

# AT THE KROC

Your church & Community Center



Spring 2025

APRIL 14 - MAY 25  
FAITH - FITNESS  
FUN - FAMILY



KROC CENTER  
CHICAGO

1250 W 119TH STREET  
CHICAGO, IL 60643

[WWW.KROCCENTERCHICAGO.COM](http://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 20	Easter Sunday	Closed*
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\*Church is open for Easter Service at 11:00am

## Kid Zone Child Watch Hours

Monday-Friday	4:00pm - 8:00pm
Saturday	10:00am - 2:00pm



# Welcome

Greetings Kroc Family!

As we step into this new season, we are reminded of the beauty of renewal and growth. Just as the earth awakens with new life, so too can our hearts be refreshed in God's love.

Harriet Jacobs once wrote, "The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also." Spring is a time when the world blooms with new life, color and fragrance. A sweet reminder that God is always at work, reviving our spirits and calling us to grow in His love.

Ephesians 3:17-18 reminds us:

"So that Christ may dwell in your hearts through faith. I pray that the Kroc community be rooted and established in love. So that we may have the power, to grasp how wide, how long, how high, and how deep is the love of Christ."

Just as flowers take root and reach for the sun, we are called to be rooted in God's love, growing in faith and sharing His joy with others. May this season inspire us to embrace renewal, deepen our relationships, and bloom in the grace of our Lord.

Welcome, and may this spring be filled with faith, hope, love, and new beginnings!



**Lt. Shanell Debela**

## 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.

## 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.

# CHURCH AT THE KROC

## Sunday Worship

We invite you to come and visit Church at the Kroc in our Chapel or at home via facebook (krocchicago) and youtube Live (Kroc Center Chicago).

**Sunday School** • 10:00am

**Young Adult Sunday School** - 10:00am

**Worship Service** • 11:00am

**Children's Church** - 11:00am

## Bible Study

Tuesday

**Older Adults** Ages 62+ • 11:00am

Senior Lounge - All are Welcome

Wednesday

**Teen** Ages 12-17 • 6:00pm

**Adult** Ages 18+ • 6:00pm

**Young Adult** Ages 18-25 • 7:00pm

## Women's Ministries

Join our Kroc Women's Group throughout the month in a variety of programs focusing on fellowship, celebrations, service projects, education and spiritual growth.

## Men's Fellowship

Monday

**Fellowship** 2nd & 4th Monday • 6:00pm

Contact us to receive updated information of current and new activities.



# COME WORSHIP WITH US

## Social Ministries



PATHWAY OF HOPE

The Pathway of Hope initiative provides individualized services to families with children who desire to break the cycle of crisis and vulnerability. For more information about other social services contact

**Cassandra Reed**

**Pathway of Hope Case Manager**

**(773) 995-3369**



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## 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

Join our 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. Emblem earning focuses on working with others, providing service within the community, learning about other cultures, meeting new people and building friendships.





# FITNESS AT THE KROC

## 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 15-May 20	9-9:50am
Spring	Th	April 17-May 22	9-9:50am
Spring	Th	April 17-May 22	2-2:50pm

### Intermediate

Spring	Tu	April 15-May 20	10-10:50am
Spring	Th	April 17-May 22	10-10:50am
Spring	Th	April 17-May 22	3-3:50pm

### Open All Levels

Spring	Tu	April 15-May 20	11-11:50am
Spring	Th	April 17-May 22	11-11:50am



## FREE DROP-IN CLASSES FOR MEMBERS

Fitness is a lifestyle, and we offer free ongoing drop-in classes for our Members. Check us out at [kroccenterchicago.com/fitness](http://kroccenterchicago.com/fitness). For up to date monthly schedules.

### Abs & Stretch

Tone your tummy and lose your love handles for good! You will Ab-solutely love this workout!

### Boot Camp

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

### Christian Yoga

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

### Evening Yoga

Cultivate mindfulness and inner peace  
Improve flexibility, strength, and balance  
Reduces stress and anxiety

### Gospel Aerobics

Low-impact exercise class that focuses on the mind, body, and soul.

### Jump Rope Cardio

Low-impact exercise class that focuses on the mind, body, and soul.

### Kroc Pump

KROC Pump uses light to moderate weights increase muscular strength and endurance with a calorie-blasting workout.

### Low Impact Aerobics

This low-impact exercise class will get you into shape while moving to music.

### Quick HIIT

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

### Rest & Recovery

This relaxing class will focus on muscle fibers to increase movement and improve blood circulation and breathing.

### Spinning

Burn calories and enhance endurance as you learn the proper form and technique with this great class!

### Tone, Balance & Core

Challenge your core as well as your upper and lower body with a total body-sculpting workout.

### Tires, Ropes & Squats

A tire and rope workout using squats involves using a battle rope and a tire to work your core and grip strength.

### Zumba

Come and lose yourself in the music and find yourself in shape. Zumba features exotic high-energy rhythms. You'll be fit and your energy levels will be soaring!

### Scan for Updated Drop-In Schedule



SCAN ME

## InBody 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 Members • \$25 Non Members



## Work The Barre

\$35 Mem • \$50 Non | Ages 18+ | Room 131

Add strength, flexibility, and endurance to your work out regime! This workout blends elements of Ballet, Pilates, and Yoga!

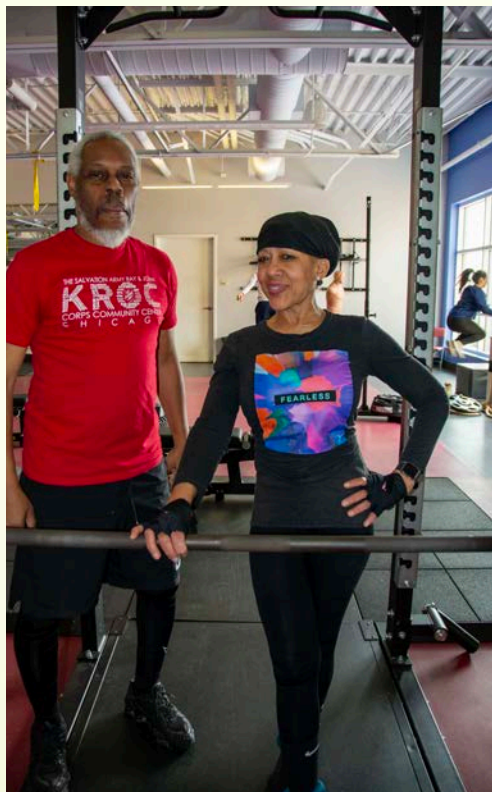
Spring W April 16-May 21 7-7:50pm

## Youth Boxing

\$75 Mem • \$110 Non | Ages 10-14 | Room 212

Come hone your skills, build self-esteem, gain confidence, technique, and improve your health from our professional boxing coaches.

Spring Tu April 15-May 20 5:45-7pm



# KROC PERSONAL TRAINING

## INDIVIDUAL TRAINING

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

### 30 MINUTES PACKAGES

3 SESSIONS - \$75 MEMBER \$110 NON  
6 SESSIONS - \$139 MEMBER \$210 NON  
12 SESSIONS - \$260 MEMBER \$390 NON

### 60 MINUTES SESSIONS

3 SESSIONS - \$119 MEMBER \$180 NON  
6 SESSIONS - \$219 MEMBER \$330 NON  
12 SESSIONS - \$410 MEMBER \$615 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.

6 SESSIONS (60 MINUTES)  
\$89 MEMBER \$135 NON



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**ONLINE**

KROCCENTERCHICAGO.COM

## Adult Cardio Boxing

Learn self-defense and get in shape at the same time. Burn hundreds of calories and improve cardio endurance. Gain confidence, technique, and improve your health from our professional boxing coaches.

Mornings - (Tu, Wed, 10am-12pm)

Evenings - (Wed 5:30pm-7pm)

Sessions	Members	Non Members
4 (60 min)	\$150 Per Person	\$225 Per Person
6 (60 min)	\$175 Per Person	\$265 Per Person



# AQUATICS

AT THE

# KROC

## LEARN TO SWIM

### Parent Tot Swim

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.

\$50 Mem • \$65 Non | Ages 6mo-3yrs | Max 12

Spring	Saturday	Sunday
Session	April 19-May 24	April 20-May 25
	8:30-9am	9:30-10:00am 10:15-10:45am

### 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	\$40Mem \$60 Non	\$50 Mem \$75 Non
4	\$90 Mem \$135 Non	\$140 Mem \$210 Non
6	\$150 Mem \$225 Non	\$205 Mem \$307 Non

### Splash Party Inquires

For you and your group (Ages 0 – 13)

Up to 3 hours • Up to 25 people.

Time Slots - Friday: (6pm-9pm)

Saturday: (2pm-5pm), Sunday: (11am-2pm)

Contact: Events 773-995-3378



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.**

### 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 Members \$50 • Non-Member \$65 (per 6 week session )

Spring	Monday	Wednesday	Thursday	Saturday
Session	April 14-May 19	April 16-May 21	April 17-May 22	April 19-May 24
Level 1&2	5-5:45pm		5-5:45pm	9:15-10am 10:15-11am 11:15am-12pm
Level 3		5-5:45pm		

### Youth Ages 5-16 Members \$50 • Non-Member \$65 (per 6 week session )

Spring	Monday	Tuesday	Thursday	Friday	Saturday
Session	April 14-May 19	April 15-May 20	April 17-May 22	April 18-May 23	April 19-May 24
Level 1		5-5:45pm	5-5:45pm	5-5:45pm	9:15-10am 10:15-11am 11:15-12pm 12:15-1pm
Level 2	5-5:45PM	5-5:45pm	5-5:45pm		9:15-10am 10:15-11am 11:15-12pm 12:15-1pm
Level 3		6-6:45pm			9:15-10am 11:15-12pm
Level 4					10:15-11am

### Adult Ages 17+ Members \$50 • Non-Member \$65 (per 6 week session )

Spring	Monday	Tuesday	Wednesday	Thursday	Friday
Session	April 14-May 19	April 15-May 20	April 16-May 21	April 17-May 22	April 18-May 23
Beginner	9:15-10am	7-7:45pm	9:15-10am	7-7:45pm	9-15-10am
Intermediate	7-7:45pm		10:15-11am		10:15-11am

## Aqua Fit

\$20 Mem • \$35 Non | Ages 18+

Splash your way into fitness! Improve your cardiovascular endurance, muscle conditioning, back/neck pain, and arthritis by using the buoyancy and resistance of the water. Aqua Fitness and Aquatic Fit Stretch are low impact and ideal for all fitness levels – non-swimmers welcome.

Spring	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Session	April 14-May 19	April 15-May 20	April 16-May 21	April 17-May 22	April 18-May 23	April 19-May 24
Stretch	8:00-8:45am	8:00-8:45am	8:00-8:45am	8:00-8:45am	8:00-8:45am	
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	12:00-12:45pm



\$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	M-Th	April 15-May 20	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 in a 18+ swim meet or just enjoy the comradery and accountability of working out with a team.

Spring Tu & Th April 14-May 19 8:15-10:15am



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## LIFEGUARD CERTIFICATION

\$220 Mem • \$250 Non | Ages 16+

This Official Red Cross certification course teaches response to aquatic emergencies. Candidates who complete the course receive a Red Cross Lifeguarding /First Aid/ CPR /AED certification, valid for two years. Must be proficient swimmers and complete a pre-requisite swim test on the first day. To facilitate online learning, candidates must be registered one week prior to the start of class.

Mon - Fri • May 19-May 23 • 4pm-9pm

**Pre-Requisite Swim Test:** May 9-May 16

Registration Deadline: May 16



SCAN HERE FOR OUR  
LATEST OPEN SWIM  
SCHEDULE & TIMES

For more information please call us.  
**Aquatics Department**  
773-995-7218



# SPORTS AT THE KROC

## USTA Adult Tennis

\$40 Mem • \$60 Non | Ages 18+ | GYM 4

Elevate your game with our Adult Intro to Intermediate Tennis Class. Learn and refine your skills, boost confidence, and enjoy the game in a friendly, supportive environment.

Spring W April 16-May 21 6:45-7:45pm

## Table Tennis Club

**FREE • MEMBER LEAD** Min 4/Max 12

Kroc Table Tennis Club is open to adults of all levels for the purpose of recreation, physical fitness, and development of skills in the sport.

Spring M Tu F April 14-May 23 11am-1pm



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## Kroc Golf Academy

\$42 Mem • \$57 Non | Ages 18+ | GYM 4

Our instruction covers the fundamentals of the full swing, chipping, pitching, putting, and a basic introduction to the rules of golf. Sessions will take place in Gym 4, giving you the perfect opportunity to sharpen your skills before the season begins.

Spring M April 14-May 19 12-1:30pm

## PICKLEBALL

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. Already know how to play? Then try our Intermediate or our Friday Open Play.

### Pickleball Instructional

\$37 Mem • \$52 Non | Ages 18+ | Gym 3

Spring M April 14-May 19 10am-12pm



### Pickleball Intermediate (Drill & Play)

\$37 Mem • \$52 Non | Ages 18+ | Gym 4

Spring W April 17-May 22 10am-12pm

### Pickleball Open Play

FREE Mem • \$15 Non | Ages 18+ | Gym 3

Spring F April 18-May 23 10:30am-12pm

## Dr. Dish

\$35 Mem • \$55 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

(One extra guest allowed | \$5 for additional guests | Max of 5 guests)



## Batting Cages

\$85 Per hour Ages 9+

Schedule time to fine-tune your swing in our indoor batting cages.

Unlimited balls • Full Gym Rental 3 Cages • Contact us at 773-995-0151







# YOUTH INSTRUCTIONAL SPORTS

The Sports & Recreation Department strives to provide the Kroc Community with a diverse, high-quality introduction to popular sports programming. Each introductory class will stress basic fundamentals and developing technical skills in a fun, confidence-building environment.

## MLS Go Soccer League

\$85 Mem • \$110 Non | Ages 4-9 |  
This Soccer League features competitive, fun games, with a focus on skill development. For the first two weeks, players will participate in skills and drills sessions. After this period, they will be placed on teams for competitive league play.

Ages 4-6		Ages 7-9	
Spring	Sa	Apr 19-May 31	10-11am 11:15am-12:15pm

## Girls Volleyball

\$50 Mem • \$75 Non | Ages 10-17  
All aspects of the game are taught through skills, drills, and exercises. The program features bumping, setting, spiking, and hitting. This class is designed for the beginner to intermediate player.

Spring	M	April 14-May 19	7-8pm
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## USTA Youth Tennis

\$40 Mem • \$60 Non | Ages 6-12 | Min 6/Max 14  
Our program focuses on building fundamental skills, confidence, an love for the game.

Spring	W	April 16-May 21	5:45-6:45pm
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## Youth Basketball

\$50 Mem • \$75 Non | Ages 4-6 & 7-9 | Min 8/Max 16  
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	S	April 19-May 24	9-10am 10-11am

## Running Club

\$42 Mem • \$92 Non | Ages 5-17 | Track  
Your child will learn the proper technique, form, and mechanics to compete in the sport of track & field.

Spring	Tu & Th	April 15-May 22	6-7pm
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## Mike Martin NFL Flag Football League

\$115 Mem • \$130 Non | Ages 8-12  
This NFL Flag Football League features fun, competitive games, with a focus on skill development. Feature mini-camp (April 12).

Ages 8-10		Ages 11-12	
Spring	S	April 12-June 7	10-11am 11:15am-12:15pm

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# YOUTH MUSIC & FINE ARTS AT THE **KROC**



**NEW!**

## Brass Band

\$55 Per Student • Ages 7-17

Learn brass instruments and basic music theory in this music class.

### Beginners

Spring Sa April 19–May 24 11am-12pm

### Intermediate

Spring Sa April 19–May 24 12:30-1:30pm

## Youth Beginners Guitar

This will be an interactive guitar class designed for youth to learn the basics of guitar playing. They'll learn simple chords and soon be off to playing their favorite tunes. The class will help to develop confidence in young aspiring musicians while they develop rhythmic dynamics and a passion for the guitar.

\$55 Mem • \$80 Non | Ages 7-17 | Room 135

Spring Sa April 19-May 24 3:30-4:30pm



## Praise & Hip Hop Dance

You will learn uplifting choreography, fostering creativity and physical wellness in a celebration of praise and fun. A recital of their accomplishments will follow.

\$55 Mem • \$80 Non | Ages 7-17 | Room 131

Spring Sa April 19-May 24 11am-12pm

## Artists Like Us

Come explore your artistic abilities.

This class is designed for youth to come and enhance their skill in art, learn new techniques and broaden their creativity in drawing and design.

\$15 Per Student | Ages 13-18 | Room 135

Spring Sa April 19-May 24 12-2pm



## Youth Piano Basics

Learn piano basics, read music, and perform quickly with frequent feedback and guidance. This approach helps maintain motivation and ensures consistent practice, making it ideal for beginners who need extra support.

\$55 Mem • \$80 Non | Ages 7-17 | Room 126

Spring Sa April 19-May 24 10-11am

## Youth Theatre

Each actor will be featured in a named role, learning songs and dances while working together as a team to create an incredible performance. This showcase will be presented to family and friends on the final day of class.

\$55 Mem • \$80 Non | Ages 7-17 | Room 135

Spring Sa April 19-May 24 11am-12pm



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ONLINE**  
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# ADULT MUSIC & FINE ARTS AT THE **KROC**

## Adult Piano Basics

Students will learn hand placement, scales, and finger patterns.

\*This class should be paired with Music Theory  
\$55 Mem • \$80 Non I Ages 18+ I Room 126

Spring	M	April 14-May 19	9-10am
Spring	W	April 16-May 21	9-10am

## Adult Piano Intermediate

Students will learn piano basics, begin to read music and performance.

\$55 Mem • \$80 Non I Ages 18+ I Room 126

Spring	M	April 14-May 19	11-12pm
Spring	W	April 16-May 21	11-12pm

## Adult Sewing

\$55 Mem • \$75 Non I Ages 17+ I Room 136

Students will learn basic cutting, sewing tips, and techniques that will allow you to create decorative items for your home and personal wardrobe.

### Beginners

Spring	M	April 14-May 19	11am-1pm
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### Intermediate

Spring	Sa	April 19-May 24	10am-12pm
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## Adult Beginners Guitar

Students will learn chord structures, strumming and learn simple songs, while building their confidence to play with ease. No experience necessary, just a desire to learn guitar and enjoy making music.

\$55 Mem • \$80 Non I Ages 7-17 I Room 135

Spring	Tu	April 15-May 20	7-8pm
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## Intermediate Guitar

Students will learn advance strumming patterns, introductions into solo performance, and chords inversions.

\$55 Mem • \$80 Non I Ages 18+

Spring	Tu	April 15-May 20	1:30-2:30pm
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## 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. Room 126

\$55 Mem • \$95 Non I Ages 18+ I Min 4/Max 8

Spring	M	April 14-May 19	10-11am
Spring	W	April 16-May 21	10-11am



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## KROC BEGINNERS PHOTOGRAPHY

Students will learn the essentials such as lighting, composition, and camera setting through first hand experience. Whether the student is using a DSLR or a smartphone, this class will inspire students in their journey of photography.

**\$55 MEMBERS • \$80 NON MEMBERS**

Thursday, April 17 - May 22  
7:00pm - 8:00pm  
Ages 18+  
(six week session)



KROC CENTER CHICAGO

## Recording Studio Rental

Create Music: voice, instrumentals, solo or group projects. 2 Hour minimum purchase Up to 4 individuals per session. Room 132

\$40 Mem • \$60 Non I Priced Per Hour (Max 6)

Open Rental (2hr Min) Monday - Saturday

Contact Events at 773-995-3378 or 3380 or

Email: [met.kroc.events@usc.salvationarmy.org](mailto:met.kroc.events@usc.salvationarmy.org)



# EDUCATION AT THE **KROC**

## Computer Basics I

\$55 Mem • \$80 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. **Room 128**

Spring M/W April 14-May 19 9:30-11:00am

## Computer Basics II

\$55 Mem • \$80 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, Microsoft Word, and Microsoft Office. The last half hour will be devoted to lab work. Students must have prior training in Computer Basics I or equivalent. **Room 128**

Spring T/Th April 15-May 20 9:30-11:00am

## Intro to Conversational Spanish (Virtual Class)

\$60 Mem • \$90 Non I Ages 18+ I Min 6/Max 15  
You will learn basic vocabulary and grammatical structures for conversational Spanish. Students should bring a composition notebook and highlighter.

Spring M April 14-May 19 5-6:30pm

## Intermediate Conversational Spanish

\$70 Mem • \$100 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.

Spring T/Th April 15-May 20 6-7pm

## Financial Empowerment

\$55 Mem • \$80 Non I Ages 18+ I Room 117  
In this class students will learn the principles of building financial stability and sound creditworthiness. Students will gain knowledge of budgeting, spending, banking and basic finance.

Spring Tu April 15-May 24 6:30-7:30pm

## Advanced Strategies for Wealth Building NEW!

\$55 Mem • \$80 Non I Ages 18+ I Room 117  
The prerequisite for this class is the Financial Empowerment class. The student will learn wealth building strategies, investment principles, and advanced money management techniques. Students will specifically explore and build on their own plan and monitor it during the course session. Students will gain a deeper understanding of how to grow and protect their wealth, leverage financial tools effectively and navigate complex financial situations with confidence.

Spring W April 16-May 21 6:30-7:30pm



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# KROC AFTER SCHOOL PROGRAM

# reIMagine Youth dEvelopment

**MONDAY - FRIDAY • 3:00PM - 7:00PM • AGES 6 - 14**

Servicing the following Schools in 60628/60643

- John Whistler
- Higgins Academy
- Johnnie Coleman Academy
- George Pullman

(First 50 Student Per School)

Program Includes:

- Life Skills
- Swimming
- Dance
- Music
- Sports & Recreation

**For  
West Pullman  
Residents**





# SENIORS AT THE KROC

## Senior Monthly Meeting

3rd Thursday • 11:00am

Current and new members are encouraged to attend and get information on current news, activities and events. Guest speakers are often invited to speak on various topics.

## Memory Cafe

3rd Friday • 11:30am – 1:00pm

A safe space for caregivers and people with Alzheimer's and dementia, persons with mild cognitive impairment to come, socialize, participate in fun activities, enjoy music therapy movement, get resource information and so much more!

## SENIOR FITNESS

LOW IMPACT • GOSPEL AEROBICS • LINE DANCING  
SEE PAGES 4 - 5



## Cancervive

1st Monday • 10:00am-12:00pm

This support group provides information and knowledge on different types of cancer, programs, and resources available.

## Walk with a Doctor

2nd Friday • 11:00 am – 12:00 pm.

These stroke prevention meetings discuss the signs and symptoms of strokes, how to stay healthy, active, and teach how to minimize strokes.

For more information contact us at 773-995-0151 ext 3301

## ADDITIONAL MONTHLY SENIOR PROGRAMING

- **Club 62 Book Club**  
Last Monday of each month • 11:00am
- **Chess Club**  
Every Thursday • 11:00am-12:30pm
- **Senior Law Clinic**  
3rd Tuesday • By Appointment only
- **Quilting Club**  
Every Tuesday • 11:00am - 1:00pm
- **Guitar Club**  
2nd & 4th Friday • 1:00-3:00pm
- **Diabetes Support Group**  
Every Tuesday • 11:00am - 12:00pm  
(Virtual Class)
- **Photography Club**  
3rd Thursday • 6:30-8:30pm
- **Veterans Group**  
4th Friday • 10:00-11:30am
- **Creative Circles**  
Check monthly senior events calendar
- **Scrapbooking Club**  
Every Thursday • 1:00-4:00pm
- **Senior Game Night Activity**  
Bridge, Spades, Bid Whist & Pinochle  
Monday, Wednesday & Friday  
2:00pm-6:00pm
- **Discovery Workshops**  
Various health and wellness topics will be discussed. For more information check monthly senior events calendar.





# HAVE YOUR EVENT HERE!

**BIRTHDAY PARTIES • WEDDINGS • GRADUATIONS  
CORPORATE EVENTS • AND MORE!**

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

**CONTACT OUR EVENTS DEPARTMENT**

📞 773-995-3380

✉ [met.kroc.events@usc.salvationarmy.org](mailto:met.kroc.events@usc.salvationarmy.org)





## 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. Swim wear 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 fees are due at time of sign up.

**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. 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 canceled 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. If a refund is granted, please bring in your credit card to process your refund.

## 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. Drivers license/State ID or Membership ID is required. Parents must check out equipment for children 11 years old and under. Please see the Gymnasium Office.



# Membership at the Kroc

Membership Plans for Everyone! Pick The Plan That Best Suits Your Needs

## Access To:

- Fitness Center
- Drop in Fitness Classes
- Basketball Gyms
- Water Park
- Lap Pool
- Senior Lounge

## Discounts On:

- Personal Training
- Music Classes
- Event Rentals
- Rec Leagues
- Dance Classes
- Special Events

### ADULT

**\$35** Per Month  
Auto Pay

**\$385 Per Year**

**\$45** Per Month  
Non Auto Pay

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

### FAMILY OF 5

**\$65** Per Month  
w/Auto Pay  
Up to 5 Members

**\$715 Per Year**

**\$75** Per Month  
Non Auto Pay

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

### YOUTH

**\$15** Per Month  
w/Auto Pay

**\$165 Per Year**

**\$25** Per Month  
Non Auto Pay

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

### DAY PASS

**\$15** Adults  
18+

**\$10** Youth  
6 - 17

**\$5** Toddlers  
2 - 5



Day passes are good for day of purchase only.

### YOUNG ADULT

**\$25** Per Month  
w/Auto Pay

**\$275 Per Year**

**\$35** Per Month  
Non Auto Pay

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

### SENIOR

**\$20** Per Month  
w/Auto Pay

**\$220 Per Year**

**\$30** Per Month  
Non Auto Pay

- Ages 62+
- Seniors must show current government issued ID

### PARENT & CHILD

**\$45** Per Month  
w/Auto Pay

**\$495 Per Year**

**\$55** Per Month  
Non Auto Pay

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

### SERVICE MEMBERSHIP

**ADULT \$30**

**FAMILY \$55**

Per Month - Auto Pay

- Police
- Fire
- Military

**Financial assistance/help for membership rates is available.  
Apply for a scholarship today**

We've teamed up with the following fitness programs.  
Contact your insurance provider to see if you're eligible.



RenewActive  
by UnitedHealthcare

ASHLink

# Spring Break Camp

**MARCH 24-28 9AM-3PM**

**\$120 PER CHILD • AGES 5-13**

BEFORE/AFTER CARE AVAILABLE • 6AM-9AM \$50 • 3PM-6PM \$50



**Monday or Thursday  
10:00AM - 1:00PM**

Visual & Performing Arts, P.E. & Swimming  
For Your Homeschool Student

**CALL US AT 773-995-3272**