This program guide is effective 1/2/20 - 3/31/20. 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 8:30am-2pm

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

Winter Program Guide
January-March 2020
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 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**

- **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. **Starts January 29th.** Registration will run just for the month of February.

- **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 $50 and Non-member $70. **Runs from January 27 - March 26.**

- **Family Night:** Looking for something for the whole family to do on Friday night? The Kroc Center is the place to be! Come join us where we will have light refreshments and games for all ages. Children under the age of 13 must be accompanied by an adult. **$2 per night. January 10, February 14 and March 13.**

- **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 $50 and Non-member $70. Runs from January 27 - March 26. No class on February 17th.**

- **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 $50 and Non-member $70. Runs from January 27 - March 26.**

- **Mini & Me:** A class designed for our littlest ones to connect with mom, dad, grandpa or other caretaker in a playful environment while increasing their ability to follow directions and motor skills. **Please, no more than two children per adult. Member $50 and Non-member $70. Runs from January 27 - March 26.**

- **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 $50 and Non-member $70. Runs from January 27 - March 26. No class on February 17th.**

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

**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 us for information or to enroll at brendarolkan@use.salvationarmy.org or 856.379.6894

**Summer Camp:** Registration for summer camp begins February 1 at 8:00am. Campers are provided breakfast, lunch and snack daily and participate in STEM, arts, character education, swimming and recreation. We accept vouchers & have income based scholarships available. Applications must be submitted in person along with shot records and non-refundable. Contact us for information at njkrockids@use.salvationarmy.org or 856.379.6908.

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**Registration is required.**

$ These classes have a fee. Spaces are limited.

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

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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 13-15 the privilege to access the aquatics center, fitness room, and gymnasium without parent supervision. A KidFit Orientation is required upon receiving a Kroc Center membership or Day Pass. The required KidFit orientation can be completed at the welcome desk or the fitness room. 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**

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<th>MONDAY</th>
<th>TUESDAY</th>
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<th>THURSDAY</th>
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<tbody>
<tr>
<td>9-10am Zumba Studio C</td>
<td>9-10am Cycle 50 Studio A</td>
<td>7-8am Cycle &amp; Strength Studio A</td>
<td>9-10am Pilates Studio C</td>
<td>7-8am Cycle &amp; Strength Studio A</td>
<td>10-11am Cycle 50 Studio A</td>
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<tr>
<td>10-11am</td>
<td>Silver Sneakers Classic Studio C</td>
<td>10-15-11:30am Yoga Studio C</td>
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<td>Silver Sneakers Classic Studio C</td>
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<tr>
<td>5:45-6:45pm Basic Zumba Studio C</td>
<td>4-5pm Teen Cycle 50 Studio A</td>
<td>5:45-6:45pm Zumba Studio C</td>
<td>6-7pm Silver Sneakers Classic Studio C</td>
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<td>6-7pm Cycle 50 Studio A</td>
<td>6-7pm Cycle 50 Studio A 6 Week Trial</td>
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<td>7-8pm 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 any Cycle classes.**

**Personal Training Packages**

- Fitness Assessment: $45
- 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.

**Total Body Reformer Small Group Training**

Using the Exero equipment, the Total Body Reformer training combines Pilates with cardiovascular, resistance, and suspension training to give you a great total body workout. Contact Cheli Kramer to set up your first session. (856) 379-6910

Cost $30 for 4 sessions. AM and PM times available. Minimum of 2 people, maximum of 4.

**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.

**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.

**Teen Cycle 50:** Indoor cycle class to teach youth the basics.

**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: Ages 5-12. Runs from January 4 - February 22. Saturdays, 10am-6pm
- $Sindoor Soccer Clinic: 10 & Under. Runs from January 4 - February 8. Saturdays, 2:30-3:30pm

**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.

**Fitness Room Hours:**

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

**Gym Schedule:**

- Monday: Open Gym 5:30am-3:30pm; KidFit 3:30-5:45pm; Pickle Ball 6-8:45pm
- Tuesday: Open Gym 5:30am-3:30pm; KidFit 3:30-5:45pm; Open Gym 6-8:45pm
- Wednesday: Open Gym 5:30am-3:30pm; Winter Basketball Clinic 6:9pm (ends 2/26); Open Gym 6:15-8:45pm (starts 3/4)
- Thursday: Open Gym 5:30am-3:30pm; KidFit 3:30-5:45pm; Open Gym 6-8:45pm
- Friday: Open Gym 5:30am-3:30pm; KidFit 3:30-5:45pm; Open Gym 6-8:45pm
- Saturday: Pickle Ball 8:30-11:30am; Winter Basketball Clinic 12-2pm (ends 2/22); Sindoor Soccer Clinic 2-3pm (ends 2/8); Sindoor Soccer League 3-8pm (ends 2/22)
- Sunday: Open Basketball 21+ 9am-12pm; Open Volleyball 13+ 12:30-4pm (ends 2/9)

**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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<th>MONDAY</th>
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<td>River Walking Waterpark Adults only</td>
<td>SLTS: Swim Clinic Waterpark</td>
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<td>SLTS: Adult Swim Beginner Camp Pool</td>
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Water aerobics classes are KidFit friendly unless otherwise noted. Kids who are not KidFit approved must be accompanied by a parent/guardian. Family friendly bathing suits required. No cool or streetwear.

Please check our website or contact our Aquatics Department for more information. [856] 379-6907

Andy Giles, Aquatics Manager
Andrew.giles@use.salvationarmy.org

Matt Digie, Aquatics Supervisor
Matthew.digie@use.salvationarmy.org

### Competition Pool

AM hours - parental supervision is required if under 18. PM hours - no parental supervision required. If KidFit approved 13-15, please check our website or Pool doors for closures or changes due to practices and meets. Please sign up for our text message system to be notified of changes.

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<th>MONDAY</th>
<th>TUESDAY</th>
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### Water Park

**Monday & Wednesday**
5:00pm - 7:30pm (Water Slide Closed)
**Saturday**
1:00 - 5:00pm

### Spa 18+

**Monday & Friday**
6:00pm - 10:00pm
5:00pm - 7:30pm
**Saturday**
1:00pm - 5:00pm
**Sunday**
1:00pm - 5:00pm

### Private Lessons

Call and make an appointment with the Aquatics Manager or Supervisor.
1 Lesson: $30 and Non-Member $40 or 3 Lesson: $80 and Non-Member $100

### Learn to Swim Lessons

**4 Week Session Fees:**
- Participant Minimum: $45 and Non-Member $55
- 3 Week Session Fees: Participant Minimum: $35 and Non-Member $45

No refunds, class changes or make up classes. Please check for appropriate level placement.

#### AQUATOS:
- Ages 6 Months to 3 Years
- Parents participate in the pool as their child learns basic swim skills and water safety. Both swim diapers and tight-fitting plastic pants are required for children under three or any age not toilet-trained.

#### PRESCHOOL: WATER EXPLORATION
- Ages 3-5
- Student introduction to the water safety

#### LEVEL 1: BEGINNER SKILLS
- Ages 5-9
- Students begin to learn basic swim techniques and skills with guided support.

#### LEVEL 2: PRIMARY SKILLS
- Ages 6-11
- Students learn basic and fundamental swimming skills with recovery support.

#### LEVEL 3: STROKE READINESS
- Ages 7-11
- 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 lap swimming. Level 3 advancement is required.

#### LEVEL 5: ADVANCED STROKE MECHANICS/ Stroke & Turn
- Advanced students proficient in all competitive strokes are coached to improve their efficiency and effectiveness.

#### TEEN SWIM LESSONS
- Beginner: Ages 11-17
- There is no level or skills requirement for the teen lessons. We will adjust the class to meet individual needs.

#### ADULT SWIM LESSONS
- Beginner: Ages 16+
- There is no level or skills requirement for the adult swim lessons. We will adjust the class to meet individual needs.

#### Absolute Beginner: Ages 16+
- This class is for students who are terrified of the water or to a point where learning is held back. No skills necessary, just a willingness to get in the pool. Individual attention given to help overcome your fears.

#### Intermediate: Ages 16+
- Students will begin to develop confidence in basic water skills and progress to other fundamentals.

#### Advanced/Stroke Techniques: Ages 16+
- Students will have their strokes/techniques evaluated, improved and polished for optimum performance and efficiency.

**AQUA TIBI/MS/FIBROMYALGIA: Ages 16+**
- This class is for sufferers of Traumatic Brain Injury MS/ Fibromyalgia. Allow the healing power of water and targeted exercise to help both the mind, body and soul.

**Learn to Swim CLINIC**
- Ages 3-15
- Class encompasses levels Pre-School thru Level 3
- Perfect for families with children in different levels to participate in one class day and time
- 4 Week Session Fees: Participant Minimum: $50 and Non-Member $60
# Community Education

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<tbody>
<tr>
<td>5:30-7:30pm Mom’s Café</td>
<td>5:45-6:30pm STeen &amp; Adult Piano Music Room (Starts 1/29)</td>
<td>11:30am Wellness Education Adult Min Rm 1st &amp; 3rd Thursday</td>
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<tr>
<td>6pm Faces of Change Black Box</td>
<td>9am-12pm Job Fair Town Plaza Feb. 20th</td>
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<td>12:15pm Spanish for the Workplace Board Rm (Starts 1/9) 2nd &amp; 4th Thursday</td>
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<tr>
<td>6pm Starting Your Own Small Business Adult Min Rm Starts 2/20</td>
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## Class Descriptions

**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 the long-term Christian Rehabilitation Programs.

**Job Fair:** Come dressed to impress and with resumes in hand for our Job Fair. *February 20th.*

**Mom's Café:** A time for Mom’s to take a break & fellowship together. *1st Tuesday of every month.*

**Spanish at the Workplace:** This course is designed for those who don’t speak any Spanish to build basic phrases and vocabulary that is immediately useful in the workplace. The focus will be on speaking and listening skills over reading and writing. *Runs from January 9 - June 11, 2nd and 4th Thursday of the month.*

**Starting Your Own Small Business:** This class teaches the basics of starting a small business and grant writing for non-profits. *Runs from February 20 - March 19.*

**STeen & Adult Piano:** These programs require registration. To register see the Welcome Desk. Spaces may be limited. Member $30 and Non-member $70. *Runs from January 27 - March 26.*

**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.

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# Ministries

**TUESDAY**

- **Adult Bible Study**
  - **Ministry:** Adult Min. Rm.
  - **Time:** 10am

**WEDNESDAY**

- **Adult Bible Study**
  - **Ministry:** Adult Min. Rm.
  - **Time:** 10am

**THURSDAY**

- **Adult Bible Study**
  - **Ministry:** Adult Min. Rm.
  - **Time:** 10am

**FRIDAY**

- **Adult Bible Study**
  - **Ministry:** Adult Min. Rm.
  - **Time:** 10am

**SATURDAY**

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

**SUNDAY**

**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:

- Captains Brennen & Allison Hinzman
- Allison.Hinzman@use.salvationarmy.org

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**Choice Food Pantry - Entrance C**

**Monday & Friday:** 9am-3:30pm
**Tuesday:** 1-3:30pm
**Thursday:** 1-5:30pm

To make an appointment for the Choice Food Pantry Call: (856) 379-4871

**Senior Drop-in - Adult Min. Rm.**

**Monday-Friday:** 8am-12pm
**Monday-Thursday:** 12-4pm

All adult members are welcome to come in, have a cup of coffee, share fellowship and engage in daily activities ranging from crafts, games, card, healthy eating lessons, bingo and much more.

Isaiah 41:10 says, “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

Sometimes it’s hard not to fear. We fear the future, we fear bills, we fear big decisions, medical diagnosis, etc. goes on. But we can take comfort in the fact that through all the hills and valleys of life we have this promise that He, Go, creator of the universe is there with us. And not only is He with us, He promises that he will strengthen and help us. So no matter where you find yourself on life’s journey, be reminded today that He is with you.

-Captain Allison Hinzman

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Open Computer Lab & Library Hours:

Check Welcome Desk for Hours