# KROC

THE SALVATION ARMY

**SEPT 8 - DEC 31**

**2026 SCHEDULE**




## OPERATING HOURS

Monday - Friday : 6am - 8pm

Saturday : 8am - 8pm

Sunday : 9am - 6pm

## WATER PARK HOURS

Tuesdays, Thursdays & Fridays | 4:30pm - 7:30pm *(Open Swim)*

Saturdays | 12:00pm - 3:00pm *(Member Only)*

Saturdays | 3:00pm - 7:30pm *(Open Swim)*

Sundays | 12:00pm - 3:00pm *(Member Only)*

Sundays | 3:00pm - 5:30pm *(Open Swim)*

## PLAYCARE HOURS!

PlayCare is an on-site supervised play room service for up to two hours per visit, while space is available. **For members only.**

**Kroc Members: Up to 2 hours**

**Ages: 6 months - 6 years old**

**MORNING HOURS**

Monday, Wednsday, Friday & Saturday: 9am - 12pm

**EVENING HOURS**

Monday - Friday: 5pm - 7:30pm



## Member Handbook

Scan this QR code for instant access to our Member Handbook - your guide to programs, policies, and perks!

## WE'RE HIRING

Vist Our Website for all of our Job Opportunites!



Connect with us @CamdenKroc Facebook Instagram

Find out more at CamdenKrocCenter.org

THE SALVATION ARMY CAMDEN KROC CORPS COMMUNITY CENTER

*Starts September 14th*

**GRADES K-8th**

**MONDAY - FRIDAY**
**2:30 PM - 6:00 PM**





# KROC

THE SALVATION ARMY

# AFTER SCHOOL PROGRAM

*Includes:*

**HOMEWORK HELP**
**CREATIVE WRITING**
**SWIMMING**
**MEDIA ARTS**
**ROCK WALL**
**IXL LEARNING**
**FITNESS**
**DINNER PROVIDED**



Our goal is to provide opportunities for children and families to reach their highest potential, by and through the love of Jesus Christ. Kids are supervised by trained adults who create a safe and welcoming environment. Walking bus available for Mastery-Cramer Hill.



*Registration Open*

**LIMITED SPACE**

www.camdenkroccenter.org

**We accept Vouchers.**
Tuition assistance is available.

**FOR MORE INFORMATION**

**(856) 379-6908**

1865 Harrison Avenue - Camden, NJ 08105
NJKrocKids@use.salvationarmy.org

# CHURCH AT THE KROC
## SEPTEMBER 8 - DECEMBER 31




**JOIN US FOR WORSHIP!**

## SUNDAY WORSHIP

**9:30 AM: SUNDAY SCHOOL (For all ages)**
**10:30 AM: WORSHIP SERVICE (Con traducción al español)**

Join us on Sundays for Church at the Kroc! You don't have to be a member of the Kroc Center to attend Church. Every Kroc Center is a place of worship with a mission to preach the gospel of Jesus Christ where all are welcome. **Our prayer** is that here you will grow in your **faith**, find **community**, and partner with us in our **mission** to serve humanity.

We have Sunday School classes for all ages starting at 9:30am and worship service every Sunday at 10:30am. Messages preached are based on the Bible and we worship together with a common desire to follow and love Jesus Christ, the foundation of our faith. Through weekly gatherings, Bible studies, and service opportunities, we provide a space for spiritual growth regardless of age or background.

**AT CHURCH AT THE KROC,** we **Pray** you will grow in your **Faith**, find **Community**, and partner with us in our **Mission** to serve humanity.

During the Worship Service, children in kindergarten through 4th grade will have the opportunity to attend their own **Jr. Church.** During this time, our goal is to provide a fun and interactive program tailored to help them know Jesus and grow spiritually. We also provide a **Nursery** program for parents with infants and small children.

This year our church embraces the theme of **"Press On"** based on Philippians 3:12-14 which says,

"Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."

**We look forward to welcoming you!**

**The Salvation Army Mission Statement:**
**The Salvation Army, an international movement, is an evangelical part of the universal Christian Church. Its message is based on the Bible. Its ministry is motivated by the love of God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination.**

## WE WANT OUR COMMUNITY

to know what God's love can do for them. If you have another church home, that's great! You are always welcome at Church at the Kroc!

## MINISTRY TEAM CONTACTS

Lt. Elias Pizzirusso.....856–379–4857
Lt. Jennifer Pizzirusso.....856–379–4855
NJKrocChurch@use.salvationarmy.org

RAY & JOAN Kroc CORPS COMMUNITY CENTER CAMDEN

# BIBLE STUDIES



## SENIORS BIBLE STUDY

Join us for a time of fellowship and the study of God's word. Dig deeper through this Bible study, let it change you and your life along with compelling you to love others more and more. **No Registration Required.**

Adult Ministry Room
Ages 18+ | **Monday** | 9:30am




## BUILT TO LAST

Built to Last is a gathering for young men ages 18–35 who want to grow in their faith, build genuine friendships, and explore what it means to follow Jesus in everyday life. Through Scripture, honest conversation, and brotherhood, it's a space to ask real questions, grow together, and build a faith that lasts. **No Registration Required.**

Adult Ministry Room
Sept. 11 - Nov. 20 (No Class 9/8, 10/9 & 11/6)
Ages 18-35 | **Fridays** | 5:30pm - 6:30pm



## WOMEN'S BIBLE STUDY

Join us this fall for an 8-week intensive study on the book of James with the Warren Wiersbe Bible Study Series **"James: Growing Up in Christ".** Participants are welcome to join us in-person or attend online via Microsoft Teams.

Chapel & Virtual
Sept. 9 - Nov. 24 (No Class 10/6 & 10/13)
Ages 18+ | **Tuesdays** | 6pm - 7pm

**For More Information contact:**
**Lt. Jennifer Pizzirusso,**
Jennifer.Pizzirusso@use.salvationarmy.org

# FELLOWSHIP



## FITNESS & FAITH

Fitness and Faith is a 6-week intensive cohort designed to blend high-intensity physical conditioning with bible-based discipleship. We utilize the gym as a "training ground" for life, teaching youth that the discipline required to change their bodies is the same discipline required to grow in faith.

Teen Room
Sept. 23 - Oct. 28
Ages 13-17 | **Wednesdays** | 4pm - 5pm



## WOMEN'S MINISTRIES

Create opportunities for women to connect to God, one another, their community, and the world. **No Registration Required.**

Adult Ministry Room
Sept. 19th, Oct. 24th, Nov. 14th, & Dec. 12th
Ages 18+ | **Saturdays** | 11am



## MEN'S PRAYER BREAKFAST

Creating space for men to come together to fellowship, support one another, and to grow together in their relationships with God. **No Registration Required.**

Adult Ministry Room
Sept. 5th, Oct. 3rd, Nov. 7th, & Dec. 5th
Ages 18+ | **Saturdays** | 9am

## SENIOR COMMUNITY & FELLOWSHIP

**Monday - Friday | 8:00am - 12:00pm | Ages: 18+**

The Kroc Center provides a space for seniors to come and fellowship with one another. We offer games, music, Bible studies, health and fitness classes, and more.

## Kroc Marketplace (Choice Food Pantry)

**Monday 8:15am - 4:00pm** *(Closed 12:00pm - 1:00pm)*
**Wednesday 8:15am - 4:00pm** *(Closed 12:00pm - 1:00pm)*
**Friday 8:15am - 3:00pm** *(Closed 12:00pm - 1:00pm)*

To make an appointment or find out more information about this service, please call the Food Pantry at **856-379-4871** or email **NJKrocFoodPantry@use.salvationarmy.org.**

THE SALVATION ARMY
SERVING CAMDEN
MOBILE PANTRY

# KROC ARTS & EDUCATION
SEPTEMBER 8 - DECEMBER 31



## ART CLASS
Get creative and bring your ideas to life! This project-based art class for children ages 7+ explores a variety of fun art techniques and materials, with a new hands-on project each class. Every class ends with a finished piece of artwork. All supplies will be provided.

**6 Weeks**
**KROC:$51 | NON-MEMBER: $70**

Art Room
**Session 2: November 2nd - December 7th**
Ages 7+ | **Mondays** | 6pm - 7:30pm



## KROC COMMUNITY CHOIR
Calling participants of **ALL** ages to join our **FREE** Kroc Community Choir. The Kroc Community Choir is a multicultural choir that aims to be a beacon of light and hope by spreading God's word through music and song in the Camden community. The Kroc Community Choir will perform a variety of Christian and inspirational songs. Members can look forward to rehearsals, workshops and performances.

Chapel
**September 21st - December 7th**
Ages 5+ | **Mondays I 6pm-8pm**



## DRAMA
Our program is designed to equip students with fundamental acting techniques while exploring themes of faith, redemption and truth. We will cover foundational skills like character development, vocal projection and stage presence, all in a supportive and uplifting environment.

**6 Weeks**
**KROC: $20 | NON-MEMBER: $28**

Chapel
**Session 1: September 23rd - October 28th**
Ages 7+ | **Wednesdays** | 6pm - 7pm
Ages 10+ | **Wednesdays** | 7pm - 8pm

# KROC ARTS & EDUCATION



## BUCKET DRUMS
Get ready to make some noise and have fun! In this high-energy class, children ages 5–9 will learn basic rhythms, beats, and drumming techniques using everyday buckets as their instruments. Buckets are provided!

**6 Weeks**
**KROC: $20 | NON-MEMBER: $28**

Music Room
**Session 2: November 2nd - December 7th**
Ages 5-9| **Mondays** | 6pm - 7pm



## DRUMS
An introduction to the world of percussion. Participants will learn basics and fundamentals, music theory, and rudiments. Get ready to explore rhythm and a variety of drumming techniques. All classes are group lessons.

**6 Weeks**
**KROC:$51 | NON-MEMBER: $70**

Music Room
**Session 2: November 2nd - December 7th**
Ages 10+ | **Mondays** | 7pm - 8pm



## VOICE
An exciting introduction to voice for beginner to intermediate-level voice students. Students will learn everything from fundamental voice techniques to musicianship skills. All classes are group lessons.

**6 Weeks**
**KROC: $20 | NON-MEMBER: $28**

Music Room
**Session 2: November 4th - December 16th**
Ages 7+ | **Wednesdays** | 6pm - 7pm

## MUSIC & ARTS LESSONS Rules:

- **All Music Lessons are 6 Weeks.**
- **Classes may be canceled if fewer than 3 participants are registered.**
- **Make-up lessons are not available and no other refunds will be given.**
- **Classes are held weekly unless noted (please pay attention to our Holiday schedule).**
- **Payments are due by the first class of each session.**

# Annual GLOW Party

SPONSORED BY UnitedHealthcare®

10.31

6 PM - 8 PM

*God Lights Our World*

KROC THE SALVATION ARMY

## KROC TEEN ZONE




Join us in our Youth Ministry Room for supervised fun and relaxing gaming. Your go-to hangout spot during the week! Whether you're in the mood to dive into video games, shoot some pool, challenge your friends to a board game, or just kick back and scroll on your device, this space is all yours. Need to catch up on homework? We've got comfy spots for that, too. It's the perfect balance of fun and focus, a place to recharge, connect with friends, and just be you. **Free to members.**

**ALL PARTICIPANTS MUST SIGN IN**

**AGE 7-13: MUST BE SIGNED IN/OUT BY A GUARDIAN**

Youth Ministry Room

September 15th - December 10th

Ages 7-13 | **Tuesday & Thursday** | 4:30pm-7:30pm

# RECREATION SCHEDULE

SEPTEMBER 8 - DECEMBER 31

## OCTOBER

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | | | 1 OPEN GYM 6am-7:45pm | 2 OPEN GYM 6am-4pm 4:30pm-7:45pm | 3 OPEN GYM 8am-7:45pm |
| 4 18+ OPEN GYM 9am-12pm 14+ Open Volleyball 1pm - 3pm | 5 OPEN GYM 6am-4pm BASKETBALL LEAGUE 4pm-8pm | 6 OPEN GYM 6am-7:45pm | 7 OPEN GYM 6am-4pm BASKETBALL LEAGUE 4pm-8pm | 8 OPEN GYM 6am-7:45pm | 9 OPEN GYM 6am-4pm 4:30pm-7:45pm | 10 OPEN GYM 8am-9am BASKETBALL CLINIC 10am-12pm OPEN GYM 12pm-7:45pm |
| 11 18+ OPEN GYM 9am-12pm 14+ Open Volleyball 1pm - 3pm | 12 OPEN GYM 6am-4pm BASKETBALL LEAGUE 4pm-8pm | 13 OPEN GYM 6am-7:45pm | 14 OPEN GYM 6am-4pm BASKETBALL LEAGUE 4pm-8pm | 15 OPEN GYM 6am-7:45pm | 16 OPEN GYM 6am-4pm 4:30pm-7:45pm Village Initiative* 5:30pm-9pm | 17 OPEN GYM 8am-9am BASKETBALL CLINIC 10am-12pm OPEN GYM 12pm-7:45pm |
| 18 18+ OPEN GYM 9am-12pm 14+ Open Volleyball 1pm - 3pm | 19 OPEN GYM 6am-4pm BASKETBALL LEAGUE 4pm-8pm | 20 OPEN GYM 6am-7:45pm | 21 OPEN GYM 6am-4pm BASKETBALL LEAGUE 4pm-8pm | 22 OPEN GYM 6am-7:45pm | 23 OPEN GYM 6am-4pm 4:30pm-7:45pm | 24 OPEN GYM 8am-9am BASKETBALL CLINIC 10am-12pm OPEN GYM 12pm-7:45pm |
| 25 18+ OPEN GYM 9am-12pm 14+ Open Volleyball 1pm - 3pm | 26 OPEN GYM 6am-4pm BASKETBALL LEAGUE 4pm-8pm | 27 OPEN GYM 6am-7:45pm | 28 OPEN GYM 6am-4pm BASKETBALL LEAGUE 4pm-8pm | 29 OPEN GYM 6am-7:45pm | 30 OPEN GYM 6am-4pm 4:30pm-7:45pm | 31 OPEN GYM 8am-9am BASKETBALL CLINIC 10am-12pm GLOW 6pm-8pm |

Fall Basketball League: October 5 - November 25
8 week program: KROC: $75 | NON-MEMBER: $90 | Teams: $400 (12 Players Per Team)
Ages 10-13 | Monday & Wednesday | 4pm - 8pm

Fall Basketball Clinic: October 10 - November 14
6 weeks program: KROC: $50 | NON-MEMBER: $75
Learn: Skill Development - Agility/Vertical, leap & footwork training. Fundamentals - Ball handling, shooting, passing, defensive stance and movement.
Grades 2-5 | Saturdays | 10am - 12pm

**Open Volleyball:** October 4 - December 29
Weekly program: KROC: **$8 per week** | NON-MEMBER: $10 per week

Sundays | **Ages 14+** | **1pm-3pm**

**Flag Football: September 27 - November 22**
**Ages: 8-14** | Fee: $30 (Members $20) | TO REGISTER EMAIL: GREENBONDATHLETICS@GMAIL.COM
**Sundays | 10am – 12pm**
Join GB Elite and the Kroc Center for an exciting month of Flag Football. Training, Games & Competition! Limited spots available!

**Soccer:** September 12 - November 14
**Ages: 4-14** | FEE: **$50** | TO REGISTER EMAIL: INFO@CYSC.US
**Saturdays | 10am – 12pm**

***Village Initiative:** A free open gym open to the public sponsored by the Camden County Police Department. All ages are welcome to participate, please enter in Entrance A to come.

# FULL GYM SCHEDULE

SEPTEMBER 8 - DECEMBER 31

## NOVEMBER

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| 1<br>18+ OPEN GYM<br>9am-12pm<br>14+ Open Volleyball<br>1pm - 3pm | 2<br>OPEN GYM<br>6am-4pm<br>BASKETBALL LEAGUE<br>4pm-8pm | 3<br>OPEN GYM<br>6am-7:45pm | 4<br>OPEN GYM<br>6am-4pm<br>BASKETBALL LEAGUE<br>4pm-8pm | 5<br>OPEN GYM<br>6am-7:45pm | 6<br>OPEN GYM<br>6am-4pm<br>4:30pm-7:45pm<br>Village Initiative*<br>5:30pm-9pm | 7<br>OPEN GYM<br>8am-9am<br>BASKETBALL CLINIC<br>10am-12pm<br>OPEN GYM<br>12pm-7:45pm |
| 8<br>18+ OPEN GYM<br>9am-12pm<br>14+ Open Volleyball<br>1pm - 3pm | 9<br>OPEN GYM<br>6am-4pm<br>BASKETBALL LEAGUE<br>4pm-8pm | 10<br>OPEN GYM<br>6am-7:45pm | 11<br>OPEN GYM<br>6am-4pm<br>BASKETBALL LEAGUE<br>4pm-8pm | 12<br>OPEN GYM<br>6am-7:45pm | 13<br>OPEN GYM<br>6am-4pm<br>4:30pm-7:45pm | 14<br>OPEN GYM<br>8am-9am<br>BASKETBALL CLINIC<br>10am-12pm<br>OPEN GYM<br>12pm-7:45pm |
| 15<br>18+ OPEN GYM<br>9am-12pm<br>14+ Open Volleyball<br>1pm - 3pm | 16<br>GYM CLOSED | 17<br>GYM CLOSED | 18<br>GYM CLOSED | 19<br>GYM CLOSED | 20<br>GYM CLOSED | 21<br>OPEN GYM<br>8am-7:45pm |
| 22<br>18+ OPEN GYM<br>9am-12pm<br>14+ Open Volleyball<br>1pm - 3pm | 23<br>OPEN GYM<br>6am-4pm<br>BASKETBALL LEAGUE<br>4pm-8pm | 24<br>OPEN GYM<br>6am-7:45pm<br>HALF GYM<br>PICKLEBALL<br>9am-12pm | 25<br>OPEN GYM<br>6am-4pm<br>BASKETBALL LEAGUE<br>4pm-8pm | 26<br>THANKSGIVING<br>BUILDING CLOSED | 27<br>OPEN GYM<br>6am-7:45pm | 28<br>GYM CLOSED |
| 29<br>GYM CLOSED | 30<br>GYM CLOSED | | | | | |




## EXCITING IMPROVEMENTS ARE COMING!

**We're giving our Gym Floor a fresh new look!**

From **November 28 through January 8**, our Gymnasium will be temporarily closed while we complete renovations and install a brand-new gym floor.

We appreciate your patience and understanding during this time as we work to make improvements to our facility. We can't wait for you to experience the new floor when we reopen!

**Thank you for being part of the Kroc community. We're excited for what's ahead!**

# Fitness & Aquatics Group Fitness Schedule

## SEPTEMBER 8 - DECEMBER 31

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | | Cycle<br>(Joe G)<br>**7:00am-8:00am**<br>Studio B | | | |
| 8:00am | | Aqua Exercise<br>(Michelle G)<br>**8:00-8:45am**<br>Water Park | | Aqua Exercise<br>(Michelle G)<br>**8:00-8:45am**<br>Water Park | | |
| 9:00AM | | | Aqua Fit<br>(Linda)<br>**9:00am-9:45am**<br>Water Park | | Senior Fit<br>(Siria)<br>**9:00am-10:00am**<br>Studio C | |
| 10:00am | Senior Fit<br>(Kyla)<br>**10:00am-11:00am**<br>Mulit-Purpose Room | Yoga®<br>(Alex)<br>**10:00am-11:00am**<br>Studio C | Senior Fit<br>(Danielle)<br>**10:00am-11:00am**<br>Mulit-Purpose Room | Chair Yoga®<br>**(**Danielle)<br>**10:00am-11:00am**<br>Studio C | Low Impact Cycle:<br>Studio B<br>**10:00am-10:30am**<br>Stretch:<br>Studio C<br>**10:30am-11:00am** | Circuit Training<br>(Kevin)<br>**10:00am-11:00am**<br>Studio A |
| 5:30pm | Cycle<br>(Kevin)<br>**5:30pm-6:30pm**<br>Studio B | Zumba®<br>(Arnickia)<br>**5:30pm-6:30pm**<br>Studio C | Circuit Training<br>(Kevin)<br>**5:30pm-6:30pm**<br>Studio A | Zumba®<br>(Arnickia)<br>**5:30pm-6:30pm**<br>Studio C | | |
| 5:45pm | Xtreme Hip-Hop<br>*Beginner*<br>(Lakesha)<br>**5:30pm-6:30pm**<br>Studio C | Circuit Training<br>(Theresa)<br>**5:45pm-6:45pm**<br>Studio A | Xtreme Hip-Hop<br>*Intermediate*<br>(Lakesha)<br>**5:30pm-6:30pm**<br>Studio C | Circuit Training<br>(Theresa)<br>**5:45pm-6:45pm**<br>Studio A | | |
| 6:30pm | | Yoga®<br>(Sarah)<br>**6:30pm-7:30pm**<br>Studio C | Cycle<br>(Theresa)<br>**6:30pm-7:30pm**<br>Studio B | Yoga®<br>(JO)<br>**6:30pm-7:30pm**<br>Studio C | | |

## FITNESS ROOM HOURS

| | |
|---|---|
| MON - FRI | 6am - 7:45pm |
| SATURDAY | 8am - 7:45pm |
| SUNDAY | 9am - 5:45pm |




## HOW TO PURCHASE CLASSES

1. Visit https://camdenkroc.usaeast.org/s/registration and log in to your account.
2. Search for the class you're looking for, click view all sessions and select your class.
3. Add class to cart and complete your purchase.

# Fitness & Aquatics Group Fitness

## Aqua Exercise AGES: 16+
Enjoy all the benefits of a low-impact aerobic workout. Aqua Exercise improves cardiovascular, muscular strength and flexibility. Various types of equipment will be introduced as participants work at their own pace to advance skills.

## Aqua Fit AGES: 16+
An exercise program to improve strength, flexibility and cardiovascular fitness utilizing the gentle properties of the water, this intermediate-high level class will keep you moving.

## Chair Yoga® AGES: 16+
Chair Yoga, as the name implies, is yoga performed with the use of a chair as yoga props. It's a gentle technique that allows people, particularly the elderly and persons with disabilities who may be unable to do balances, to reap the advantages of balance poses without the risk of falling.

## Beginner Xtreme Hip Hop Step AGES: 16+
A high-energy, beginner-friendly workout combining basic step movements with calisthenics such as squats, lunges, jumping jacks, and modified burpees. Participants learn foundational step moves and proper form through simple combinations at a manageable pace. Modifications are provided, and no previous step experience is required.

## Circuit Training AGES: 16+
High intensity group excersing class utilizing our new Sports Performance training room**. Must reserve your spot through our App. Don't have it? Scan the QR code to download.**

## Cycle AGES: 16+
Enhance your cardio with this group exercise session geared towards helping you get lean and relieve stress. This class utilizes our stationary bicycles and focuses on strength, endurance, intervals, high intensity and recovery. Suitable for all fitness levels.

## Intermediate Xtreme Hip Hop Step AGES: 16+
A faster-paced step aerobics class featuring more advanced footwork, transitions, and choreographed combinations set to hip-hop music. Designed for participants who are comfortable with basic step movements and ready for a higher-intensity cardiovascular challenge.

## Low Impact Cycle & Stretch AGES: 16+
A gentle, low-impact cycling class designed to get your heart rate moving while being easy on the joints. This class combines a comfortable-paced bike workout with a relaxing stretch session to improve flexibility, mobility, and recovery. Perfect for all fitness levels, especially those looking for a balanced workout without high-impact movements.

## Senior Fit AGES: 50+
This class is designed to help seniors maintain their strength, flexibility and independence. A combination of fun, dance-inspired, low-impact workout that improves cardio fitness with easy-to-follow moves set to energizing music, athletic exercises that boost overall fitness, muscle-conditioning blocks, core work and activity-specific drills to improve strength and functional skill and ending with balance and stretching.

## Slow Flow Yoga®
Yoga is a systematic practice of physical exercise, breath control, relaxation, and positive thinking and meditation aimed at developing harmony in the body, mind, and environment.

## Step Aerobics
Step aerobics is a classic cardio workout. It's lasted for decades for a simple reason: It delivers results. The "step" is a 4-inch to 12-inch raised platform. You step up, around, and down from the platform in different patterns to boost your heart rate and breathing, and strengthen your muscles.

## Yoga®
Yoga is a systematic practice of physical exercise, breath control, relaxation, and positive thinking and meditation aimed at developing harmony in the body, mind, and environment.

## Zumba®
Zumba is a high-energy dance fitness class that blends upbeat music with easy-to-follow choreography for a fun, full-body workout. Inspired by Latin and international dance styles, Zumba combines movements from salsa, merengue, cumbia, reggaeton, and more to create a cardio workout.



## Personal Training
Anyone can benefit from a personal trainer's knowledge. Our trainers will take you through an evaluation that will guide us in creating the best personalized program for you. We will evaluate: movement, strength, nutrition, body composition, conditioning, and life activities. All are components of a custom program for you. Each session is a step to keep your body progressing toward your goals.

**EXERO TRAINING:** Using the Exero equipment, the Total Body Reformer training combines Pilates with cardiovascular, resistance and suspension training to give you a great total-body workout.

**1:1 Training** 30 MINUTE

| Set | Price |
|---|---|
| 1-Session | $35 |
| 3-Sessions | $90 |

**1:1 Training** 30 MINUTE

| Set | Price |
|---|---|
| 5-Sessions | $135 |
| 8-Sessions | $200 |

**Exero Training** 30 MINUTE

| Set | Price |
|---|---|
| 4-Sessions | $40 |

*Questions? Email: Kyla.Treadwell@use.salvationarmy.org.*

# KROCS SWIM SCHOOL

SEPTEMBER 8 - DECEMBER 31

## Fall Swim Lessons

All Classes are 6 Weeks.
Make-up lessons are not available and no other credits will be given.

Classes are held weekly unless noted (please pay attention to our Holiday schedule). Sign up early.

Payments are due by the first class of each session.

Registration for classes opens at 8am for **Session 2:** Kroc: 10/21 Non-members: 10/26




**Scan** the **QR code** to fill out our swim lesson survey so you can decide the best level to put your kids in.

### Kroc Tots: Starfish AGES: 6 months - 36 months

Parents participate in the pool as their child learns basic swim skills and water safety. **Swim diapers are required for children under three or any age not toilet trained.**

**KROC: $108 | NON-MEMBER $168**



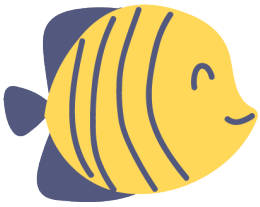
### Starfish's Schedule

| LESSONS | DATES | TIME | DAY |
|---|---|---|---|
| 6 | 11/4 - 12/9 | 4:30 - 5:00 pm | Wednesdays |
| 6 | 11/4 - 12/9 | 5:00 - 5:30 pm | Wednesdays |
| 6 | 11/7 - 12/12 | 9:00 - 9:30 am | Saturdays |
| 6 | 11/7 - 12/12 | 9:30 - 10:00 am | Saturdays |

### Preschool Water Exploration: Guppies AGES: 3-5

We introduce students into feeling comfortable and confident in the water. They will learn safe, elementary level water skills that provide a foundation for advanced training.

**KROC: $108 | NON-MEMBER $168**



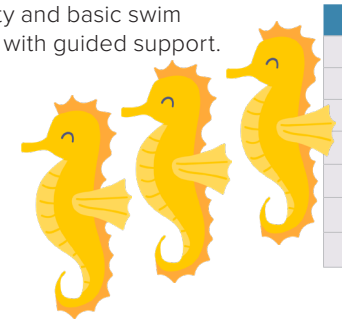
### Guppies Schedule

| LESSONS | DATES | TIME | DAY |
|---|---|---|---|
| 6 | 11/2 – 12/7 | 5:00 - 5:30 pm | Mondays |
| 6 | 11/2 – 12/7 | 5:30 - 6:00 pm | Mondays |
| 6 | 11/4 - 12/9 | 4:30 - 5:00 pm | Wednesdays |
| 6 | 11/4 - 12/9 | 5:30 - 6:00 pm | Wednesdays |
| 6 | 11/7 - 12/12 | 9:00 - 9:30 am | Saturdays |
| 6 | 11/7 - 12/12 | 9:30 - 10:00 am | Saturdays |
| 6 | 11/7 - 12/12 | 10:30 - 11:00 am | Saturdays |

### Level 1: Seahorses AGES:5-9

We introduce beginner swimmers to water safety and basic swim techniques. At every lesson, we assist students with guided support.

**KROC: $108 | NON-MEMBER $168**



### Seahorse Schedule

| LESSONS | DATES | TIME | DAY |
|---|---|---|---|
| 6 | 11/2 - 12/7 | 5:00 - 5:30 pm | Mondays |
| 6 | 11/4 - 12/9 | 4:30 - 5:00 pm | Wednesdays |
| 6 | 11/4 - 12/9 | 5:30 - 6:00 pm | Wednesdays |
| 6 | 11/4 - 12/9 | 6:00 - 6:30 pm | Wednesdays |
| 6 | 11/7 - 12/12 | 9:00 - 9:30 am | Saturdays |
| 6 | 11/7 - 12/12 | 10:00 – 10:30 am | Saturdays |
| 6 | 11/7 - 12/12 | 10:30 - 11:00 am | Saturdays |

**Register Online:** CamdenKrocCenter.org
**Call:** 856.379.6909 | **Email:** NJKrocAquatics@use.salvationarmy.org

# KROCS SWIM SCHOOL

## Level 2: Sea Turtles AGES: 6-11

Students learn basic and fundamental swimming skills with recovery support.

**KROC: $108 | NON-MEMBER $168**



### Sea Turtles Schedule

| LESSONS | DATES | TIME | DAY |
|---|---|---|---|
| 6 | 11/2 - 12/7 | 5:30 - 6:00 pm | Mondays |
| 6 | 11/4 - 12/9 | 4:30 - 5:00 pm | Wednesdays |
| 6 | 11/4 - 12/9 | 5:00 - 5:30 pm | Wednesdays |
| 6 | 11/4 - 12/9 | 6:00 - 6:30 pm | Wednesdays |
| 6 | 11/7 - 12/12 | 9:00 - 9:30 am | Saturdays |
| 6 | 11/7 - 12/12 | 11:00 - 11:30 am | Saturdays |
| 6 | 11/1 - 12/6 | 9:00 - 9:30 am | Saturdays |

## Level 3: Stingrays AGES: 7-12

Students will begin basic stroke patterns, including front and back crawl. Must be able to float on stomach and back without assistance.

**KROC: $108 | NON-MEMBER $168**



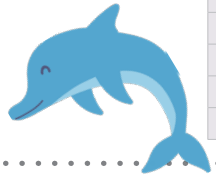
### Stingrays Schedule

| LESSONS | DATES | TIME | DAY |
|---|---|---|---|
| 6 | 11/2 - 12/7 | 6:00 - 6:30 pm | Mondays |
| 6 | 11/4 - 12/9 | 6:00 - 6:30 pm | Wednesdays |
| 6 | 11/4 - 12/9 | 6:30 - 7:00 pm | Wednesdays |
| 6 | 11/7 - 12/12 | 10:00 - 10:30 am | Saturdays |
| 6 | 11/7 - 12/12 | 10:30 - 11:00 am | Saturdays |
| 6 | 11/7 - 12/12 | 11:00 - 11:30 am | Saturdays |
| 6 | 11/1 - 12/6 | 9:30 - 10:00 am | Sundays |

## Level 4: Dolphin AGES: 7+

Participants improve their skills and increase their endurance by swimming familiar strokes for greater distances. Participants also start to learn the back crawl, breaststroke, butterfly, and flip turns on the front and back are also introduced.

**KROC: $108 | NON-MEMBER $168**



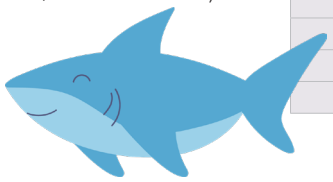
### Dolphins Schedule

| LESSONS | DATES | TIME | DAY |
|---|---|---|---|
| 6 | 11/2 - 12/7 | 6:00 - 6:30 pm | Mondays |
| 6 | 11/4 - 12/9 | 6:00 - 6:30 pm | Wednesdays |
| 6 | 11/4 - 12/9 | 6:30 - 7:00 pm | Wednesdays |
| 6 | 11/7 - 12/12 | 10:30 - 11:00 am | Saturdays |
| 6 | 11/7 - 12/12 | 11:00 - 11:30 am | Saturdays |
| 6 | 11/1 - 12/6 | 10:00 - 10:30 am | Sundays |

## Level 5: Sharks AGES: 7+

Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke) and increase their distances.

**KROC: $108 | NON-MEMBER $168**



### Sharks Schedule

| LESSONS | DATES | TIME | DAY |
|---|---|---|---|
| 6 | 11/2 - 12/7 | 6:00 - 6:30 pm | Mondays |
| 6 | 11/4 - 12/9 | 6:30 - 7:00 pm | Wednesdays |
| 6 | 11/7 - 12/12 | 11:00 - 11:30 am | Saturdays |
| 6 | 11/1 - 12/6 | 10:30 - 11:00 am | Sundays |

## Adult: Beginner AGES:16+

It is never too late to learn to swim! No skill requirement is necessary. We will design instruction to meet the needs of the individual and class so everyone learns at a comfortable pace, in a safe environment.

**KROC: $108 | NON-MEMBER $168**

### Adult Beginner Swim Lessons

| LESSONS | DATES | TIME | DAY |
|---|---|---|---|
| 6 | 11/2 - 12/7 | 5:00 - 5:45 pm | Mondays |
| 6 | 11/3 - 12/8 | 9:00 - 9:45 am | Tuesdays |
| 6 | 11/4 - 12/9 | 4:30 - 5:15 pm | Wednesdays |
| 6 | 11/4 - 12/9 | 5:15 - 6:00 pm | Wednesdays |
| 6 | 11/7 - 12/12 | 9:00 - 9:45 am | Saturdays |
| 6 | 11/7 - 12/12 | 9:45 - 10:30 am | Saturdays |
| 6 | 11/1 - 12/6 | 9:00 - 9:45 am | Sundays |
| 6 | 11/1 - 12/6 | 9:45 - 10:30 am | Sundays |

## Adult: Advanced AGES:16+

Participants will begin to develop confidence in water skills, strokes, and progress to other fundamentals.

**KROC: $108 | NON-MEMBER $168**

### Adult Advanced Swim Lessons

| LESSONS | DATES | TIME | DAY |
|---|---|---|---|
| 6 | 11/2 - 12/7 | 5:45 - 6:30 pm | Mondays |
| 6 | 11/4 - 12/9 | 6:00 - 6:45 pm | Wednesdays |
| 6 | 11/7 - 12/12 | 10:30 - 11:15 am | Saturdays |
| 6 | 11/1 - 12/6 | 10:30 - 11:15 am | Sundays |

# POOL SCHEDULES
SEPTEMBER 8 - DECEMBER 31

## Youth Adaptive Swim AGES: 5-13

Adaptive Swim lessons use techniques that emphasize swimming skills modified or adapted to accommodate individual abilities. Lessons are for those with anxiety, physical, sensory, communication, or behavioral challenges. Classes are kept to student and instructor ratio 2:1. Please contact the Aquatics Department to register at **NJKrocAquatics@use.salvationarmy.org**

**KROC: $108 | NON-MEMBER $168**

### Youth Adaptive Swim Schedule

| LESSONS | DATES | TIME | DAY |
|---|---|---|---|
| 6 | 11/2 - 12/7 | 5:00 - 5:45 pm | Mondays |
| 6 | 11/4 - 12/9 | 5:00 - 5:45 pm | Wednesdays |
| 6 | 11/4 - 12/9 | 5:00 - 5:45 pm | Wednesdays |
| 6 | 11/7 - 12/12 | 9:30 - 10:15 am | Saturdays |
| 6 | 11/7 - 12/12 | 9:30 – 10:15 am | Saturdays |

## Youth Private Swim Lessons AGES: 3-16

One -on-one instruction with our certified water instructors to create a lesson tailored to your individual skill level.

**KROC: $375 | NON-MEMBER $450**

### Youth Private Swim Lessons Schedule

| LESSONS | DATES | TIME | DAY |
|---|---|---|---|
| 6 | 11/2 - 12/7 | 6:45 - 7:15 pm | Mondays |
| 6 | 11/4 - 12/9 | 6:30 - 7:00 pm | Wednesdays |
| 6 | 11/4 - 12/9 | 7:00 - 7:30 pm | Wednesdays |
| 6 | 11/4 - 12/9 | 7:00 - 7:30 pm | Wednesdays |
| 6 | 11/1 - 12/6 | 11:00 - 11:30 am | Sundays |
| 6 | 9/26 - 10/31 | 10:30 - 11:00 am | Saturdays |
| 6 | 9/20 - 10/25 | 11:00 - 11:30 am | Sundays |

## Adult Private Swim Lessons AGES: 16+

One -on-one instruction with our certified water instructors to create a lesson tailored to your individual skill level.

**KROC: $375 | NON-MEMBER $450**

### Adult Private Swim Lessons Schedule

| LESSONS | DATES | TIME | DAY |
|---|---|---|---|
| 6 | 11/4 - 12/9 | 7:00 - 7:30 pm | Wednesdays |
| 6 | 11/7 - 12/12 | 11:15 - 11:45 am | Saturdays |
| 6 | 11/1 - 12/6 | 11:15 - 11:45 am | Sundays |

## Pre-Competitive Swim Clinic AGES:8-16

Build stroke technique and endurance in this six week, twice a week clinic. Swimmers prepare for school or club teams through practice style workouts, including stretching, timed sets, and distance swimming.

**Prerequisite:** Completion of Level 5 or equivalent, or approval based on demonstrated competency and endurance in all four competitive strokes.

**KROC: $162 | NON-MEMBER $252**

### Pre-Competitive Swim Clinic Schedule

| LESSONS | DATES | TIME | DAY |
|---|---|---|---|
| 12 | 11/1 - 12/9 | 10:00 - 10:45 am<br>6:00 - 6:45 pm | Sundays & Wednesday |

## Water Park & Spa Hours

**Tuesdays, Thursdays & Fridays | 4:30pm - 7:30pm (Open Swim)***

**Saturdays | 12:00pm -3:00pm (Member Only Swim)**
**Saturdays | 3:00pm - 7:30pm (Open Swim)***

**Sundays | 12:00pm - 3:00pm (Member Only Swim)**
**Sundays | 3:00pm - 5:30pm (Open Swim)***

***Open Swim* is open to our members and non-members.**
***Non-members must purchase a Water Park Pass to enter.***

## River Walking & Spa

**Monday-Friday 7:00 am-11:00 am**

**Register Online:** CamdenKrocCenter.org
**Call:** 856.379.6909 | **Email:** NJKrocAquatics@use.salvationarmy.org

# POOL SCHEDULES

SEPTEMBER 8 - DECEMBER 31



## COMPETITION POOL HOURS

**Times Subject to change**

### OCTOBER 21 – NOVEMBER 15

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| 6:00am - 4:00pm<br>8 Lanes | 6:00am - 4:00pm<br>8 Lanes | 6:00am - 4:00pm<br>8 Lanes | 6:00am - 4:00pm<br>8 Lanes | 6:00am - 4:00pm<br>8 Lanes | 8:00am - 11:00am<br>2 Lanes | 9:00am - 11:00am<br>6 Lanes |
| 4:00pm - 7:30pm<br>3 Lanes | 4:00pm - 7:30pm<br>4 Lanes | 4:00pm - 7:30pm<br>3 Lanes | 4:00pm - 7:30pm<br>4 Lanes | 4:00pm - 7:30pm<br>4 Lanes | 11:00am - 7:30pm<br>8 Lanes | 11:00am - 5:30pm<br>8 Lanes |

### NOVEMBER 16 – NOVEMBER 30

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| 6:00am - 3:00pm<br>8 Lanes | 6:00am - 3:00pm<br>8 Lanes | 6:00am - 3:00pm<br>8 Lanes | 6:00am - 3:00pm<br>8 Lanes | 6:00am - 3:00pm<br>8 Lanes | 8:00am - 11:00am<br>2 Lanes | 9:00am - 11:00am<br>6 Lanes |
| 4:15pm - 7:30pm<br>3 Lanes | 4:15pm - 7:30pm<br>4 Lanes | 4:15pm - 7:30pm<br>3 Lanes | 4:15pm - 7:30pm<br>4 Lanes | 4:15pm - 7:30pm<br>4 Lanes | 11:00am - 7:30pm<br>8 Lanes | 11:00am - 5:30pm<br>8 Lanes |

### DECEMBER 2 – DECEMBER 31

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| 6:00am - 3:00pm<br>8 Lanes | 6:00am - 3:00pm<br>8 Lanes | 6:00am - 3:00pm<br>8 Lanes | 6:00am - 3:00pm<br>8 Lanes | 6:00am - 3:00pm<br>8 Lanes | 8:00am - 11:00am<br>2 Lanes | 9:00am - 11:00am<br>6 Lanes |
| 4:15pm - 7:30pm<br>3 Lanes | 4:15pm - 5:45pm<br>4 Lanes | 4:15pm - 7:30pm<br>3 Lanes | 4:15pm - 5:45pm<br>4 Lanes | 4:15pm - 7:30pm<br>4 Lanes | CLOSED | 11:00am - 5:30pm<br>8 Lanes |

***COMP POOL CLOSED TUESDAY & THURSDAY 5:45 PM FOR SWIM MEETS***

## POOL CLOSURES

*(Closed for Cleanings and Swim Meets)*

Competition Pool 11/13 from 3pm - 8pm

**Register Online:** CamdenKrocCenter.org

**Call:** 856.379.6909 | **Email:** NJKrocAquatics@use.salvationarmy.org