm
- Open 1/2 Gym 6:30-8:45pm

**Friday:**
- Open Gym 5:30am-3:30pm
- KidFit & 18 and Under Only 3:30-5:45pm
- Open Gym 6:15-8:45pm

**Saturday:**
- Check posted schedule & website for open gym hours

- Pickle Ball 8:30-11:30am (Starts 12/15)
- Basketball Clinic 12-2pm (Starts 12/29)
- Soccer Clinic 2:45-4:45pm (1/12-1/26)
- Soccer League 5-8:45pm (1/12-1/26)

**Sunday:**
- Open Basketball 21 + 9am-12pm
- LACROSSE 1-2:30pm

**Walking Path Access:**

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

Sign in and out at the Welcome Desk or in the Fitness Room.
### GROUP AQUA CLASSES

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>7-10am River Walking Waterpark Adults only</td>
<td>7-10am River Walking Waterpark Adults only</td>
<td>7-10am River Walking Waterpark Adults only</td>
<td>10-10.45am SLTS: Swim Clinic Waterpark</td>
<td>7-10am River Walking Waterpark Adults only</td>
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</tr>
<tr>
<td>5:530pm SLTS: Adult Swim Beginner Comp Pool</td>
<td>5-530pm SLTS: Pre-School Waterpark</td>
<td>5:530pm SLTS: Level 2 Waterpark</td>
<td>6-630pm SLTS: Pre-School Waterpark</td>
<td>6:30-7pm SLTS: Level 1 Waterpark</td>
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</tr>
<tr>
<td>6:30-7pm SLTS: Level 1 Waterpark</td>
<td>6-630pm SLTS: Level 3 Comp Pool</td>
<td>6:30-7pm SLTS: Level 5 Comp Pool</td>
<td>7-7.30 pm SLTS: Level 5 Comp Pool</td>
<td>6:30-7pm SLTS: Level 1 Waterpark</td>
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Courses 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.

### AMERICAN RED CROSS LIFEGUARD TRAINING
(THES 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, and online classroom instruction, Must be 15 by the start of the class. 16 + is considered for hire by the Kroc Center. Must attend all classes. 7 hours of online coursework and CPR test must be completed by Friday before class.

**Session 1:** Monday, 1/7 @ 5-8 pm & Friday, 1/18 @ 5-8 pm Saturday/Sunday, 1/19 & 1/20 @ 9am-5pm

**Session 2:** Monday, 2/11 @ 5-8 pm & Friday 2/22 @ 5-8 pm Saturday/Sunday, 2/23 & 2/24 @ 9am-5pm

American Red Cross 2019 Centennial Learn To Swim Program
Program: 1 - Four Week Class (Child, Teen, & Adult)
Eligibility: Camden Resident (Scholarship Application Not Required). Non-Camden Resident must complete Scholarship Application. Limited Scholarships Available
Fee: $5.00 per participant (covers four week class)


### LEARN TO SWIM LESSONS
4 Week Session Fees: 3 Participant Minimum Kroc $54 and Non-Member $55
January Session Starts with Saturday 1/5
February Session Starts Saturday 2/2
3 Week Session Fees: 3 Participant Minimum Kroc $35 and Non-Member $45
All December Classes. Session Starts Saturday 12/1
January and February Classes Mondays Only
No refunds, class changes or make up classes.
Please contact aquatic department for appropriate level placement.

**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 5-9
Students begin to learn basic swim techniques and skills with guided support.

**LEVEL 2: PRIMARY SKILLS** For ages 6-10
Students learn basic and fundamental swimming skills with recovery support.

**LEVEL 3: STROKE READINESS** For ages 7-10
Students will begin basic stroke patterns, including front and back crawl. Must be able to float on stomach and back WITHOUT assistance.

**LEVEL 4: STROKE DEVELOPMENT**
Students develop competitive stroke skills and begin flip swimming. Level 3 advancement is required.

**LEVEL 5: ADVANCED STROKE MECHANICS**
Advanced students proficient in all competitive strokes are coached to improve their efficiency and effectiveness.

**TEEN SWIM LESSONS: Beginner** For ages 11-17
There is no level or skills requirement for the Teen lessons. We will adjust class to meet individual needs.

**ADULT SWIM LESSONS: Beginner** For ages 18+
There is no level or skills requirement for the adult swim lessons, we will adjust class to meet individual needs.

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

**LEARN TO SWIM CLINIC** For ages 6-10
Class encompasses levels 1 - 3 only
Perfect for families with children in different levels to participate in one class day and time.
4 Week Session Fees: 3 Participant Minimum Kroc $50 and Non-Member $60

### WATER PARK
**Monday-Thursday:** 5:00pm - 7:50pm (Water Slide Closed)
**Saturday:** 11:00am - 6:50pm
**Sunday:** 1:00pm - 3:50pm

### SPA
**Monday-Friday:** 6:00am - 10:00am
4:00pm - 7:50pm
**Saturday:** 11:00am - 6:50pm
**Sunday:** 1:00pm - 3:50pm

**Competition Pool**
AM hours - parental supervision is required if under 18. PM hours - no parental supervision required if KidFit approved. Swim Team Season is here please check our website and pool deck flyers for closing and pool schedule changes due to practices and meets. Please sign up for our text message system.

**Monday:** 6:00-10:00AM (8 Lanes) 3:30-6:30pm (2 Lanes) 6:30-7:50pm (All Lanes)
**Tuesday:** 6:00-10:00AM (8 Lanes) 3:30-6:30pm (2 Lanes) 6:30-7:50pm (All Lanes)
**Wednesday:** 6:00-10:00AM (8 Lanes) 3:30-6:30pm (2 Lanes) 6:30-7:50pm (All Lanes)
**Thursday:** 6:00-10:00AM (8 Lanes) 3:30-6:30pm (2 Lanes) 6:30-7:50pm (All Lanes)
**Friday:** 6:00-10:00AM (8 Lanes) 3:30-6:30pm (2 Lanes) 6:30-7:50pm (All Lanes)
**Saturday:** 1:00-6:50PM (4 Lanes)
**Sunday:** 1:00-3:50PM (All Lanes)
**Monday**

12:30pm  
Healthy Lifestyle Series  
Adult Min. Rm.  

10am  
Wellness Education  
Adult Min Rm  
1st & 3rd Thursday  

6pm  
Faces of Change  
Entrance C  

7:30-8:15pm  
SAdult Piano  
Music Rm.  
Starts 12/4  

**Tuesday**

10am  
Wellness Education  
Adult Min Rm  
1st & 3rd Thursday  

4:30-5:30pm  
SAdult Piano  
Music Rm.  
Starts 12/6  

**Wednesday**

5:30-6pm  
Job Fair  
Town Plaza  
January 24th  
Inclement Weather 1/31  

**Thursday**

**Friday**

6-8:30pm  
Men's Fellowship  
1st & 3rd Saturday  

1-2pm  
Women's Fellowship  
2nd Saturday  

**Saturday**

10am  
Adult Min Rm.  

**Ministries**

**TUESDAY**

10am  
Adult Bible Study  
Youths Min. Rm.  

5:30-7pm  
Teen Drop-In  
Starts 1/15  

**WEDNESDAY**

5:30-6pm  
No Classes from December 12 - January 9  

Check-in @  
Town Plaza  

**FRIDAY**

6-8:30pm  
Youth Group  
Starts 1/8  
Christian fellowship for youth ages 13-21  

**SATURDAY**

8:30-9:30am  
Adult Min Rm.  

Class Descriptions

**SAdult Piano:** These programs require registration. To register see the Welcome Desk. Spaces may be limited. Member $25 and Non-member $35. Runs from December 3 - February 28.

**Faces of Change:** Do you or someone you know struggle with addictions? Faces of Change will be leading addictions 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. January 24th, inclement weather date is January 31st.

**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.

Open Computer Lab & Library Hours:

Check Welcome Desk for Hours