

# KROC



SEPT 2 -  
DEC 31

**2025**  
SCHEDULE



Scan the QR code to register for important Kroc Center text and email updates!

## OPERATION 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**

**Mondays - Fridays:**

**9am - 12pm & 5pm - 7:30pm**

**Saturdays: 9am - 12pm**



## Member Handbook



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

## WE'RE HIRING

Visit Our Website for all of our Job Opportunities!



Connect with us @CamdenKroc



Facebook



Instagram

Find out more at [CamdenKrocCenter.org](https://CamdenKrocCenter.org)



**CAMDEN**  
**Kroc**  
CORPS COMMUNITY CENTER



*Starts September 15th*  
**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**  
**ESPORTS**  
**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](http://www.camdenkroccenter.org)

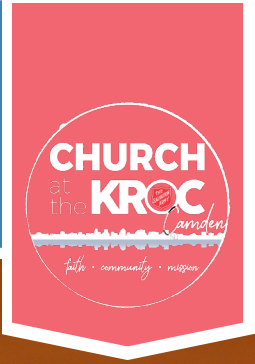
**FOR MORE INFORMATION**  
**(856) 379-6908**

1865 Harrison Avenue - Camden, NJ 08105  
[NJKrocKids@use.salvationarmy.org](mailto:NJKrocKids@use.salvationarmy.org)



**We accept Vouchers.**

Tuition assistance is available.



# CHURCH AT THE KROC

## SEPTEMBER 2 - 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 suffering 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 5th 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 **"Saved to Serve"** based on Ephesians 2:8-10 which says,

"For it is by grace you have been saved, through faith – and this is not from yourselves, it is the gift of God – not by works, so that no one can boast. For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

**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](mailto:NJKrocChurch@use.salvationarmy.org)





# 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



## WOMEN'S MINISTRIES

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

Adult Ministry Room

Nov. 1st, & Dec. 6th

Ages 18+ | 1st Saturdays | 11am



## MEN'S PRAYER BREAKFAST

Men from the area come together to fellowship, support one another, and to grow together in our relationships with God. **No Registration Required.**

Art Room

Nov. 1st, & Dec. 6th

Ages 18+ | 1st Saturdays | 9am



## WOMEN'S BIBLE STUDY

Join us for study, reflection, and discussion on the Book of Revelation. This is an online class, you must contact Lt. Jennifer directly for the link.

Virtual Study

Ages 18+ | Wednesdays | 6pm - 7pm

For More Information contact:

**Lt. Jennifer Pizzirusso,**

[Jennifer.Pizzirusso@use.salvationarmy.org](mailto:Jennifer.Pizzirusso@use.salvationarmy.org)



## 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](mailto:NJKrocFoodPantry@use.salvationarmy.org).





# KROC ARTS & EDUCATION

SEPTEMBER 2 - DECEMBER 31



## ART CLASS

Our Art Program provides a safe and supportive environment for artists of all skill levels to explore their talents in painting, drawing, and other mediums. We believe that art is a powerful tool for self-discovery and exploring emotions. Our class will teach foundational skills and techniques while encouraging students to find their unique voice and express their inner world. Join us to unlock your creativity and connect with others in a welcoming, faith-based community.

**7 Weeks**

**KROC:\$79 | NON-MEMBER: \$105**

Art Room

**November 6th - December 18th**

Ages 8+ | **Thursdays** | 6pm - 8pm



## TIMBRELS

Join our Timbrels class and find your rhythm! This program is designed for beginners and experienced players alike, offering a safe space to learn how to play the tambourine for worship and celebration. We'll explore various beats and movements, teaching you how to use this beautiful instrument to express joy and praise. Come and connect with others in a lively community as we learn to make a joyful noise together.

**7 Weeks**

**KROC: FREE | NON-MEMBER: \$25**

Chapel

**November 7th - December 19th**

Beginners | **Fridays** | 6pm-7pm

Intermediate | **Fridays** | 7pm-8pm



## INTRO TO ACTING

Discover the power of storytelling. Our Introduction to Acting 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. This program is perfect for anyone looking to build confidence, express themselves creatively, and use their gifts to glorify God.

**7 Weeks | Classroom 1**

**KROC:\$79 | NON-MEMBER: \$105**

**November 7th - December 19th**

Ages 5-9 | **Fridays** | 6pm

Ages 10+ | **Fridays** | 7pm

# KROC ARTS & EDUCATION



## PIANO

An exciting introduction to piano for beginner to intermediate-level piano students. Students will learn everything from fundamental keyboard techniques to musicianship skills. 45 minute sessions, open for all ages. All classes are group lessons.

**KROC:\$79 | NON-MEMBER: \$105**

Music Room

**November 4th - December 16th**

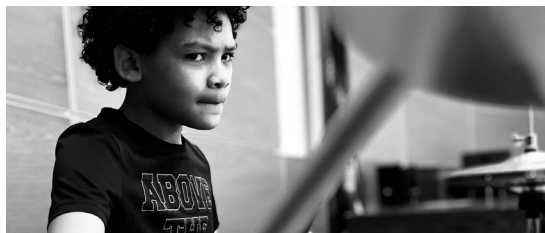
Tuesdays: Early Piano 6pm | Ages 5-6

Tuesdays: All Levels 7pm | Ages 5+

**November 6th - December 18th**

Thursdays: Beginners 6pm

Intermediate 7pm



## BEGINNER 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.

**7 Weeks**

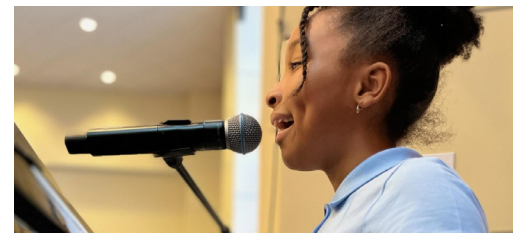
**KROC:\$79 | NON-MEMBER: \$105**

Music Room

**November 5th - December 17th**

Ages 5-9 | **Wednesdays** | 6pm

Ages 10+ | **Wednesdays** | 7pm



## 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.

**7 Weeks**

**KROC:\$79 | NON-MEMBER: \$105**

Chapel

**November 4th - December 16th**

Tuesdays: All Levels 6pm

## MUSIC & ARTS LESSONS Rules:

- All Music Lessons are 7 Weeks.
- 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).
- **Any Classes that land on Thanksgiving Day will be on Wednesday, 11/26.**
- Payments are due by the first class of each session.



# KROC ARTS & EDUCATION



## 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  
Ages 5+ | Mondays | 6pm-8pm



## 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.**

Youth Ministry Room  
Ages 7-17 | Monday-Thursday | 4pm-7:30pm

# THE MUSIC ACADEMY

Discover your voice, explore your creativity, and grow your talent in The Music Academy!

All participants are enrolled in the Kroc Community Choir as the core of the program, where they'll develop vocal technique, performance skills, and teamwork. In addition to choir, each member may choose two (2) music or arts classes per week, allowing them to customize their experience—whether that's learning an instrument, exploring the arts, or enhancing musical skills. This well-rounded program is designed to inspire confidence, discipline, and a lifelong love of the arts.

## SCHEDULE OF CLASSES:

### Monday

Kroc Community Choir | 6-8pm

### Tuesday

Voice | All Levels | 6pm  
Early Piano | Ages 5-6 | 6pm  
All Levels Piano | Ages 5+ | 7pm

### Wednesday

Drums | Ages 5+ | 6-7 pm  
Drums | Ages 10+ | 7-8pm

### Thursday

Art Class | Ages 8+ | 6-8pm  
Piano | Beginners | 6-7pm  
Piano | Intermediate | 7-8pm

### Friday

Timbrels | Beginners | 6-7pm  
Timbrels | Intermediate | 7-8pm  
Intro to Acting | Ages 5-9 | 6-7pm  
Intro to Acting | Ages 10+ | 7-8pm

**7 Weeks for 3 Classes**

**KROC:\$85 | NON-MEMBER: \$115**





# FULL GYM SCHEDULE

## SEPTEMBER 2 - DECEMBER 31

# OCTOBER

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

Fall Basketball Clinic: September 8 - October 1  
4 weeks program: **KROC: \$40** | **NON-MEMBER: \$60**

Learn the fundamentals of basketball skills such as footwork, dribbling, shooting, rebounds and passing, will greatly increase each player's chance of experiencing future team success.

Grades 2-5 | Mondays | 5:30 - 7pm  
Grades 6-8 | Wednesdays | 5:30 - 7pm

Fall Basketball League: October 6 –November 22  
7 weeks program: **KROC: \$75** | **NON-MEMBER: \$90** | **Teams: \$250** (10 Players Per Team)

Grades 3-5 | Mondays | 5:30 - 7pm  
Grades 6-8 | Wednesdays | 5:30 - 7pm  
Games | Saturdays | 10am - 2pm

Mt. Kroc | Ages 4+ | October 6 - November 17  
7 week program: **KROC:\$30** | **NON-MEMBER: \$50**  
Mondays | 5pm – 6pm

Climbing program where you will learn how to climb using proper techniques and fun games to scale our rock wall. Parents are welcome to register to climb along with their child.

High School Volleyball League: September 14 - November 16  
10 week program: **KROC:\$30** | **NON-MEMBER: \$55**

Sundays | Grades 9-12 | 12:15pm-3pm

Volleyball provides a dynamic environment for players to enhance their skills, compete, and have fun. The league focuses on teamwork, sportsmanship, and developing advanced techniques like setting, serving, and spiking.

\*Village Initiative: A free open gym open to the public sponsored by the Camden County Police Department. All ages are welcome to participate in open gym basketball, resources, food, and receive complimentary haircuts. Please enter in Entrance A to come.





# Recreation Schedule

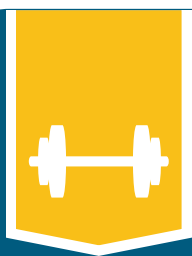
SEPTEMBER 2 - DECEMBER 31

## NOVEMBER

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

## DECEMBER

| SUNDAY  | MONDAY                                      | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY                                    |
|---|---|---|--|--|--|---|
|   | <sup>1</sup> <b>OPEN GYM</b><br>6am-7:45pm  | <sup>2</sup> <b>PICKLEBALL</b><br>9am-12pm<br><b>OPEN GYM</b><br>12:15pm-7:45pm | <sup>3</sup> <b>OPEN GYM</b><br>6am-7:45pm                             | <sup>4</sup> <b>PICKLEBALL</b><br>9am-12pm<br><b>OPEN GYM</b><br>12:15pm-7:45pm  | <sup>5</sup> <b>OPEN GYM</b><br>6am-7:45pm                                       | <sup>6</sup> <b>OPEN GYM</b><br>8am-7:45pm  |
| <sup>7</sup> <b>18+ OPEN GYM</b><br>9am-12pm  | <sup>8</sup> <b>OPEN GYM</b><br>6am-7:45pm  | <sup>9</sup> <b>PICKLEBALL</b><br>9am-12pm<br><b>OPEN GYM</b><br>12:15pm-7:45pm | <sup>10</sup> <b>OPEN GYM</b><br>6am-7:45pm                            | <sup>11</sup> <b>PICKLEBALL</b><br>9am-12pm<br><b>OPEN GYM</b><br>12:15pm-7:45pm | <sup>12</sup> <b>OPEN GYM</b><br>6am-7:45pm                                      | <sup>13</sup> <b>OPEN GYM</b><br>8am-7:45pm |
| <sup>14</sup> <b>18+ OPEN GYM</b><br>9am-12pm | <sup>15</sup> <b>OPEN GYM</b><br>6am-7:45pm | <sup>16</sup> <b>PICKLEBALL</b><br>9am-12pm<br><b>OPEN GYM</b><br>5pm-7:45pm    | <sup>17</sup> <b>OPEN GYM</b><br>6am-12pm                              | <sup>18</sup> <b>PICKLEBALL</b><br>9am-12pm<br><b>OPEN GYM</b><br>5pm-7:45pm     | <sup>19</sup> <b>OPEN GYM</b><br>6am-5:30pm<br>Village Initiative*<br>5:30pm-9pm | <sup>20</sup> <b>OPEN GYM</b><br>8am-7:45pm |
| <sup>21</sup> <b>18+ OPEN GYM</b><br>9am-12pm | <sup>22</sup> <b>OPEN GYM</b><br>6am-7:45pm | <sup>23</sup> <b>OPEN GYM</b><br>12:15pm-7:45pm                                 | <sup>24</sup> <b>CHRISTMAS EVE</b><br><b>BUILDING</b><br><b>CLOSED</b> | <sup>25</sup> <b>CHRISTMAS DAY</b><br><b>BUILDING</b><br><b>CLOSED</b>           | <sup>26</sup> <b>OPEN GYM</b><br>6am-7:45pm                                      | <sup>27</sup> <b>OPEN GYM</b><br>8am-7:45pm |
| <sup>28</sup> <b>18+ OPEN GYM</b><br>9am-12pm | <sup>29</sup> <b>OPEN GYM</b><br>6am-7:45pm | <sup>30</sup> <b>OPEN GYM</b><br>6am-7:45pm                                     | <sup>31</sup> <b>NEW YEARS EVE</b><br><b>BUILDING</b><br><b>CLOSED</b> |  |  |   |



# Fitness & Aquatics Group Fitness Schedule SEPTEMBER 2 - DECEMBER 31

|         | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  |
|---------|--|---|--|---|--|---|
| 8:00am  |  | Aqua Exercise<br>(Michelle G)<br><b>8:00-8:45am</b><br>Water Park |  | Aqua Exercise<br>(Michelle G)<br><b>8:00-8:45am</b><br>Water Park |  |   |
| 9:00AM  | Senior Fit<br>(Kyla)<br><b>9:00am-10:00am</b><br>Studio C    |   | Aqua Fit<br>(Linda)<br><b>9:00am-9:45am</b><br>Water Park                |   | Senior Fit<br>(Siria)<br><b>9:00am-10:00am</b><br>Studio C     | Cycle<br>(Theresa)<br><b>9:00am-10:00am</b><br>Studio B           |
| 10:00am | Senior Fit<br>(Kyla)<br><b>10:00am-11:00am</b><br>Studio C   | Slow Flow Yoga®<br>(Alex)<br><b>10:00am-11:00am</b><br>Studio C   | Senior Fit<br>(Danielle)<br><b>10:00am-11:00am</b><br>Multi-Purpose Room | Chair Yoga<br>(Danielle)<br><b>10:00am-11:00am</b><br>Studio C    | Cycle/Stretch<br>(Siria)<br><b>10:00am-11:00am</b><br>Studio B | Circuit Training<br>(Kevin)<br><b>10:00am-11:00am</b><br>Studio A |
| 5:30pm  | Cycle<br>(Kevin)<br><b>5:30pm-6:30pm</b><br>Studio B         | Cycle<br>(Lionel)<br><b>5:30pm-6:30pm</b><br>Studio B             | Circuit Training<br>(Kevin)<br><b>5:30pm-6:30pm</b><br>Studio A          | Cycle<br>(Theresa)<br><b>5:30pm-6:30pm</b><br>Studio B            |  |   |
| 6:30pm  | Core & More<br>(Lakesha)<br><b>6:30pm-7:30pm</b><br>Studio C | Yoga®<br>(Sarah)<br><b>6:30pm-7:30pm</b><br>Studio C              | Step Aerobics<br>(Lakesha)<br><b>6:30pm-6:30pm</b><br>Studio C           | Pilates®<br>(Morgan)<br><b>6:30pm-7:30pm</b><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.

## Circuit Training AGES: 16+

High intensity group exercising class utilizing our new Sports Performance training room.

## 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.

## Core & More AGES: 16+

Exercises that focus from the abdominals out. The class utilizes your body weight, free weights, and resistance tubing to challenge your balance and engaging your mid-section. The second half of class will focus on stretching frequently used muscles in your workouts.

## Cycle/Stretch AGES: 16+

Join us for a balanced 60-minute session designed to enhance both stamina and flexibility. 30 minutes of low impact cycling followed by 30 minutes of stretch and mobility to boost endurance and relieve tension.

## Pilates®

Pilates concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.

## 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.



## 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: [Cheli.Kramer@use.salvationarmy.org](mailto:Cheli.Kramer@use.salvationarmy.org).



# KROCS SWIM SCHOOL

SEPTEMBER 2 - DECEMBER 31

## Fall Swim Lessons

All Classes are 6 Weeks.  
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). Sign up early.

Payments are due by the first class of each session.

Registration for classes opens for

**Session 1** Kroc: 9/10 Non-members: 9/15

**Session 2** Kroc: 10/22 Non-members: 10/27

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 \$150**



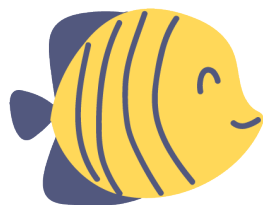
### Starfish's Schedule

| LESSONS | DATES        | TIME             | DAY        |
|---------|--------------|------------------|------------|
| 6       | 11/3 - 12/8  | 5:00 - 5:30 pm   | Mondays    |
| 6       | 11/5 - 12/10 | 4:30 - 5:00 pm   | Wednesdays |
| 6       | 11/8 - 12/13 | 9:00 - 9:30 am   | Saturdays  |
| 6       | 11/8 - 12/13 | 10:00 - 10:30 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 \$150**



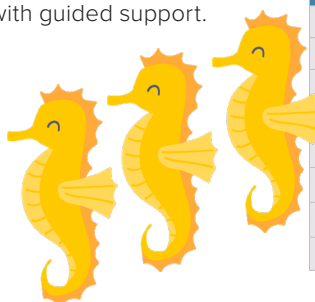
### Guppies Schedule

| LESSONS | DATES        | TIME             | DAY        |
|---------|--------------|------------------|------------|
| 6       | 11/3 - 12/8  | 5:00 - 5:30 pm   | Mondays    |
| 6       | 11/3 - 12/8  | 5:30 - 6:00 pm   | Mondays    |
| 6       | 11/5 - 12/10 | 4:30 - 5:00 pm   | Wednesdays |
| 6       | 11/5 - 12/10 | 4:30 - 5:00 pm   | Wednesdays |
| 6       | 11/5 - 12/10 | 6:00 - 6:30 pm   | Wednesdays |
| 6       | 11/5 - 12/10 | 5:30 - 6:00 pm   | Wednesdays |
| 6       | 11/8 - 12/13 | 9:00 - 9:30 am   | Saturdays  |
| 6       | 11/8 - 12/13 | 9:30 - 10:00 am  | Saturdays  |
| 6       | 11/8 - 12/13 | 10:30 - 11:00 am | Saturdays  |
| 6       | 11/8 - 12/13 | 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 \$150**



### Seahorse Schedule

| LESSONS | DATES        | TIME             | DAY        |
|---------|--------------|------------------|------------|
| 6       | 11/3 - 12/8  | 5:00 - 5:30 pm   | Mondays    |
| 6       | 11/3 - 12/8  | 6:00 - 6:30 pm   | Mondays    |
| 6       | 11/5 - 12/10 | 5:00 - 5:30 pm   | Wednesdays |
| 6       | 11/5 - 12/10 | 6:00 - 6:30 pm   | Wednesdays |
| 6       | 11/5 - 12/10 | 6:30 - 7:00 pm   | Wednesdays |
| 6       | 11/8 - 12/13 | 9:00 - 9:30 am   | Saturdays  |
| 6       | 11/8 - 12/13 | 9:30 - 10:00 am  | Saturdays  |
| 6       | 11/8 - 12/13 | 10:00 - 10:30 am | Saturdays  |

Register Online: [CamdenKrocCenter.org](http://CamdenKrocCenter.org)

Call: 856.379.6909 | Email: [NJKrocAquatics@use.salvationarmy.org](mailto:NJKrocAquatics@use.salvationarmy.org)

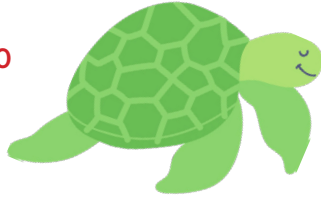


# KROCS SWIM SCHOOL

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

Students learn basic and fundamental swimming skills with recovery support.

**KROC: \$108 | NON-MEMBER \$150**



## Sea Turtles Schedule

| LESSONS | DATES        | TIME             | DAY        |
|---------|--------------|------------------|------------|
| 6       | 11/3 - 12/8  | 6:00 - 6:30 pm   | Mondays    |
| 6       | 11/5 - 12/10 | 4:30 - 5:00 pm   | Wednesdays |
| 6       | 11/5 - 12/10 | 5:00 - 5:30 pm   | Wednesdays |
| 6       | 11/5 - 12/10 | 6:30 - 7:00 pm   | Wednesdays |
| 6       | 11/8 - 12/13 | 9:30 - 10:00 am  | Saturdays  |
| 6       | 11/8 - 12/13 | 10:30 - 11:00 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 \$150**



## Stingrays Schedule

| LESSONS | DATES        | TIME           | DAY        |
|---------|--------------|----------------|------------|
| 6       | 11/3 - 12/8  | 6:30 - 7:00 pm | Mondays    |
| 6       | 11/5 - 12/10 | 6:30 - 7:00 pm | Wednesdays |
| 6       | 11/8 - 12/13 | 10:00-10:30 am | Saturdays  |
| 6       | 11/8 - 12/13 | 11:00-11:30 am | Saturdays  |

## 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 \$150**



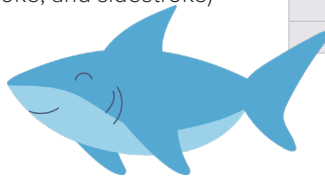
## Dolphins Schedule

| LESSONS | DATES        | TIME             | DAY        |
|---------|--------------|------------------|------------|
| 6       | 11/3 - 12/8  | 6:30 - 7:00 pm   | Mondays    |
| 6       | 11/5 - 12/10 | 6:30 - 7:00 pm   | Wednesdays |
| 6       | 11/8 - 12/13 | 11:00 - 11:30 am | Saturdays  |

## 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 \$150**



## Sharks Schedule

| LESSONS | DATES        | TIME             | DAY        |
|---------|--------------|------------------|------------|
| 6       | 11/5 - 12/10 | 6:30 - 7:00 pm   | Wednesdays |
| 6       | 11/8 - 12/13 | 11:00 - 11:30 am | Saturdays  |

## Adult Kroc 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 \$150**

## Adult Swim Lessons

| LESSONS | DATES        | TIME             | DAY        |
|---------|--------------|------------------|------------|
| 6       | 11/3 - 12/8  | 5:00 - 5:45 pm   | Mondays    |
| 6       | 11/3 - 12/8  | 5:45 - 6:30 pm   | Mondays    |
| 6       | 11/4 - 12/9  | 9:00 - 9:45 am   | Tuesdays   |
| 6       | 11/5 - 12/10 | 4:15 - 5:00 pm   | Wednesdays |
| 6       | 11/5 - 12/10 | 5:00 - 5:45 pm   | Wednesdays |
| 6       | 11/5 - 12/10 | 5:45 - 6:30 pm   | Wednesdays |
| 6       | 11/8 - 12/13 | 9:00 - 9:45 am   | Saturdays  |
| 6       | 11/8 - 12/13 | 9:45 - 10:30 am  | Saturdays  |
| 6       | 11/8 - 12/13 | 10:30 - 11:15 pm | Saturdays  |

## 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 \$150**

## Youth Adaptive Swim Schedule

| LESSONS | DATES        | TIME           | DAY        |
|---------|--------------|----------------|------------|
| 6       | 11/5 - 12/10 | 5:00 - 5:45 pm | Wednesdays |
| 6       | 11/5 - 12/10 | 5:30 - 6:15 pm | Wednesdays |



# POOL SCHEDULES

SEPTEMBER 2 - DECEMBER 31

## COMPETITION POOL HOURS

*\*Times Subject to change\**

### OCTOBER 22 – NOVEMBER 16

| 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>2 Lanes |
| 4:00pm - 7:30pm<br>2 Lanes | 4:00pm - 7:30pm<br>2 Lanes | 4:00pm - 7:30pm<br>2 Lanes | 4:00pm - 7:30pm<br>2 Lanes | 4:00pm - 7:30pm<br>2 Lanes | 11:00pm - 7:30pm<br>8 Lanes | 11:00am - 5:30pm<br>8 Lanes |

### NOVEMBER 17 – DECEMBER 1

| 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>8 Lanes |
| 4:15pm - 7:30pm<br>2 Lanes | 4:15pm - 7:30pm<br>2 Lanes | 4:15pm - 7:30pm<br>2 Lanes | 4:15pm - 7:30pm<br>2 Lanes | 4:15pm - 7:30pm<br>2 Lanes | 11:00pm - 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>8 Lanes |
| 4:15pm - 7:30pm<br>2 Lanes | 4:15pm - 6:00pm<br>2 Lanes | 4:15pm - 7:30pm<br>2 Lanes | 4:15pm - 6:00pm<br>2 Lanes | 4:15pm - 7:30pm<br>2 Lanes | <b>CLOSED</b>               | 11:00am - 5:30pm<br>8 Lanes |



## 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)

## River Walking & Spa

Monday-Fridays | 7:00am - 11:00am

## POOL CLOSURES

(Closed for Swim Meets)

Competition Pool 11/15 & 11/16

Register Online: [CamdenKrocCenter.org](https://CamdenKrocCenter.org)

Call: 856.379.6909 | Email: [NJKrocAquatics@use.salvationarmy.org](mailto:NJKrocAquatics@use.salvationarmy.org)





# Give with Joy

By partnering with The Salvation Army Camden Kroc Center, you help our neighbors and friends in need in Camden, Burlington, and Gloucester Counties! The Christmas Season is a joyous one, but families in our community often need additional support and blessings to enjoy the Holidays and spend precious time with loved ones. THANKS TO YOUR EFFORTS at the RED KETTLE – nearly 10,000 individuals will have nutritious Holiday meals, brand-new toys under the Christmas Tree, and peace of mind. You will make a real difference for local families.



## We have 2 ways to "RING THE BELL" once again this year:

Ring the Bell at one of our High-Traffic Retail Locations! From **November 28 – December 24, 2025** Wednesdays thru Saturdays, bring yourself or your whole family, team, or group! Locations in Burlington, Camden and Gloucester Counties. We have full day shifts 12-8pm and 4 hour shifts; 12-4pm; 4-8pm! Are you a NEW volunteer? Start your journey at [CamdenKrocCenter.org](http://CamdenKrocCenter.org) under Get Involved click Volunteers.

### TO VOLUNTEER CONTACT:

Email: [Dawn.Garlic@use.salvationarmy.org](mailto:Dawn.Garlic@use.salvationarmy.org)

Call: 856.379.4861



Host an Online Red Kettle (and let Friends and Family know)! **Scan to Get Started!** For more information email; [Benjamin.Ovadia@use.salvationarmy.org](mailto:Benjamin.Ovadia@use.salvationarmy.org)