

Jan 3 - Apr 2, 2023

# KROC

Your Church & Community Center



*Fitness & Health*



*Arts & Education*

**WINTER 2023**



**PROGRAM GUIDE**

*Sports & Recreation*



*Spiritual Development*



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Chicago, IL 60643  
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(773) 995 - 0151



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# Welcome

Be still and know that I am God. I will be exalted among the nations; I will be exalted in the earth!

**-Psalm 46:10**

As the temperatures drop and seasons change, a season in which is difficult for many people; know that God is still God. As our culture and communities feel at times as places of unrest, we still serve a powerful God that promises to WORK in all circumstances, in all situations for the GOOD of those who LOVE Him!

This is a promise we claim that God is working. Our response? God calls us to be still and to wait on Him and His plan for the events that are going on around us. It is good to know that our act of faith as God's people is to be patient and wait for God to work in our lives and in our day to day realities.

If you're struggling to "Be Still", know that God loves you, He cares for you deeply and through the person of Jesus Christ, has given us something that can never be taken from us.

A salvation and His Kingdom that will never end.



**- MAJORS K. KENDALL & KATRINA MATHEWS**

## Vision

The Vision of the Chicago Kroc Center is to impact the lives of individuals, families and seniors while building community, promoting excellence, motivating wellness, teaching character, and encouraging faith.

## Mission

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.

## Holiday Hours & Closures

December 24	Christmas Eve	5:30am - 5:00pm
December 25	Christmas Day	Closed*
December 26	Christmas Observed	Closed
December 31	New Years Eve	5:30am - 5:00pm
January 1	New Years Day	Closed*
January 2	New Years Observed	Closed
April 9	Easter Sunday	Closed*

\*Church services are open on all holidays.

## Operating Hours

Monday-Friday	5:30am - 9:00pm
Saturday	7:00am - 8:00pm
Sunday	9:00am - 4:00pm
Kroc Church	10:00am Sunday School 11:00am Worship Service

## Kid Zone Child Watch Hours

Monday-Friday	4:00pm - 8:00pm
Saturday	10:00am - 1:00pm

## Teen Zone Hours

Monday-Friday	4:00pm - 8:00pm
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# K R C C H U R C H

## Worship Service

Sunday, 11:00am

Sunday School 10:00am

If you are looking to belong to a friendly, welcoming home church with activities for all members of your family, we invite you to come and visit Kroc Church in our Chapel or at home via [facebook \(krocchicago\)](#) and [youtube Live \(Kroc Center Chicago\)](#).

## Bible Study

Wednesday, 6:00pm

**Adult** Ages 18+

Join our dynamic Bible study at the Kroc on Wednesday nights where adults explore, ask questions and seek ways to apply God's Word to everyday life.

**Teen** Ages 12-17

Teens will have the opportunity to learn the importance of finding their identity in Christ, and how to navigate and live in today's world through in-depth easy to understand bible lessons relevant to teens.

**Youth** Ages 5-11

Youth will spend time learning who God is and will learn more from the Bible in a fun and interactive way.

## Young Adult Bible Study

Wednesday 7:00pm

Come out for a time of fellowship and discussion of Biblical concepts! Each week, we look at the living Word of God and see how it applies to our lives. Emerging adulthood is a time of uncertainty and transition. Discover the God who never changes and His Word that does not wither or fade, but endures forever (Isaiah 40:8).

## Lt. Shanell Johnson

Congregational Life Officer

[Shanell.Johnson@usc.salvationarmy.org](mailto:Shanell.Johnson@usc.salvationarmy.org)

773-995-3277

## Men's Fellowship

Monday, 7:00pm

Join this "Band of Brothers" who meet weekly to foster a Christian environment. Men can strengthen relationships and shape character through a four-fold emphasis on Bible study, education, social interaction and service to others.

## Women's Ministries

2nd/4th Thursday 6:00pm

Join our Kroc Christian Women's Group throughout the month in a variety of programs focusing on fellowship, celebrations, service projects, education and spiritual growth. Contact us to join our women's ministry to receive updated information of current and new activities.



## Social Ministries



PATHWAY OF HOPE

Monday, 7:00pm

Pathway of Hope initiative provides individualized services to families with children who desire to take action to break the cycle of crisis and vulnerability that repeats generation after generation. It seeks to address the root causes of poverty by helping families overcome challenges like unemployment, unstable housing, and lack of education. It also leads families down a path toward increased stability and, ultimately, self-sufficiency.

For more information about Pathway of Hope and other social services contact T'Chaka Abdiraxman-Issa at 773-995-3348

# Church

## Character Building

Wednesday, 5:00pm



### Sunbeams

The Salvation Army Sunbeam program is a holistic Christian education experience for girls in grades 1-5. It gives girls a refuge, a place to be themselves, have fun, deepen their relationship with God, gain self confidence and discover how they can make a difference in the world.

### Girl Guards

The Salvation Army Girl Guard program is a holistic Christian education experience for girls in grades 6-12. The Girl Guard program focuses on the four aspects of growing spiritually, mentally, physically, and socially.

### Adventure Corps

The Adventure Corps program is a holistic Christian education experience for boys in the Explorer program (Grades 1-5) and the Ranger program (Grades 6-12). The Explorer and Ranger programs are organized into individual troops and sponsored by the local Salvation Army Corps. The group uses a format similar to the Boy Scouts: emblem earning, focus on working with others, providing service within the community, learning about other cultures, meeting new people and building friendships.

## A.C.C.E.S.S

A.C.C.E.S.S. is an initiative designed to welcome, embrace, and develop young people of all ages by instilling the 40 Developmental Youth Assets developed by The Search Institute to enrich their physical, spiritual, emotional, and social wellbeing. A.C.C.E.S.S. is to promote an **active** lifestyle, challenge youth **cognitive** skills, build **character**, foster an environment that provides an opportunity for positive **engagement** that supports **social** development while **spiritually** enriching the youth. It grants young people the opportunity to participate in a variety of programs, activities, and events offered at our Kroc Center. For more information on how to join A.C.C.E.S.S. and our A.C.C.E.S.S. Scholarships contact Lt. Shanell Johnson 773-995-3277.

## Youth Boxing

\$75 Mem • \$95 Non | Ages 10-14 | Min 6/Max 12  
Boxing is for everyone. Have fun, build self-esteem, gain confidence, technique and improve your health from our professional boxing coaches.

Session 1 Tu Jan 3-Feb 7 5:45-7pm

Session 2 Tu Feb 21-Mar 28 5:45-7pm

## Tai Chi

\$25 Mem • \$45 Non | Ages 18+ | Min 4/Max 14  
This ancient Chinese practice is used to improve blood circulation, balance, strength, and breathing.

Session 1 M Jan 9-Feb 13 11-11:50am

Session 2 M Feb 20-Mar 27 11-11:50am

Session 1 Th Jan 5-Feb 9 11-11:50am

Session 2 Th Feb 23-Mar 30 11-11:50am

## Work The Barre

\$35 Mem • \$50 Non | Ages 18+ | Min 6/Max 10  
Add strength, flexibility, and endurance to your work out regime! This workout blends elements of Ballet, Pilates, and Yoga!

Session 1 W Jan 4-Feb 8 7-7:50pm

Session 2 W Feb 22-Mar 29 7-7:50pm



## Alfred Brooks

Fitness Manager

Alfred.Brooks@usc.salvationarmy.org

773-995-3319

## DROP-IN CLASSES

Fitness is a lifestyle, and we offer free drop-in classes as part of your Membership. Check us out at [kroccenterchicago.com/fitness](http://kroccenterchicago.com/fitness). For up to date monthly schedules.

**FREE**  
FOR MEMBERS

## Spinning

Learn how to position your bike to get the best effective workout! Be prepared to burn calories and enhance endurance as you learn the proper form and technique with this great class!

## Zumba

Ditch the workout and join the party! Come and lose yourself in the music and find yourself in shape. Zumba features exotic high energy rhythms. Before you know it, you'll be fit and your energy levels will be soaring!

## Christian Yoga

A mind-body relaxation workout that will strengthen and sculpt your body through stretching and breathing to calm and center the body.



**Scan for Updated Drop-In Schedule**

## Boot Camp

This class is intense cardio sessions and strength training. Add this to your routine for a sure boost to your metabolism.

## Rest & Recovery

Want to become more familiar with your body? Focus the muscle fibers to increase movement, improve blood circulation and breathing in this relaxing class.



## Kroc Pump!

KROC Pump uses light to moderate weights with lots of repetition to increase muscular strength and endurance with a calorie blasting full body workout.

## Tone, Balance, Core

Challenge your core as well as your upper and lower body with a total body-sculpting workout. Enjoy a wide variety of full body exercises which are incorporated into these workouts.

## Low Impact Aerobics

Ages: 13+

If you like good music and desire a low impact exercise class, this class is for you. Get into shape while moving to your favorite music artists.

## Abs & Stretch

Are you looking to tone your tummy and lose your love handles for good? Then you will Ab-solutely love this workout!

## Quick HIIT

HIIT training is high intensity interval training that will shock your body into being a calorie busting machine.



# PERSONAL TRAINING

Get the attention, direction and guidance you want. Improve your health and change your physique. Redefine how you feel inside and out.

## Individual Training

Sessions	30 Minutes	60 Minutes
1	\$29 Mem / \$49 Non	\$50 Mem / \$70 Non
3	\$75 Mem / \$95 Non	\$119 Mem / \$139 Non
6	\$139 Mem / \$159 Non	\$219 Mem / \$239 Non
12	\$260 Mem / \$280 Non	\$410 Mem / \$430 Non

## Small Group Training

Work in small groups with people who have the same fitness goals as you! Small Group Training increases optimism, motivation, and accountability. **Small Group specialties include Cardio, Strength Conditioning, and HIIT Training.** Min 2/Max 6

Sessions	Members	Non Members
6 (60 min)	\$89 Per Person	\$109 Per Person

## Boxing One-on-One Training

Learn self-defense and get in shape at the same time. Each session is guaranteed to burn hundreds of calories and improve cardio endurance. Gain confidence, technique, and improve your health from our professional boxing coaches. Students must purchase their own gloves and hand wraps.

Sessions	Members	Non Members
4 (60 min)	\$125 Per Person	\$150 Per Person
6 (60 min)	\$169 Per Person	\$195 Per Person

## Line Dancing

\$10 Mem • \$20 Non | Ages 18+ | Min 6/Max 60

Get a fantastic aerobic workout to help improve your physical, emotional and mental health while learning the oldest/latest line dances.

### Beginner

Session 1	Tu	Jan 3-Feb 7	9-9:50am
Session 1	Th	Jan 5-Feb 9	9-9:50am
Session 1	Th	Jan 5-Feb 9	2-2:50pm

Session 2	Tu	Feb 21-Mar 28	9-9:50am
Session 2	Th	Feb 23-Mar 30	9-9:50am
Session 2	Th	Feb 23-Mar 30	2-2:50pm

### Intermediate

Session 1	Tu	Jan 3-Feb 7	10-10:50am
Session 1	Th	Jan 5-Feb 9	10-10:50am
Session 1	Th	Jan 5-Feb 9	3-3:50pm

Session 2	Tu	Feb 21-Mar 28	10-10:50am
Session 2	Th	Feb 23-Mar 30	10-10:50am
Session 2	Th	Feb 23-Mar 30	3-3:50pm

### Open All Levels

Session 1	Tu	Jan 3-Feb 7	11-11:50am
Session 1	Th	Jan 5-Feb 9	11-11:50am

Session 2	Tu	Feb 21-Mar 28	11-11:50am
Session 2	Th	Feb 23-Mar 30	11-11:50am

## FIGHT FOR YOUR LIFE TRIBE FIT CAMP

Improve your overall health. Fight For Your Life Tribe Fit Camp is 6 weeks of heart pumping workouts to burn fat and build muscle. Each week you will have access to AM and/or PM workouts and cross-train with different coaches to turn you into a fat burning machine.

AM classes 6-7am | PM classes 7-8pm

\$49 Mem • \$79 Non | Ages 18+ | Min 10 / Max 40

Winter Session I: Monday - Friday, January 3\*-February 10

Winter Session II: Monday - Friday, February 20-March 31

\*Closed 1st Monday in January

## In-Body 570 Comp Scan

Every success story has a beginning! Enjoy a free body composition assessment with our top-of-the-line In-body Body Composition Analyzer. This scan equipment measures body fat, muscle mass, and total body water for a comprehensive view of your physical health. (Free for Mem • \$25 Non)



# Group Swim Lessons

**Members \$45 | Non-Member \$60 (priced per six week session)**

The Learn to Swim program focuses on building skills one step at a time. By giving the opportunity to master one element before moving on to the next, our swim classes make it easy to build confidence in the water. A variety of class times are offered. Registration is by level. Skills must be assessed prior to registration.

## Learn to Swim Training Levels

### Level 1: Introduction to Water Skills

- Supported floating & kicking on front & back
- Alternating arm & leg action
- Water adjustment & breath control

### Level 2: Fundamental Aquatic Skills

- Floating & kicking on front & back
- Combined stroke on front & back
- Rhythmic breathing

### Level 3: Stroke Development

- Diving from side of the pool
- Front & back crawl
- Treading water

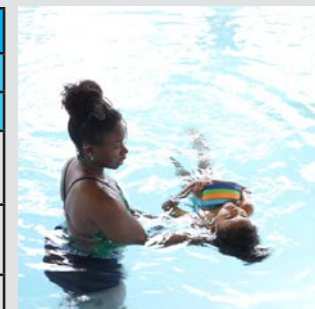
### Level 4: Stroke Improvement

- Develop confidence & competency in strokes & safety skills beyond the preceding levels
- Introduction of the breaststroke & side stroke



## Preschool Ages 3-5

Winter	Monday	Thursday	Saturday
Session 1	Jan 9-Feb 13	Jan 5-Feb 9	Jan 7-Feb 11
Session 2	Feb 20-Mar 27	Feb 23-Mar 30	Feb 25-Apr 1
Level 1			9:15-10am 11:15-12pm
Level 2			10:15-11am 12:15-1pm
Level 1&2	5-5:45pm	5-5:45pm	



## Youth Swim Ages 5-16

Winter	Monday	Tuesday	Thursday	Friday	Saturday
Session 1	Jan 9-Feb 13	Jan 3-Feb 7	Jan 5-Feb 9	Jan 6-Feb 10	Jan 7-Feb 11
Session 2	Feb 20-Mar 27	Feb 21-Mar 28	Feb 23-Mar 30	Feb 24-Mar 31	Feb 25-Apr 1
Level 1		5-5:45PM		5-5:45pm	9:15-10am 10:15-11am 11:15-12pm 12:15-1pm
Level 2	6-6:45PM		6:00-6:45pm		9:15-10am 10:15-11am 11:15-12pm 12:15-1pm
Level 3		6-6:45PM		6-6:45pm	9:15-10am 11:15-12pm
Level 4					10:15-11am

## Adult Ages 16+

Developed for older teens and adults, our program gives adult swimmers at every level the opportunity to improve their skills in a safe environment. Lessons are offered at beginner and intermediate levels.

Winter	Monday	Wednesday	Friday
Session 1	Jan 9-Feb 13	Jan 4-Feb 8	Jan 6-Feb 10
Session 2	Feb 20-Mar 27	Feb 22-Mar 29	Feb 24-Mar 31
Beginner	9:15-10am 7-7:45pm	9:15-10am 7-7:45pm	
Intermediate	10:15-11am	10:15-11am	9:15-10am



## Parent Tot Swim Ages 6mo-3yr

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences. Parents learn about water safety, drowning prevention and the importance of supervision.

Session 1	Sa	Jan 7-Feb 11	8:30-9am
Session 1	Su	Jan 8-Feb 12	9:15-9:45am
Session 1	Su	Jan 8-Feb 12	10:15-10:45am
Session 2	Sa	Feb 25-Apr 1	8:30-9am
Session 2	Su	Feb 26-Apr 2	9:15-9:45am
Session 2	Su	Feb 26-Apr 2	10:15-10:45am

**Lawrence Johnson**  
Aquatics Manager

Lawrence.Johnson@usc.salvationarmy.org  
773-995-3255



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@KROCCHICAGO



## Private Swim Lessons

Do you want to learn how to swim, but not in a class setting? Our private one-on-one swim lessons are for you! Lessons scheduled based on instructor availability during open swim hours. For more information contact the Lifeguard Office at 773-995-0151 ext. 7218.

Lessons	30 Minutes	45 Minutes
1	\$25 Mem / \$34 Non	\$35 Mem / \$48 Non
4	\$95 Mem / \$127 Non	\$78 Mem / \$132 Non
6	\$135 Mem / \$184 Non	\$189 Mem / \$256 Non

## Lifeguard Certification

\$175 Mem • \$200 Non | Ages 16+ | Min 4/Max 20

The nationally recognized Red Cross certification course teaches participants to recognize and respond to aquatic emergencies. Candidates who complete the course receive a Red Cross Lifeguarding / First Aid / CPR / AED certification, valid for two years. Candidates must be proficient swimmers and complete a prerequisite swim test on the first day in order to continue in the course. To facilitate online learning, candidates must be registered at least 1 week prior to the start of class.

Winter Session	Time	Registration Deadline
Saturday Feb 11	9am-1pm	Friday, Feb 3
Monday - Friday Feb 13-17	5-8pm	



## Aqua Fit Stretch

\$15 Mem • \$30 Non | Ages 16+ | Min 7/Max 35

Aquatic Fit Stretch can benefit individuals with arthritis, back and neck pain, sprains, strains, fractures, recovering from surgery or seeking a preventative fitness program. Aqua Stretch is low impact and ideal for all fitness levels – non-swimmers welcome.

Winter	Monday	Tuesday	Wednesday	Thursday	Friday
Session 1	Jan 9-Feb 13	Jan 3-Feb 7	Jan 4-Feb 8	Jan 5-Feb 9	Jan 6-Feb 10
Session 2	Feb 20-Mar 27	Feb 21-Mar 28	Feb 22-Mar 29	Feb 23-Mar 30	Feb 24-Mar 31
Aqua fit Stretch	8:00-8:45am		8:00-8:45am		8:00-8:45am
Aqua fit Cardio	9:30-10:15am 10:45-11:30am 5:45-6:30pm	10:45-11:30am 7:00-7:45pm	9:30-10:15am 10:45-11:30am 5:45-6:30pm	10:45-11:30am 7:00-7:45pm	9:30-10:15am 10:45-11:30am

## Aqua Fit Cardio

\$15 Mem • \$30 Non | Ages 16+ | Min 7/Max 35

Splash your way into fitness! Improve your cardiovascular endurance and muscle conditioning by using the buoyancy and resistance of the water. Aqua Fitness is ideal for all fitness levels – non-swimmers welcome.

## Mighty Kroc's Swim Club

\$180 Mem • \$240 Non | Ages 6-18

A competitive swimming club sanctioned by USA Swimming. Coaches on deck provide workouts and help swimmers develop stroke proficiency and endurance. Participants must be proficient in the four competitive strokes. Price does not include Annual USA Swimming membership fees. Participants must be members of USA Swimming in order to compete in swim meets.

Winter Session	M - Th	Jan 3-Mar 30th	5-7pm
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## Masters Swim Club

\$90 Mem • \$120 Non | Ages 18+

A member club of the U.S. Masters Swimming Association. Coaches on deck will provide workouts and technique development. Swimmers have the option to compete at swim meets or just enjoy the comradery and accountability of working out with a team.

Winter Session	Tu & Th	Jan 3-Mar 30th	8:15-10:15am
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## Splash Party Inquires

For you and your group (Ages 0-13) for up to 2 hours. Up to 50 people.

Friday – Sunday For more details contact: Events at 773-995-0151, ext. 3378 or 3380





# Music

## Music Theory

Music theory allows us to speak with other musicians in a common language. It serves as a short-hand for referring to important points in music.

\$55 Mem • \$75 Non | Ages 18+ | Min 3/Max 8

Session 1 M Jan 9-Feb 13 9-10am

Session 1 W Jan 4-Feb 8 9-10am

Session 2 M Feb 20-Mar 27 9-10am

Session 2 W Feb 22-Mar 29 9-10am

\$55 Mem • \$75 Non | Ages 7-17 | Min 3/Max 8

Session 1 M Jan 9-Feb 13 5-6pm

Session 1 W Jan 4-Feb 8 5-6pm

Session 1 Sa Jan 7-Feb 11 9-10am

Session 2 M Feb 20-Mar 27 5-6pm

Session 2 W Feb 22-Mar 29 5-6pm

Session 2 Sa Feb 25-Apr 1 9-10am

## Drum/Percussion Basics

Want to become a drummer? Learn the basic technique and practice to become a skillful drummer!

\$55 Mem • \$75 Non | Ages 7-17 | Min 3/Max 15

Session 1 Sa Jan 7-Feb 11 11am-12pm

Session 2 Sa Feb 25-Apr 1 11am-12pm



## Music Production

Create your own music and rent the Kroc Recording Studio! Work with our studio engineer. Students will learn how to use music production software to make beats, tracks or instrumentals.

**\$30 Mem | \$55 • Non**  
Priced Per-Hour • Open Rental

(Up to 3 individuals per session)

For more details contact Events:  
773-995-3380



## KROC ARTS ACADEMY



**PICK 3 SPECIAL!**

Register For Any two Music, Dance, Art or Theatre Classes and Get a Third Class FREE! (Limited time offer)  
\$110 Members • \$155 Non Members | Ages 7-17



## Piano Basics

Just starting off on piano? This is the class for you! Designed to teach students the basic beginnings of piano playing, such as hand placement, scales, finger patterns, and other piano playing techniques.

\*This class should be paired with Music Theory

\$55 Mem • \$75 Non | Ages 18+ | Min 3/Max 8

Session 1 M Jan 9-Feb 13 10-11am

Session 1 W Jan 4-Feb 8 10-11am

Session 2 M Feb 20-Mar 27 10-11am

Session 2 W Feb 22-Mar 29 10-11am

\$55 Mem • \$75 Non | Ages 7-17 | Min 3/Max 8

Session 1 M Jan 9-Feb 13 6:30-7:30pm

Session 1 W Jan 4-Feb 8 6:30-7:30pm

Session 1 Sa Jan 7-Feb 11 10-11am

Session 2 M Feb 20-Mar 27 6:30-7:30pm

Session 2 W Feb 22-Mar 29 6:30-7:30pm

Session 2 Sa Feb 25-Apr 1 10-11am

## Piano Intermediate

Ready for the next level, this is for continuing piano students! This class will be focused on applying learned piano basics while learning to read and perform traditional and non-traditional piano repertoire.

\*This class should be paired with Music Theory

\$55 Mem • \$75 Non | Ages 7-17 | Min 3/Max 8

Session 1 Sa Jan 7-Feb 11 11am-12pm

Session 2 Sa Feb 25-Apr 1 11am-12pm

## Kroc Center Voice Choir

This is a mixed voice choir for all ages - Soprano, Alto, Tenors and Bases (and even Baritones), all are welcome to take part in the united singing! Learn challenging choir pieces, while singing new arrangements to loved classics. Join us each week as we sing and fellowship together.

**Saturday, 12 - 1 pm**  
**FREE!** • Age 15+



## KSOD Fusion



It's time to shine! Students will learn choreography for different dances to be performed in a show. Students involved in this class should have previous knowledge of jazz or ballet dance movements.

### Teen Performance Ensemble

\$55 Mem • \$75 Non | Ages 13-17 | Min 3/Max 15

Session 1 Sa Jan 7-Feb 11 12-1pm

Session 2 Sa Feb 25-Apr 1 12-1pm

### Youth Performance Ensemble

\$55 Mem • \$75 Non | Ages 9-12 | Min 3/Max 15

Session 1 Sa Jan 7-Feb 11 11am-12pm

Session 2 Sa Feb 25-Apr 1 11am-12pm

### Kids Performance Ensemble

\$55 Mem • \$75 Non | Ages 6-8 | Min 3/Max 15

Session 1 Sa Jan 7-Feb 11 10-11am

Session 2 Sa Feb 25-Apr 1 10-11am

### Praise Dance & Hip Hop

\$55 Mem • \$75 Non | Ages 8+ | Min 3/Max 15

Session 1 Sa Jan 7-Feb 11 10-11am

Session 2 Sa Feb 25-Apr 1 10-11am

## Technique Classes



What are Technique Classes? Our Technique programs will teach the basic movements/steps of each dance style. Students will learn how to apply essential movements to their live performance.

### Tiny Technique Ballet and Jazz

\$55 Mem • \$75 Non | Ages 4-6 | Min 3/Max 15

Session 1 M Jan 9-Feb 13 4-5pm

Session 2 M Feb 20-Mar 27 4-5pm

### Jazz/Hip Hop Technique

\$55 Mem • \$75 Non | Ages 7+ | Min 3/Max 15

Session 1 M Jan 9-Feb 13 5-6pm

Session 2 M Feb 20-Mar 27 5-6pm

### Ballet/Lyrical Technique

\$55 Mem • \$75 Non | Ages 7+ | Min 3/Max 15

Session 1 M Jan 9-Feb 13 6-7pm

Session 2 M Feb 20-Mar 27 6-7pm



## Performance & Visual Art

## Pom Pom Dance



\$55 Mem • \$75 Non | Ages 9-14 | Min 3/Max 15  
Dancers will learn fundamentals of Pom positions and performance skills. This class pushes dancers to expand on their high energy and entertainment abilities.

Session 1 Tu Jan 3-Feb 7 5-6pm

Session 2 Tu Feb 21-Mar 28 5-6pm

## Chicago Style Steppin'

Whether beginner or advanced, this is a class for you. You'll sharpen what you know and learn something new. Partners are not required but encouraged.

### ABC's (Beginner Class)

\$55 Mem • \$75 Non | Ages 18+ | Min 3/Max 15

Session 1 Tu Jan 3-Feb 7 6-7pm

Session 2 Tu Feb 21-Mar 28 6-7pm

### Mixed – Open to all levels

\$55 Mem • \$75 Non | Ages 18+ | Min 3/Max 15

Session 1 Tu Jan 3-Feb 7 7:15-8:15pm

Session 2 Tu Feb 21-Mar 28 7:15-8:15pm

## Krafty Kids



\$55 Mem • \$75 Non | Ages 5-12 | Min 3/Max 15  
Kids let's boost your child's artistic self-expression and explore the great world of arts and crafts while having fun.

Session 1 Sa Jan 7-Feb 11 11am-12pm

Session 2 Sa Feb 25-Apr 1 11am-12pm

## Anime & Manga Drawing Class



\$55 Mem • \$75 Non | Ages 9-15 | Min 3/Max 15  
Learn the fundamentals and proportional knowledge needed to draw and sketch Manga and Anime style characters.

Session 1 Sa Jan 7-Feb 11 12:30-1:30pm

Session 2 Sa Feb 25-Apr 1 12:30-1:30pm

## Youth Drawing



\$55 Mem • \$75 Non | Ages 5-12 | Min 3/Max 15  
Enjoy the art making process by drawing and painting. This class is open to all kids who love art and want more hands-on time to develop their skills and experiment with new techniques and materials to create their own masterpieces!

Session 1 Sa Jan 7-Feb 11 2-3pm

Session 2 Sa Feb 25-Apr 1 2-3pm

## Theatre Production



This class is designed to help students learn basic acting skill techniques, encourage creativity and build self-esteem. In a fun and creative environment, the student will develop vocal skills, learn stage movement, improvisation, monologues, working within an ensemble and much more. Live production will be held at the end of the session. (priced per session)

**\$110 • Mem | \$150 • Non | Ages 6+  
12-Week Course\***

**Tuesday, Jan 3-Mar 28 | 6-7pm**



## PAINT & SIP

\$25 Mem • \$35 Non | Ages 18+ | Min 8/Max 12  
Let's paint! Create a masterpiece that you will be proud to display in your home. We will provide canvas, paint, snacks, and non-alcoholic beverages. Can book private groups up to 15 individuals.

### Christmas The Advent of Jesus

Saturday, December 17 | 5:30 - 7pm

### New Years Event

Saturday, January 21st | 5:30 - 7pm

### Black History Month Painting

Saturday, February 18th | 5:30 - 7pm

### St. Patrick's Day Painting

Saturday, March 11th | 5:30 - 7pm

## Cashus Saydee

Gospel Arts Manager

[cashus.saydee@usc.salvationarmy.org](mailto:cashus.saydee@usc.salvationarmy.org)

773-995-3276

# Sports + Recreation

## Beginner Pickleball

\$10 Mem • \$15 Non | Ages 18+ | Min 8/Max 20  
**America's fastest-growing sport!**  
 Pickleball combines elements of tennis and ping-pong for a fun workout. Players will learn fundamental rules, basic strategies, and court positioning for doubles play.

Session 1	M	Jan 9-Feb 13	10-11:30am
Session 2	M	Feb 20-Mar 27	10-11:30am

## Intermediate Pickleball Drill & Play

\$10 Mem • \$15 Non | Ages 18+ | Min 8/Max 30  
 Our intermediate pickleball program will take your game to the next level! Participants will build on fundamentals and strategy through drills and game play!

Session 1	W	Jan 4-Feb 8	10-11:30am
Session 2	W	Feb 22-Mar 29	10-11:30am

## Open Pickleball

\$3 Mem • \$5 Non | Ages 18+ | Min 4/Max 25  
 Open play. Equipment provided, first come, first served. **NEW! A 10-punch pass is available for \$25.** All other costs are per class.

Session 1/2	M	Jan 9-Mar 27	6-9pm
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 @KROCCHICAGO



## Kroc Golf Academy

\$35 Mem • \$50 Non | Ages 18+ | Min 4/Max 15  
 Get ready to hit the links! Instruction will cover full swing fundamentals, chipping, pitching and putting fundamentals as well as the rules of the sport. \*Personal and small group instruction are available. Please inquire at 773-995-3250

Session 1	M	Jan 9-Feb 13	12-1pm
Session 2	M	Feb 20-Mar 27	12-1pm

## Archery

\$30 Mem • \$45 Non | Ages 8+ | Min 4/Max 15  
 Join our Archery Club and learn proper techniques to safely use a bow and arrow to prepare for competition. The thrill of shooting an arrow and hitting a bullseye helps build confidence and patience.

Session 1	W	Jan 4-Feb 8	5-6pm
Session 2	W	Feb 22-Mar 29	5-6pm

## Dr. Dish

\$35 Mem • \$45 Non (priced per hour) Ages 9+  
 Looking to improve your jump shot? Work on timing, range, and form with help from our Dr. Dish shooting machine. Dr. Dish boasts over 150 workouts and drills that can help you reach your desired level of shooting excellence. Contact us to set up rental times and usage, 773-995-0151 ext.7224. (One extra guest allowed | \$5 for additional guests | Max of 5 guests)



## Batting Cages

\$35 Mem • \$50 Non (priced per hour) Ages 9+  
 Schedule time to fine-tune your swing in our indoor batting cages. Package pricing available. Unlimited balls • 4 batters maximum per cage rental. Contact us at 773-995-0151, ext. 7224 to set up times and group prices.

## SPORT SPECIFIC PERSONAL TRAINING

\$180 (6 LESSONS) | \$330 • (12 LESSONS) | Ages 10+  
 Reach your full potential with in-depth, personal training focused on skill development. Each participant will receive a skills assessment and a personalized development plan that includes weight training. Our goal is to help you reach your full potential. To sign up or for more information call 773-995-0151, ext.7224.



## Basketball Academy Fundamentals

\$25 Mem • \$35 Non | Ages 4-9 | Min 3/Max 25  
Your kids have the desire to play - now let's develop the skills to match! Let them pass, shoot and dribble their way into our fundamentals class!

Ages 4-6 | Ages 7-9

Session 1 Sa Jan 7-Feb 11 9-10am | 10-11am

Session 2 Sa Feb 25-Apr 1 9-10am | 10-11am

## Basketball Advanced Academy

\$30 Mem • \$45 Non | Ages 10-14 | Min 3/Max 25  
Our Advanced Academy challenges players to excel at various techniques and skills to improve game performance. We begin with a review of the basics and progress to advanced ball handling, passing, defense, shooting, and rebounding skills.

Session 1 Tu Jan 3-Feb 7 6-7pm

Session 2 Tu Feb 21-Mar 28 6-7pm



## Girls Got Game

\$35 Mem • \$50 Non | Ages 10-14 | Min 3/Max 12  
Basketball helps to improve self-esteem, encourage wellness, and enforce the importance of teamwork. Class instruction will include passing, shooting and ball handling skills, as well as defensive topics such as zone and person-to-person defense.

Session 1 W Jan 4-Feb 8 5-6pm

Session 2 W Feb 22-Mar 29 5-6pm

## Advanced Shooting Fundamentals

\$35 Mem • \$50 Non | Ages 10-14 | Min 3/Max 15  
Players will work on shooting drills, ball placement and develop proper shooting form, balance, and power.

Session 1 Th Jan 5-Feb 9 6-7pm

Session 2 Th Feb 23-Mar 30 6-7pm

# Golf Caddy CLINIC

THE GOLF CADDY CLINIC PROVIDES YOUTH AGED 13-17 TRAINING IN THE DISCIPLINE OF GOLF, SKILLS TO BECOME A GOLF CADDY, WITH OPPORTUNITIES FOR SUMMER EMPLOYMENT & COLLEGE SCHOLARSHIPS. PARTICIPANTS MUST REACH THE AGE OF 14 BY APRIL 1, 2023.

CLINICS WILL BE HELD ON SATURDAY, FEBRUARY 18 - APRIL 1 9AM-11AM

**\$30 MEMBERS \$50 NON-MEMBERS**

PLEASE INQUIRE AT 773.995.0151 EXT 7224

Logos: FREEDOM GOLF ASSOCIATION (FGA), THE SALVATION ARMY KROC CENTER CHICAGO, WGA 1899

## The Mighty Kroc's Track Club

\$80 Mem • \$95 Non | Ages 8-18 | Min 3/Max 25  
Your child will learn the proper technique, form, and mechanics to compete in the sport of track & field.

Winter Tu, Wed, Th Jan 3-Apr 6 5-7pm

## Youth Soccer

\$25 Mem • \$35 Non | Ages 4-9 | Min 4/Max 25  
Gooooo! Soccer, also known as futbol, is the world's most popular sport. Players will learn through a series of fun, high repetition activities that focus on developing technical skills and players' confidence.

Session 1 Sa Jan 4-Feb 11 10-11am

Session 2 Sa Feb 25-Apr 1 10-11am

## Youth Boxing

\$75 Mem • \$95 Non | Ages 10-14 | Min 6/Max 12  
Boxing is for everyone. Have fun, build self-esteem, gain confidence, technique and improve your health from our professional boxing coaches.

Session 1 Tu Jan 3-Feb 7 5:45-7pm

Session 2 Tu Feb 21-Mar 28 5:45-7pm

**Janelle Mason**

Sports & Rec Manager

Janelle.Mason@usc.salvationarmy.org

773-995-3250



# Education

## Computer Basics I

\$49 Mem • \$75 Non | Ages 18+ | Min 6/Max 15  
Students will learn the basics of computers and how to use them. Last half hour will be devoted to lab work. Introduction to Computer Basics serves as a prerequisite for Computer Basics II.

Session 1 M/W Jan 4-Feb 13 9:30-11:30am

Session 2 M/W Feb 20-Mar 29 9:30-11:30am

## Computer Basics II

\$49 Mem • \$75 Non | Ages 18+ | Min 6/Max 15  
Students will expand their knowledge of computer basics. Topics will include: keyboard shortcuts, storage, windows desktop, downloading files, and Microsoft Word and Office. Last half our will be devoted to lab work. Students must have prior training in Computer Basics I or equivalent.

Session 1 Tu/Th Jan 3-Feb 9 9:30-11:30am

Session 2 Tu/Th Feb 21-Mar 30 9:30-11:30am

## Intro to Conversational Spanish

\$55 Mem • \$75 Non | Ages 18+ | Min 6/Max 15  
You will learn basic vocabulary and grammatical structures for basic conversational Spanish. Students should bring a composition notebook and highlighter.

\$55 Mem • \$75 Non | Ages 18+ | Min 6/Max 15

Session 1 M Jan 9-Feb 13 5-6:30pm

Session 2 M Feb 20-Mar 27 5-6:30pm

\$55 Mem • \$75 Non | Ages 9-17 | Min 6/Max 15  
Winter offer only with After School Plus

Session 1 M Jan 9-Feb 13 4-5pm

Session 2 M Feb 20-Mar 27 4-5pm

## Intermediate Conversational Spanish

\$65 Mem • \$95 Non | Ages 18+ | Min 6/Max 15  
Continue your journey! This class focuses on phrasing, vocabulary and terminology on a variety of chosen topics. This class is geared towards students who are at the intermediate level or for those who have taken Spanish prior. (Zoom Virtual Class)

Session 1 Tu/Th Jan 3-Feb 9 4-5pm

Session 2 Tu/Th Feb 21-Mar 30 4-5pm



# RJ's WINTER BREAK CAMP

AGES 6-12

DECEMBER 27 - JANUARY 6  
NO CAMP JANUARY 2ND  
8AM-3PM

\$100 PER CHILD (Sibling discounts available)  
After Care Available • 3-6pm • \$40 Per Child

# KROC AFTER SCHOOL PROGRAM

MONDAY - FRIDAY • 3:00PM - 6:00PM  
1ST TO 8TH GRADE



now open for registration

Come Join The Fun!

- ★ Homework Help/ Tutoring
- ★ SPORTS
- ★ Fitness
- ★ SWIMMING
- ★ Art

\$200 PER MONTH

# Spring Break Camp



MUSIC  
VISUAL ARTS  
MUSIC  
FUN CLASSES  
THEATRE  
SWIMMING  
AND MORE!

APRIL 3-7 8AM-3PM  
\$100 PER CHILD (SIBLING DISCOUNTS AVAILABLE)  
AFTER CARE AVAILABLE FROM 3PM-6PM • \$40 PER CHILD

773.995.3241



FOLLOW US ON SOCIAL MEDIA  
@KROCCHICAGO

## Danielle Campfield

Youth Program & Education Manager  
danielle.campfield@usc.salvationarmy.org  
773-995-3241



## Senior Activities

### Club 62 Book Club

More than a book club, CLUB 62 provides a great opportunity for seniors to socialize and expand their horizons. Club 62 Book Club meets in collaboration with the Chicago Public Library on the **last Monday of each month at 11:00am**. Book Club members discuss the book of the month which is selected by club members and reserved for reading by the Chicago Public Library. For more details contact: **Dewana Dorsey or Darlene Humphrey, 773-995-0151 Ext. 3301**.

### Scrapbooking Club

The Scrapbooking Club meets **every Thursday from 1 – 4pm** in the Kroc Senior Lounge. We encourage you to visit the Scrapbooking Club and find out how to create beautiful scrapbooks to display your favorite family photos and other cherished memoirs.

### Senior Chess Club

Kroc Senior Chess Club meetings take place on the **2nd and 4th Thursdays of each month, from 11:00am – 12:30pm** in the Senior Lounge. If you want to learn how to play, we encourage you to attend a Chess Club meeting. Come join us and have some fun as you learn the Game of Chess!



### Kroc Center Chicago Veterans Club

Thank you for your service! Veterans get out and involved by joining our Kroc Chicago Veteran's Group. Meetings take place **every 4th Friday of each month at 10:00am**. We share valuable information on resources, program services and benefits available to all veterans.

### Retired Nurses & Healthcare Professionals Club

Retired nurses and healthcare professionals meet on the **3rd Thursday of each month at 12:30pm** to share and discuss information on healthcare programs and services available to the community at large. Guest speakers are invited to share information on new trends in the healthcare industry and health services interested in obtaining information. (Monday Jan. 2nd Building Holiday - Closed)

## Senior Support Groups

### Diabetes Support Group

When you know better, you do better. Diabetes support group provides education and knowledge to help manage and control diabetes to improve your quality of life. The Diabetes Support Group meets virtually on the **2nd and 4th Tuesday of each month at 11am–12pm** via Zoom. Diabetes Support Group is open to anyone who is interested in managing their diabetes. **For more details contact Darlene Humphrey, 773-995-0151 Ext. 3301**.

### Cancervive

The cancer support group meets the **1st Monday of each month at 10:00am** to provide support, gain information and knowledge on different types of cancer, programs, and resources available. Special guest speakers are often invited to present and share information at monthly support group meetings. Open to anyone who is interested in obtaining information. (Monday Jan. 2nd Building Closed)

### Healthy Leap Program

Living healthy is a lifestyle. Healthy LEAP is a 12-week class designed to get older adults motivated, and inspired to make changes in eating habits, increase physical activity to improve their overall health and physical well-being. Emphasis will focus on health, nutrition, fitness, strength, balance and practical applications.

\$39.00 for 12 weeks

**Monday 11am – 1:00 pm**  
February 20 – May 8, 2023

### Healthy Leap Support Group

We got your back! Healthy LEAP Support Group provides on-going encouragement and support to former Healthy LEAP participants to assist them in achieving their healthy lifestyle goals and objectives. Support group meetings take place on **Wednesdays starting in February at 1pm**. For more information contact Darlene Humphrey: 773-995-0151 ext. 3301.

### Senior Monthly Meetings

Catch up on current news! Seniors meet on the **3rd Thursday of each month at 11am** to discuss relevant topics, share information on available resources, benefits, upcoming events and activities. New members are encouraged to attend to get information on Kroc Senior Center events and activities.

## Senior Fitness

### Low Impact Aerobics

If you like good music and desire a low impact exercise class, this class is for you. Get into shape while moving to your favorite music artists. See page 4

### Aqua Fit Stretch

Aquatic Fit Stretch can benefit individuals with arthritis, back and neck pain, sprains, strains, fractures, recovering from surgery or seeking a preventative fitness program. Aqua Stretch is low impact and ideal for all fitness levels – non-swimmers welcome. See Page 7 for schedule.

### Line Dancing

Get a fantastic aerobic workout to help improve your physical, emotional and mental health while learning the oldest/latest line dances. See Page 5 for schedule.

## Senior Education

### Educational Workshops

Provide older adults with valuable information focusing on health and wellness, housing, transportation, utility assistance, and other senior related topics. Check the monthly "Senior Calendar of Events and Activities" for the dates and times of scheduled workshops.

### Creativity Circles

Our goal is to provide you with current, relevant, educational, and social materials to help keep you actively and socially engaged while improving your emotional health and well-being. For more information, contact Darlene Humphrey at 773-995-0151 ext. 3301.

### Computer Basics I

Students will learn the basics of computers and how to use them. Last half hour will be devoted to lab work. See Page 12 for schedule

**Darlene Humphrey**  
Senior Manager

[darlene.humphrey@usc.salvationarmy.org](mailto:darlene.humphrey@usc.salvationarmy.org)  
773-995-0151 ext 3301

# Rentals + Events

## Have Your Event Here!

Kroc Center Chicago has great rental space for groups of all ages. It is perfect for birthday parties, special occasions and more. Contact our events staff and let us help you create an event to remember.

773-995-3378 or 773-995-3380  
[kroccenterchicago.com/rentals](http://kroccenterchicago.com/rentals)



Scan for Updated Pricing & Applications



## Pool Rentals

FIELD TRIPS • BIRTHDAY PARTIES

- Three levels of capacity available (1-15, 16-25, 26-50)
- Catering provided on-site
- Six lane competition pool available



## Celebration Rooms

PARTIES • REUNIONS • SHOWERS

BANQUETS • REPASTS

- Our Celebration rooms can be divided into several smaller rooms or used as larger rooms
- Multiple seating arrangement
- Catering provided on-site
- Wi-Fi, projection and AV systems are available



## Theater/Chapel

WEDDINGS • GRADUATIONS •

CORPORATE EVENTS • MUSIC EVENT

- Theater Capacity is 450 (seats)
- Tables and Chairs is 200 Capacity
- Multiple seating arrangements
- Catering provided on-site
- Wi-Fi, projection and AV system are available



## Indoor & Outdoor Sports Venues/Fields

BASKETBALL • FOOTBALL • SOCCER

BASEBALL • TENNIS • TRACK

- Rentals for games, practices, scrimmages and parties
- Scoreboard, bleachers and game attendants available upon request.
- Wi-Fi & AV systems available in all indoor venues



## Boardrooms & Classrooms

CONFERENCES • LECTURES • CLASSES

- Multiple seating arrangement
- Catering provided on-site
- Wi-Fi, projection and AV systems are available.



**Iris Mathews**  
 Events Manager

[Iris.Mathews@usc.salvationarmy.org](mailto:Iris.Mathews@usc.salvationarmy.org)

773-995-3380



## Kroc Center Code of Conduct

In order to facilitate a positive life experience during your visit to the Kroc Center, we ask our members, guests, and program participants to respect the rights and dignity of others, act maturely, and behave responsibly. Our Code of Conduct lists examples of behavior that will not be permitted and may result in the suspension and/or termination of facility use privileges.

Individuals who are listed on the national or state sexual offender registry are not permitted on Kroc Center property.

A list of prohibited actions/items include:

- Foul language, harassment and abusive behavior
- Clothing with derogatory messages
- Sagging pants, mid-drift tops, sports bras, short shorts, or any shirts with sides cut out.
- Use of bicycles, roller blades, skateboards, hover boards, scooters, motorized vehicles and..pets (excluding service animals) inside the facility and outdoor athletic venues.
- Smoking, e-cigarettes or alcohol.
- Weapons
- Hats worn by men inside the Kroc Center (unless approved sports head-wear in black or worn for religious or medical reasons)
- Use of cell phones in locker room areas.
- Loitering
- Glass containers (Locker rooms and aquatic areas)
- Clothing, including shirt and shoes, must be worn at all times on the premises, except in the pool and sun deck area. Swimwear or wet clothing is not permitted outside of the aquatic area.
- Food may only be consumed in the public lobby spaces and not in specific recreation spaces.
- Photography inside Kroc facilities is not permitted without Kroc authorization.

### AGE GUIDELINES

Children 11 and under must be accompanied by a parent or guardian (16+ years of age) at all times while on Kroc Center property. Parents will be contacted and asked to come pick up their child(ren) from the Kid Zone or Adventure Zone if found unattended. The parent will be charged the Kid Zone price per hour. In efforts to comply with the City of Chicago curfew laws, we require all youth and teens who are unaccompanied by an adult, to leave the facility by 9:00 pm.

### CLASS AND PROGRAM CANCELLATION GUIDELINES

Full payment is due at the time of enrollment. Full refunds or class transfers will be provided if a class is cancelled by the Kroc Center or a request is made five (5) or more days prior to the first class. Requests made less than five (5) days prior to the start date are not eligible for a refund or credit, except in the case of personal emergencies, which may require supporting documentation and handled on a per case basis. No credit or proration will be issued for missed days due to illness, partial attendance, behavioral issues or any other reason. Children 11 and under must be checked into in the Kid Zone while parents or guardians are using Kroc facilities.

### MEMBERSHIP & DAY PASS PLANS

All family members must reside in the same household and bring a current government issued picture ID, to obtain any membership plan or day pass. Verification of family status and residency is required. If a recent change of address has occurred, the acceptable documents to bring along with your government issued picture ID include the following: a bank statement, car insurance, cell phone bill, tax return, utility bill, health insurance or other business documents.

A day pass or membership is required to utilize the facilities. No loitering.

### INTERNATIONAL GUEST(S) DAY PASS REQUIREMENTS

Please bring identification used to enter the USA which includes a passport, government issued picture ID and proof of residency for address verification. Additionally, provide the name, address and telephone number of the person whom you are staying with in the USA.

### MONTHLY PAYMENTS / ONE-TIME ANNUAL PAYMENT

Membership fees can be paid via cash, check, debit card or credit card. The monthly membership can be set-up as a recurring automatic credit card payment or payment can be made in person every month. Individuals who sign-up for recurring automatic payments or the annual plan, will receive significant discounts on the membership fee. Pro-rated fees are due at the time of enrollment and will vary depending upon enrollment date. Membership fee(s) and required \$40 enrollment fee are due at time of sign up. If your enrollment fee is waived as a result of a current marketing promotion, please note that you must retain membership status for 60 days or you are liable for the \$40 enrollment fee.

**THE SALVATION ARMY WILL APPEAR AS THE PAYEE ON YOUR MONTHLY BANK STATEMENT.**

### MEMBERSHIP & DAY PASS PLANS

A day pass or one of several types of membership are required to use the Kroc Center indoor recreation amenities. Upon check in, a current government issued picture ID is required. Fees are non-refundable.

### EQUIPMENT AND LOCKER USE

The Kroc Center provides free use of athletic equipment such as volleyballs and basketballs in exchange for a membership ID or Day Pass receipt. Parents must check out equipment for children 11 years old and under. Lockers are available throughout the building and meant only for daily usage. If items are left in the lockers overnight, the lockers will be opened and the contents taken to lost and found in the security office. Kroc Center Chicago is not responsible for any lost or stolen property. Please leave your valuables in your vehicle or at home.

### KID ZONE LATE FEE GUIDELINES

To ensure safety for children in programs, it is imperative that children are picked up from their classes and programs on time. Parents or guardians are required to pick up children that are 11 years old and under. A 5 minute grace period will be allowed. After the grace period, the parent or guardian will be contacted and charged \$5.00 plus an additional \$1 each minute thereafter, until arrival. The child will be placed in the Kid Zone or Adventure Zone until that time.

### AQUATIC CENTER GUIDELINES

Street shoes worn in the pool area must be clean. For females, bathing suits (including tankini's) are required to completely cover the torso and sides (including young children). Swim trunks required for males; cutoffs or gym shorts are not acceptable. Children who are not potty trained must wear a swim diaper. Food and beverages are only permitted on the sun deck area. Only Coast Guard approved swim vests are permitted. A swim test is required for the use of the deep areas of the pool for children 12 and under. Lifeguards reserve the right to allow swimmers, of any age, in the deep end of the pools. Riders must be at least 48" to use the water slide. The hot tub is available for guests aged 16+. Parents with children age 6 and younger must be in arms reach of their child in the water. Adults may remain pool side for children aged 7 to 11 who have passed the swim test. Prolonged breath holding is prohibited. All pool users must be fully clothed when exiting the pool area, and inside Kroc facilities.

### FITNESS CENTER AND GYM GUIDELINES

Guests 15+ years of age may use all the features of the fitness center including exercise classes. Children 12-14 require adult supervision and may only use the cardio equipment and select weight machines, unless they have completed the teen fit program. Inappropriate attire includes open toed shoes, mid-drift tops, sports bras, short shorts, jeans or any shirts with sides cut out. Purses, backpacks, work boot, bags of any size, and wallets must be stored in a locker. Only Kroc Center staff is allowed to provide instruction on exercise technique, equipment preparation and adjustments. You can schedule a full equipment orientation at the Fitness Desk. Personal and/or Sports training on the premises is restricted to Kroc Center Staff. Strollers and wheelchairs are not permitted on the indoor and outdoor track. Outside training equipment is not permitted in Kroc facilities.

### KROC FIELD GUIDELINES

- Molded cleats or turf shoes ONLY on the artificial fields! Metal spikes are not allowed on artificial fields.
- Unauthorized persons on the playing field are not permitted.
- Shelled nuts (peanut, pumpkin, sunflower, pistachio, etc.) and/or chewing gum on the artificial field is not permitted.
- Tobacco chewing is prohibited on the Kroc Campus.  
Trash must be discarded in proper receptacles.

### SAFE ENVIRONMENT POLICY

In order to promote a safe and secure environment, The Salvation Army Kroc Center Chicago has placed video cameras in numerous locations. A part of our commitment to the safety of children and vulnerable persons, The Salvation Army Kroc Center Chicago reserves the right to consult public sources to determine whether any member or guest, of any member, poses a reasonable risk of harm to its patrons, staff or visitors.

### EQUIPMENT

The Kroc Center provides free use of athletic equipment such as volleyballs and basketballs when available. A membership ID or Day Pass is required. Parents must check out equipment for children 11 years old and under. Please see the Gymnasium Office.

### MEMBERSHIP CHANGE/CANCELLATION POLICY

Membership fees are non-refundable. Changes or cancellations to a membership plan must be submitted in writing using a Membership Change/Cancellation Form which is located at the Welcome Desk. Submit the change/cancellation form(s) prior to the 15th of the current month, to ensure the change is effective in the following month. If a member cancels or if membership lapse for 90 days or more, the \$40 enrollment fee will be assessed to reopen the membership account. There is not a fee for cancellation. If changes to membership plans occur after the 15th of the month, varied pro-rated amounts will apply. Please see the Welcome Desk for your pro-rated amount. Membership downgrades and removal of family members will be assessed a \$20 service charge.



# Become a Member

To become a member at the Kroc Center is much more than signing up for a health club, it's a promise of transformation. We help you better understand and improve your health, nurture your gifts and talents, and provide opportunities for you to build memories that last a lifetime.

**ADULT**

**\$36** Per Month Auto Pay  
ONLY \$1.20 PER DAY!  
Or  
**\$401 Per Year**

- Ages 25 - 61
- Adults must show current government issued ID

**FAMILY**  
Up to five per household

**\$61** Per Month Auto Pay  
ONLY \$2.03 PER DAY!  
Or  
**\$687 Per Year**

- \$10 for additional family members
- All family members must reside in same household
- Maximum 10 per family
- Maximum 4 adults per family

**YOUTH**

**\$17** Per Month Auto Pay  
ONLY 56¢ PER DAY!  
Or  
**\$172 Per Year**

- Ages 6 - 17
- Youth under age 12 must have an Adult with them at all times.

**CORPORATE RATES AVAILABLE**

Contact:  
Joshua Towbridge  
Membership Director  
(773)995-3316

**YOUNG ADULT**

**\$25** Per Month Auto Pay  
ONLY 83¢ PER DAY!  
Or  
**\$276 Per Year**

- Ages 18 - 24
- Adults must show current government issued ID

**SENIOR**

**\$22** Per Month Auto Pay  
ONLY 73¢ PER DAY!  
Or  
**\$229 Per Year**  
Ages 62+

We've teamed up with the following service providers to bring you savings on your senior membership.

SilverSneakers Fitness Silver&Fit RenewActive ASHLink

**DAY PASS**

**\$12** Adults 18+  
**\$10** Youth 6 - 17  
**\$5** Toddlers 2 - 5

**TRY US OUT**

Day passes are good for day of purchase only.

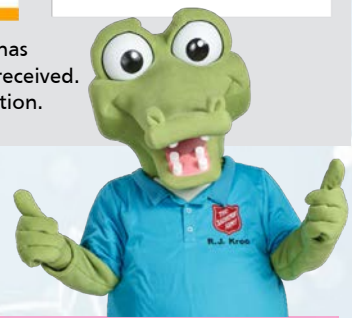
**SERVICE DISCOUNT RATES AVAILABLE**

- Police
- Fire
- Military

**SCHOLARSHIP PROGRAM AVAILABLE**

Contact:  
Lt. Shanell Johnson  
Congregational Life Officer  
(773)995-3277

A recurring automatic payment can be applied to a credit or debit card on the 1st of each month. If the payment has been declined for the month, an automatic payment will continue to run until the payment has been successfully received. Recurring withdrawals remain in effect until the Kroc Center receives written notification of membership termination. All changes must be submitted in writing by the 15th of each month to take effect the following month.



## UPCOMING EVENTS AT KROC CHICAGO

**DREAM FEST 2023**

MONDAY  
**JANUARY 16**  
10:00AM - 5:00PM

**MEMBERS FREE!** **NON-MEMBERS \$5 PER PERSON**

CHILDREN UNDER AGE 12 MUST BE ACCOMPANIED BY AN ADULT

FITNESS VENDORS SPORTS OPEN SWIM PERFORMANCES  
VOLLEYBALL MUSIC ARTS & CRAFTS FELLOWSHIP GOLF GAMES CLASS DEMOS FAMILY  
FAITH BOUNCE HOUSES BASKETBALL

**DADDY daughter DANCE**

**FEB 25 2023**

**\$50** PRICE PER COUPLE

**\$10 PER ADDITIONAL DAUGHTER**  
PRICE INCLUDES PROFESSIONAL PORTRAIT

**5:30PM - 8:00PM**

**THIS EVENT IS EXPECTED TO SELL OUT  
NO TICKETS WILL BE SOLD AT DOOR**

1250 W 119<sup>TH</sup> ST. CHICAGO, IL 60643  
WWW.KROCCENTERCHICAGO.COM