

KROC



JAN 2 -
MAR 31

2026
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



CAMDEN
Kroc
CORPS COMMUNITY CENTER

YOU *personally* HERE

\$20 Adult Per Month

\$10 Child Per Month

The Kroc Center fitness area features 35 pieces of cardio and weight training equipment with plenty of room for free lifting.

- Access to all guest facilities during open scheduled hours including: the Aquatic Center with 8-lane competition pool and Water Park; Fitness Center including fitness equipment and free weights; Gymnasium.
- Numerous free fitness and aquatic classes weekly.
- Complimentary use of athletic equipment including jump ropes, yoga mats and basketballs.



Personal Training

Personal training is available by appointment and fitness staff is available to help you use the machines for optimal training performance.



Fitness Classes

Better health leads to a better you. Each day, numerous classes are offered for different interests and abilities. Find the right class for you today!



Lap Swimming

Our 8-lane, 25-yard competition pool is for the more serious swimmer/fitness enthusiast and goes from 4' to 7' in depth.

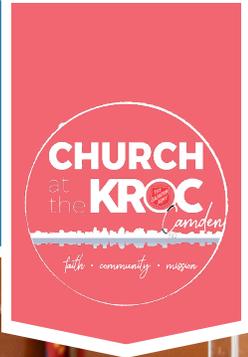
For More Information Call:
856-379-6900
CamdenKrocCenter.org



The Salvation Army
1865 Harrison Avenue
Camden, NJ 08105
f i t @CamdenKroc

CHURCH AT THE KROC

JANUARY 2 - MARCH 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



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

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

Adult Ministry Room

January 3rd, February 7th, & March 7th
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

January 3rd, February 7th, & March 7th
Ages 18+ | 1st Saturdays | 9am



WOMEN'S BIBLE STUDY

Join us for study, reflection, and discussion on the Book of Matthew. 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



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.



KROC ARTS & EDUCATION

JANUARY 2 - MARCH 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.

6 Weeks

KROC: \$68 | NON-MEMBER: \$94

Art Room

January 8 – February 12

Ages 8+ | **Thursdays** | 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

Ages 5+ | **Mondays** | 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.

6 Weeks

KROC: FREE | NON-MEMBER: \$25

Chapel

January 9 – February 13

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

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

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: \$68 | NON-MEMBER: \$94

Music Room

January 6 – February 10

Tuesdays: Beginners 6pm | Ages 5-9

Tuesdays: Intermediate 7pm | Ages 5-9

January 8 – February 12

Thursdays: Beginners 6pm | Ages 10+

Intermediate 7pm | Ages 10+



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.

6 Weeks

KROC: \$68 | NON-MEMBER: \$94

Music Room

January 7 – February 11

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.

6 Weeks

KROC: \$68 | NON-MEMBER: \$94

Chapel

January 6 – February 10

Tuesdays: All Levels 6pm

MUSIC & ARTS LESSONS Rules:

- **Winter Session 1: January 5 – February 13**
- **Winter Session 2: February 16 – March 27**
- 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.

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

Piano | Beginners | 6-7pm | Ages 5-9

Piano | Intermediate | 7-8pm | Ages 5-9

Wednesday

Drums | Ages 5-9 | 6-7 pm

Drums | Ages 10+ | 7-8pm

Thursday

Art Class | Ages 8+ | 6-7:30pm

Piano | Beginners | 6-7pm | Ages 10+

Piano | Intermediate | 7-8pm | Ages 10+

Friday

Timbrels | Beginners | 6-7pm

Timbrels | Intermediate | 7-8pm

6 Weeks for 3 Classes

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

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



FULL GYM SCHEDULE

JANUARY 2 - MARCH 31

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 NEWS YEAR DAY BUILDING CLOSED	2 OPEN GYM 6am-7:45pm	3 OPEN GYM 8am-7:45pm
4 18+ OPEN GYM 9am-12pm	5 OPEN GYM 6am-4pm PICKLEBALL 5pm-7:30pm	6 PICKLEBALL 9am-12pm OPEN GYM 12:15pm-7:45pm	7 OPEN GYM 6am-7:45pm	8 PICKLEBALL 9am-12pm OPEN GYM 12:15pm-7:45pm	9 OPEN GYM 6am-7:45pm	10 OPEN GYM 8am-7:45pm
11 18+ OPEN GYM 9am-12pm	12 OPEN GYM 6am-4pm PICKLEBALL 5pm-7:30pm	13 PICKLEBALL 9am-12pm OPEN GYM 12:15pm-7:45pm	14 OPEN GYM 6am-7:45pm	15 PICKLEBALL 9am-12pm OPEN GYM 12:15pm-7:45pm	16 OPEN GYM 1pm-7:45pm	17 OPEN GYM 8am-9:45am INDOOR SOCCER 10am-12pm OPEN GYM 12:15pm-7:45pm
18 18+ OPEN GYM 9am-12pm VOLLEYBALL 12:15pm-3pm	19 MLK DAY BUILDING CLOSED	20 PICKLEBALL 9am-12pm OPEN GYM 12:15pm-4pm BASKETBALL LEAGUE 4pm-7:45pm	21 OPEN GYM 6am-4pm BASKETBALL LEAGUE 4pm-7:45pm	22 PICKLEBALL 9am-12pm	23 OPEN GYM 6am-5:30pm Village Initiative* 5:30pm-9pm	24 CLOSED FOR EVENT
25 18+ OPEN GYM 9am-12pm VOLLEYBALL 12:15pm-3pm	26 OPEN GYM 6am-4pm PICKLEBALL 5pm-7:30pm	27 PICKLEBALL 9am-12pm OPEN GYM 12:15pm-4pm BASKETBALL LEAGUE 4pm-7:45pm	28 OPEN GYM 6am-4pm BASKETBALL LEAGUE 4pm-7:45pm	29 PICKLEBALL 9am-12pm OPEN GYM 12:15pm-4pm BASKETBALL LEAGUE 4pm-7:45pm	30 OPEN GYM 6am-7:45pm	31 OPEN GYM 8am-9:45am INDOOR SOCCER 10am-12pm ADULT BASKETBALL 1pm-7:30pm

Winter Basketball League: January 20 – March 19 (No Games the week of February 16th)
8 weeks program

KROC: \$75 | NON-MEMBER: \$90 | Teams: \$250 (10 Players Per Team)

Grades 5-8 | Tuesday, Wednesday & Thursday | 4pm - 7:45pm

Adult Basketball League: January 31 – March 21
8 weeks program: **Teams: \$350 (10 Players Per Team)**

Saturdays | 1pm - 7:45pm

Mt. Kroc | Ages 4+ | January 26 – March 9
7 week program: **KROC:\$55 | NON-MEMBER: \$75**
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.

Indoor Soccer Clinic: January 17 – February 28 (No Class January 24)
6 week program: **KROC:\$50 | NON-MEMBER: \$69**
Saturdays | Grades 3-9 | 10am-12pm

Our Indoor Soccer Clinic offers players the opportunity to improve their skills in a focused, supportive environment. Participants will work on essential techniques like dribbling, passing, shooting, and defensive strategies, guided by experienced coaches.

High School Volleyball Clinic: January 18 – March 8
8 week program: **KROC:\$40 | NON-MEMBER: \$65**

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.



Recreation Schedule

JANUARY 2 - MARCH 31

FEBRUARY

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

MARCH

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



Fitness & Aquatics Group Fitness Schedule JANUARY 2 - MARCH 31

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

FITNESS ROOM HOURS

MON - FRI

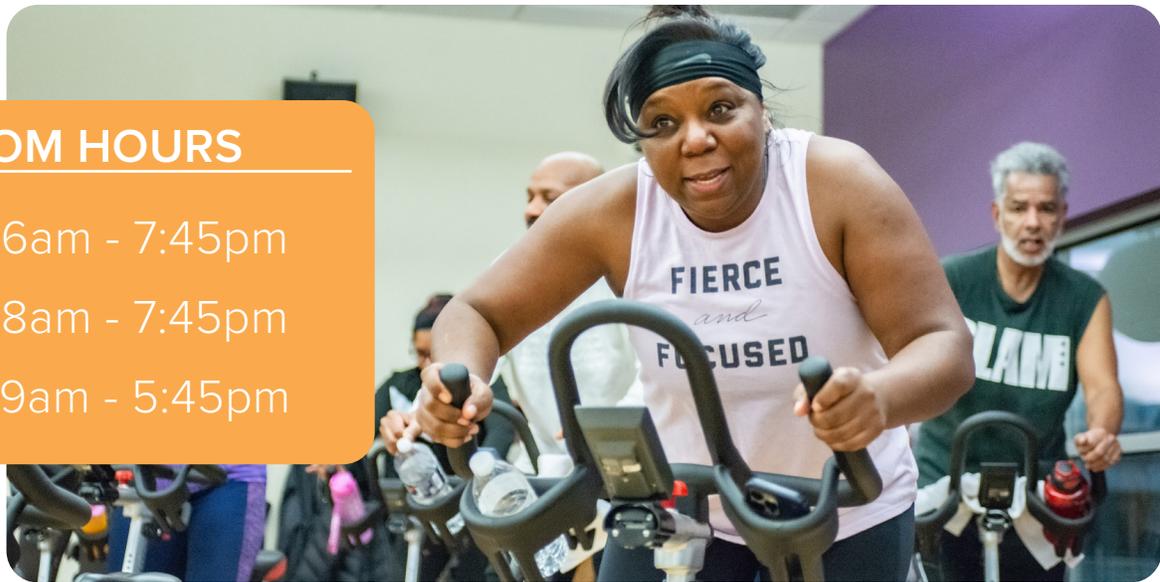
6am - 7:45pm

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



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.

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.



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.

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.



KROCS SWIM SCHOOL

JANUARY 2 - MARCH 31

Winter 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 1: Kroc: 12/15 Non-members: 12/20
Session 2: Kroc: 2/6 Non-members: 2/11

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



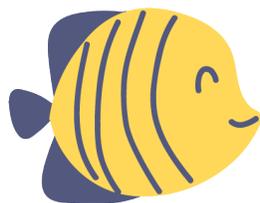
Starfish's Schedule

LESSONS	DATES	TIME	DAY
6	1/7 - 2/11	4:30 - 5:00 pm	Wednesdays
6	1/10 - 2/14	9:00 - 9:30 am	Saturdays
6	1/10 - 2/14	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	1/5 - 2/16	5:00 - 5:30 pm	Mondays
6	1/5 - 2/16	6:00 - 6:30 pm	Mondays
6	1/7 - 2/11	4:30 - 5:00 pm	Wednesdays
6	1/7 - 2/11	4:30 - 5:00 pm	Wednesdays
6	1/7 - 2/11	6:00 - 6:30 pm	Wednesdays
6	1/10 - 2/14	9:00 - 9:30 am	Saturdays
6	1/10 - 2/14	9:30 - 10:00 am	Saturdays
6	1/10 - 2/14	10:30 - 11:00 am	Saturdays
6	1/10 - 2/14	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	1/5 - 2/16	5:30 - 6:00 pm	Mondays
6	1/7 - 2/11	5:00 - 5:30 pm	Wednesdays
6	1/7 - 2/11	6:00 - 6:30 pm	Wednesdays
6	1/7 - 2/11	6:30 - 7:00 pm	Wednesdays
6	1/10 - 2/14	9:00 - 9:30 am	Saturdays
6	1/10 - 2/14	9:30 - 10:00 am	Saturdays
6	1/10 - 2/14	10:00 - 10:30 am	Saturdays

Register Online: CamdenKrocCenter.org

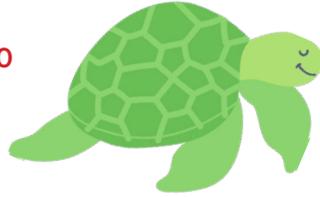
Call: 856.379.6909 | Email: NJKrocAquatics@use.salvationarmy.org

KROCS SWIM SCHOOL

Level 2: Sea Turtles AGES: 6-11

Students learn basic and fundamental swimming skills with recovery support.

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



Sea Turtles Schedule

LESSONS	DATES	TIME	DAY
6	1/7 - 2/11	4:30 - 5:00 pm	Wednesdays
6	1/7 - 2/11	5:00 - 5:30 pm	Wednesdays
6	1/10 - 2/14	9:30 - 10:00 am	Saturdays
6	1/10 - 2/14	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	1/5 - 2/16	6:30 - 7:00 pm	Mondays
6	1/7 - 2/11	6:30 - 7:00 pm	Wednesdays
6	1/10 - 2/14	10:00-10:30 am	Saturdays
6	1/10 - 2/14	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



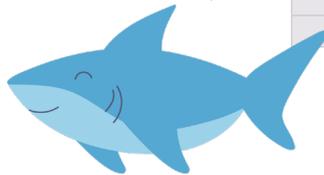
Dolphins Schedule

LESSONS	DATES	TIME	DAY
6	1/7 - 2/11	6:30 - 7:00 pm	Wednesdays
6	1/10 - 2/14	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	1/7 - 2/11	6:30 - 7:00 pm	Wednesdays
6	1/10 - 2/14	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	1/5 - 2/16	5:00 - 5:45 pm	Mondays
6	1/5 - 2/16	5:45 - 6:30 pm	Mondays
6	1/6 - 2/12	9:00 - 9:45 am	Tuesdays
6	1/7 - 2/11	4:15 - 5:00 pm	Wednesdays
6	1/7 - 2/11	5:00 - 5:45 pm	Wednesdays
6	1/7 - 2/11	5:45 - 6:30 pm	Wednesdays
6	1/10 - 2/14	9:00 - 9:45 am	Saturdays
6	1/10 - 2/14	9:45 - 10:30 am	Saturdays
6	1/10 - 2/14	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	1/7 - 2/11	5:00 - 5:45 pm	Wednesdays
6	1/7 - 2/11	5:30 - 6:15 pm	Wednesdays



POOL SCHEDULES

JANUARY 2 - MARCH 31

COMPETITION POOL HOURS

Times Subject to change

JANUARY 4 – FEBRUARY 9

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

FEBRUARY 10 – MARCH 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am - 4:00pm 8 Lanes	8:00am - 11:00am 2 Lanes	9:00am - 11:00am 8 Lanes				
4:00pm - 7:30pm 2 Lanes	11:00pm - 7:30pm 8 Lanes	11:00am - 5:30pm 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)

Register Online: CamdenKrocCenter.org

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

River Walking & Spa

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

POOL CLOSURES

(Closed for Swim Meets)

Competition Pool

January 17th and 18th

February 21st and 22nd



THE SALVATION ARMY

WE ACCEPT
VOUCHERS

KROC SUMMER Camp



EDUCATION



SPORTS



& MUCH MORE

JUNE 29 – AUGUST 14, 2026

7:30AM – 5:30PM

7 WEEKS OF CAMP FOR AGES 5-12

All Campers will participate in aquatics, education, art, music & Character-Building classes plus two electives throughout the summer!

REGISTRATION OPENS FEBRUARY 16TH

For More Information Visit our Website OR Contact Us:

NJKrocKids@use.salvationarmy.org

(856) 379-6908