

KROC

Your Church & Community Center

Spring
2023
APRIL 11 - MAY 22

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- New Spring Classes!
- Pickleball Clinic & Tournament
- Information on Fitness, Music Art, Sports, Ministries, & Aquatics
- Memberships for All! Families, Adults, Youth & Seniors



**KROC CENTER
CHICAGO**

1250 W 119TH STREET
CHICAGO, IL 60643

WWW.KROCCENTERCHICAGO.COM

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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

Holiday Hours & Closures

April 9	Easter Sunday	Closed*
May 29	Memorial Day	7:00am - 5:00pm

*Church is open for Easter Service at 11:00am

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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Full & Part Time Positions • Scan QR Code or visit us online to apply
kroccenterchicago.com/jobs



Welcome

Springtime is upon us, and flowers are blooming. Spring is a wonderful time to make changes in our lives. As the sun and rain reinvigorate God's creation this spring season, let us count our blessings and realize that God wants us to be blooming flowers -- unfolding under His grace, love, and spiritual beauty, as we are conformed more and more to the character of His Son Jesus.

We all have the potential to be dazzling flowers waiting to break out and flourish for everyone to see. "I am the rose of Sharon, and the lily of the valley." Solomon 2:1

Let us live life with beauty, not for ourselves, but for others, as we serve and love dearly. I guarantee you that someday you will see some-one special to you bloom into a great flower created by God, our eternal gardener. He is the endless giver of spiritual rain and heavenly sunshine and is our source of knowledge and wisdom.

This Spring Season allow the Lord to grow you in areas that need growth and development, such as your Bible reading and your prayer time. God promises to bless you in those areas as you yield to Him and His will for your life. Now is the time to bloom a beautiful flower and flourish spiritually during this season of change and transition.



- 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.



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

773-995-3277

Men's Fellowship

2nd/4th Saturday 12:00pm

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 designated 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.

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

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)



NEW CLASSES!

Hula Hoop Class

\$25 Mem • \$35 Non | Ages 18+ | Min 6/Max 12
Let's strengthen that core and burn some calories with your weighted Hula Hoop in this new class. Come move those hips and harden those abs with us in this new creative experience full of family friendly fun. (Hula Hoop accommodation not guaranteed)

Spring	Tu	April 11-May 16	5-5:50pm
Spring	W	April 12-May 17	5-5:50pm

Self Defense

\$40 Mem • \$55 Non | Ages 18+ | Min 4/Max 14
Protect yourself at all times while learning new techniques, strikes and takedowns that could possibly save your life with Sifu Abdi Levi 4th degree Dan

Spring	Th	April 13-May 18	12-12:50pm
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Alfred Brooks

Fitness Manager

Alfred.Brooks@usc.salvationarmy.org

773-995-3319

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.

Spring Tu April 11-May 16 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.

Spring M April 10-May 15 11-11:50am

Spring Th April 13-May 18 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!

Spring W April 12-May 17 7-7:50pm

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

Spring Tu April 11-May 16 9-9:50am

Spring Th April 13-May 18 9-9:50am

Spring Th April 13-May 18 2-2:50pm

Intermediate

Spring Tu April 11-May 16 10-10:50am

Spring Th April 13-May 18 10-10:50am

Spring Th April 13-May 18 3-3:50pm

Open All Levels

Spring Tu April 11-May 16 11-11:50am

Spring Th April 13-May 18 11-11:50am



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DROP-IN CLASSES

Fitness is a lifestyle, and we offer over 10 free drop-in classes as part of your membership. Check us out at 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.

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

Session	Monday	Thursday	Saturday
Spring	April 10-May 15	April 13-May 18	April 15-May 20
Level 1			9:15-10am 11:15am-12pm
Level 2			10:15-11am 12:15-1pm
Level 1&2	5-5:45pm	5-5:45pm	



Youth Swim Ages 5-16

Session	Monday	Tuesday	Thursday	Friday	Saturday
Spring	April 10-May 15	April 11-May 16	April 13-May 18	April 14-May 19	April 15-May 20
Level 1		5-5:45PM		5-5:45pm	9:15-10am 10:15-11am 11:15am-12pm 12:15-1pm
Level 2	6-6:45PM		6:00-6:45pm		9:15-10am 10:15-11am 11:15am-12pm 12:15-1pm
Level 3		6-6:45PM		6-6:45pm	9:15-10am 11:15am-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.

Session	Monday	Wednesday	Friday
Spring	April 10-May 15	April 12-May 17	April 14-May 19
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.

Spring	Sa	April 15-May 20	8:30-9am
Spring	Su	April 16-May 21	9:15-9:45am
Spring	Su	April 16-May 21	10:15-10:45am



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Lawrence Johnson
Aquatics Manager

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

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.

Spring Session	Time	Registration Deadline
Pre-Requisite Swim Test Saturday, April 1	2-5pm	Monday, March 27
Monday - Friday April 3-7	1-5pm	Monday, March 27



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.

Spring Session	M - Th	April 3 - June 1	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.

Spring Session	Tu & Th	April 4 - June 1	8:15-10:15am
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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.

Session	Monday	Tuesday	Wednesday	Thursday	Friday
Spring	April 10-May 15	April 11-May 16	April 12-May 17	April 13-May 18	April 14-May 19
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.

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.

Adult

\$55 Mem • \$75 Non | Ages 18+ | Min 4/Max 8

Spring M April 10-May 15 10-11am

Spring W April 12-May 17 10-11am

Youth

\$55 Mem • \$75 Non | Ages 7-17 | Min 4/Max 8

Spring M April 10-May 15 5-6pm

Spring W April 12-May 17 5-6pm

Spring Sa April 15-May 20 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 4/Max 15

Spring W April 12-May 17 6:30-7:30pm

Spring Sa April 15-May 20 11am-12pm

Music Production

Create your own music and rent the Kroc Recording Studio! For 2 hours you get to work with our studio engineer. Students will learn how to use music production software to make beats, tracks or instrumentals.

\$30 Mem | \$70 • Non

Open Rental • April 10 - August 27
(Up to 3 individuals per session)

Ages 5 - 12

For more details contact Events:
773-995-3378 or 3380



KROC ARTS ACADEMY

mix & match

PICK 3 SPECIAL!

Register For Any two Music, Dance, Art or Theatre
Classes and Get a Third Class FREE! (Limited time offer)

\$130 Members • \$165 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

Adult

\$55 Mem • \$75 Non | Ages 18+ | Min 4/Max 8

Spring M April 10-May 15 9-10am

Spring W April 12-May 17 9-10am

Youth

\$55 Mem • \$75 Non | Ages 7-17 | Min 4/Max 8

Spring M April 10-May 15 6:30-7:30pm

Spring W April 12-May 17 6:30-7:30pm

Spring Sa April 15-May 20 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

Adult

\$55 Mem • \$75 Non | Ages 18+ | Min 4/Max 8

Spring M April 10-May 15 11am-12pm

Spring W April 12-May 17 11am-12pm

Youth

\$55 Mem • \$75 Non | Ages 7-17 | Min 4/Max 8

Spring Sa April 15-May 20 11am-12pm

SPRING MUSIC & ARTS FESTIVAL

MAY 20, 2023 • 1PM - 4PM

\$10 Per Ticket

Come See What We're Teaching!

Dance Choreography • Monologue • Music
Art Gallery • Make It Take It Crafts

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.

Level A

Praise Dance & Hip Hop

\$55 Mem • \$75 Non | Ages 6-10 | Min 4/Max 15

Spring Sa April 15-May 20 10-11am

Ballet & Jazz Performance

\$55 Mem • \$75 Non | Ages 6-10 | Min 4/Max 15

Spring Sa April 15-May 20 11am-12pm

Level B

\$55 Mem • \$75 Non | Ages 11+ | Min 4/Max 15

Ballet & Jazz Performance

Spring Sa April 15-May 20 10-11am

Praise Dance & Hip Hop

\$55 Mem • \$75 Non | Ages 11+ | Min 4/Max 15

Spring Sa April 15-May 20 11am-12pm

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 4/Max 15

Spring M April 10-May 15 4-5pm

Jazz/Hip Hop Technique

\$55 Mem • \$75 Non | Ages 7+ | Min 4/Max 15

Spring M April 10-May 15 5-6pm

Ballet/Lyrical Technique

\$55 Mem • \$75 Non | Ages 7+ | Min 4/Max 15

Spring M April 10-May 15 6-7pm

Performance & Visual Art

Pom Pom Dance



\$55 Mem • \$75 Non | Ages 9-14 | Min 4/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.

Spring Tu April 11-May 16 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 4/Max 15

Spring Tu April 11-May 16 6-7pm

Mixed – Open to all levels

\$55 Mem • \$75 Non | Ages 18+ | Min 4/Max 15

Spring Tu April 11-May 16 7:15-8:15pm



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.

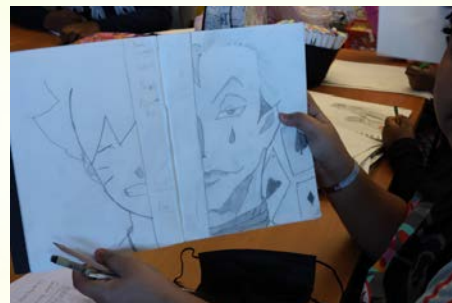
Saturday, April 15 | 5:30 - 7pm

Anime & Manga Drawing Class



\$55 Mem • \$75 Non | Ages 9-15 | Min 4/Max 15
Learn the fundamentals and proportional knowledge needed to draw and sketch Manga and Anime style characters.

Spring Sa April 15-May 20 12:30-1:30pm



Krafty Kids



\$55 Mem • \$75 Non | Ages 5-12 | Min 4/Max 15
Kids let's boost your child's artistic self-expression and explore the great world of arts and crafts while having fun.

Spring Sa April 15-May 20 11am-12pm

Youth Acting



\$55 Mem • \$75 Non | Ages 7-17 | Min 4/Max 15
This class will introduce students to basic acting techniques and explore the craft of acting with emphasis on monologues, scene work and exercises. Beginner students and advanced students are encouraged to sign up! Class will start as a mixed level course until the instructor decides on a second advance class.

Spring Sa April 15-May 20 11am-12pm

Seniors Basic Sewing **NEW!**

\$55 Mem • \$75 Non | Ages 18+ | Min 4/Max 10
Students will learn basic cutting, sewing tips and techniques that will allow you to create decorative items for your home and personal wardrobe.

Spring Sa April 15-May 20 10am-12pm

Adult Acting



\$55 Mem • \$75 Non | Ages 18+ | Min 4/Max 15
This class will introduce students to basic acting techniques and explore the craft of acting with emphasis on monologues, scene work and exercises. Beginner students and advanced students are encouraged to sign up! Class will start as a mixed level course until the instructor decides on a second advanced class.

Spring W April 12-May 17 1-2pm

Youth Drawing



\$55 Mem • \$75 Non | Ages 5-12 | Min 4/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!

Spring Sa April 15-May 20 2-3pm



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Cashus Saydee
Gospel Arts Manager

cashus.saydee@usc.salvationarmy.org
773-995-3276

Sports + Recreation

Beginner Pickleball

\$10 Mem • \$15 Non | Ages 18+ | Min 4/Max 40

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.

Spring M April 10-May 15 10-11:30am

Intermediate Pickleball Drill & Play

\$10 Mem • \$15 Non | Ages 18+ | Min 4/Max 40

Our intermediate pickleball program will take your game to the next level! Participants will build on fundamentals and strategy through drills and game play!

Spring W April 12-May 17 10-11:30am

Open Pickleball

\$3 Mem • \$5 Non | Ages 18+ | Min 4/Max 25

Open play. Equipment provided, first come, first served. **A 10-punch pass is available for \$25.** All other costs are per class.

Spring M April 10 - May 15 6-8:45pm



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OPEN TABLE TENNIS

Come out and play Table Tennis during our new open time.

Monday, Wednesday & Friday 8am - 1pm (Free for Members & Day Pass Guest Only)

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 773-995-3256

Spring M April 10-May 15 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.

Spring W April 12-May 17 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.3256. (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. 3256 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.3256**

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

Spring Sa April 15-May 27* 9-10am 10-11am



Youth Soccer

\$25 Mem • \$35 Non | Ages 4-9 | Min 4/Max 25

Goooooal! 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.

Spring Sa April 15 - May 27* 10-11am

*No Class April 22

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.

Spr/Sum Tu, Wed, Th April 11 - Aug 18 5-7pm

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.

Spring Tu April 11-May 16 6-7pm



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.

Spring Th April 13-May 18 6-7pm

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.

Spring Tu April 11-May 16 5:45-7pm

Contact Us

Kroc Sport & Rec

773-995-3256

Education

Computer Basics I

\$49 Mem • \$75 Non I Ages 18+ I 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.

Spring M/W April 10-May 17 9:30-11:30am

Computer Basics II

\$49 Mem • \$75 Non I Ages 18+ I 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.

Spring Tu/Th April 11-May 18 9:30-11:30am

Intro to Conversational Spanish

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

Adult

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

Spring M April 10-May 15 5-6:30pm

Youth

\$55 Mem • \$75 Non I Ages 9-17 I Min 6/Max 15
Spring offered only with After School Plus

Spring M April 10-May 15 4-5pm

Intermediate Conversational Spanish

\$65 Mem • \$95 Non I Ages 18+ I 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)

Spring Tu/Th April 11-May 8 4-5pm

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

CAMP KROC



Session 1: June 12 - July 14

Session 2: July 17 - August 18

Monday - Friday 9am - 3pm

Ages 6-13 • \$600 per session

Before Care (6-9am) After Care (3-6pm)
\$40 per week \$40 per week



Spring Break Camp

Ages 6 - 13



APRIL 3-7 8AM-3PM

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

773.995.3241

MUSIC

VISUAL ARTS

MUSIC

FUN CLASSES

THEATRE

SWIMMING

AND MORE!



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!



Photography Club

The Photography Club meets on the **3rd Thursday of each month at 6:30pm-8:30pm** to share and discuss information on photography topics and techniques. Guest speakers are invited to share information on new trends in the industry. Open to anyone who is interested in learning more about photography.

Kroc Senior Quilting Club

The Kroc Senior Quilting Club meets on **Tuesday from 11:00am – 1:00pm** in Classroom #136. If you are interested in learning, sharing ideas and tips for your quilting project, please join us at the Quilting Club meetings. For more information, please contact Loretta Blair, Quilting Club Coordinator, or Darlene Humphrey at 773-995-0151 Ext. 3301.

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 **Tuesday 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.



Kroc Chicago Veterans Group

Thank you for your service! Veterans get out and involved by joining our Kroc Chicago Veterans 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.

Seniors

Senior Education

Educational “Discovery” 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.

Kroc Senior Law Clinic

The Kroc Senior Law Clinic takes place on the **3rd Tuesday of each month, from 9:30am – 1:00pm**. Seniors 62+ yrs. and people with disabilities are provided with legal services such as: “Housing, Financial matters, Estate planning, Power of Attorney, Living Will, and Financial abuse, etc. Legal services are by Appointment Only. For more details contact Darlene Humphrey, 773-995-0151 Ext. 3301.



FOLLOW US ON SOCIAL MEDIA
@KROCCHICAGO

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.

Darlene Humphrey
Senior Manager

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



**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

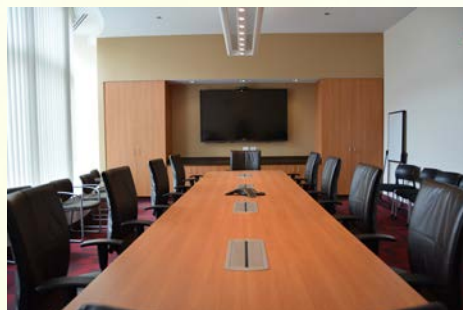


Indoor & Outdoor Sports Venues/Fields

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

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. Failure to observe these policies will result in a warning, suspension, and/or revocation of membership or guest privileges at the center. Kroc Center personnel have the right to refuse services to anyone deemed disruptive or abusive.

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.

If access is revoked, current membership and guest fees are non-refundable, with no exceptions. A certified letter of notice will be mailed to the individual's address on file and a copy will be attached to the individual's profile for our records.

MEMBERSHIP PLANS & DAY PASS

A membership plan or day pass is required to use the Kroc Center indoor recreation amenities. Upon purchase of a membership plan or day pass, a current government issued picture ID is required. For a family membership, all family members must reside in the same household and bring a current government-issued picture ID. 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. **Fees are non-refundable.**

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 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.

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.

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. As 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.

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.

LOCKER USE

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 five 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.

RECREATION 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.

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.



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. ASHLink RenewActive by UnitedHealthcare

PARENT & CHILD

\$47 Per Month Auto Pay
Or
\$517 Per Year

NEW!

- One Adult (18+)
- One Child (6-11)
- Adult must be with child at all times

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.

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.

CORPORATE RATES AVAILABLE

Contact:
Ericka Hayes
Welcome Desk Supervisor
(773)995-0151
Ext. 3304

SERVICE DISCOUNT RATES AVAILABLE

- Police
- Fire
- Military

SCHOLARSHIP PROGRAM AVAILABLE

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



Tuesday, 10am - 1pm
Six Week Sessions
Call us 773-995-3241

