

# KROC



JUN 20 -  
SEPT 7

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

Monday & Tuesday | 3:30pm - 7:30pm *(Open Swim)*  
Thursday & Friday | 3:30pm - 7:30pm *(Member Only)*  
Saturday | 12:00pm - 7:30pm *(Member Only)*  
Sunday | 12:00pm - 5:30pm *(Open Swim)*

**4th of July Hours: Building Open 11am-4pm, Pools Open 12pm-3pm**

## 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](http://CamdenKrocCenter.org)



CAMDEN  
**Kroc**  
CORPS COMMUNITY CENTER

# YOU *person* 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  
Facebook Instagram Twitter @CamdenKroc

# CHURCH AT THE KROC

## JUNE 20 - SEPTEMBER 7



**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 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  
September 5th  
Ages 18+ | Saturday | 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.**

Art Room  
August 1st & September 5th  
Ages 18+ | Saturdays | 9am

## FAMILY FELLOWSHIP NIGHTS

Trivia & Trail Mix

**SATURDAY, JUNE 20TH**

5:30pm - Multi-Purpose Room

Popcorn & A Movie

**FRIDAY, JULY 10TH**

5:30pm - Multi-Purpose Room

Burgers & Board Games

**FRIDAY, AUGUST 14TH**

5:30pm - Pool Patio (Weather Permitted)

Join us for Family Fellowship Nights at the Kroc Center, a fun and welcoming evening designed for families to connect, build relationships, and enjoy time together. Adults are required to remain with their children throughout the entire event. Everyone is welcome and we look forward to seeing you there!



## 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).



# Recreation Schedule

JUNE 20 - SEPTEMBER 7

## JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<sup>20</sup> <b>OPEN GYM</b> 8am-7:45pm
<sup>21</sup> <b>18+ OPEN GYM</b> 9am-12pm <b>VOLLEYBALL CLINIC</b> 12:15pm-2pm <b>18+ VOLLEYBALL CLINIC</b> 2:15pm-4:15pm	<sup>22</sup> <b>OPEN GYM</b> 6am-4pm <b>BASKETBALL LEAGUE</b> 4pm-7:45pm	<sup>23</sup> <b>OPEN GYM</b> 6am-4pm <b>BASKETBALL LEAGUE</b> 4pm-7:45pm	<sup>24</sup> <b>OPEN GYM</b> 6am-4pm 4pm-7:45pm	<sup>25</sup> <b>OPEN GYM</b> 6am-4pm <b>BASKETBALL LEAGUE</b> 4pm-7:45pm	<sup>26</sup> <b>OPEN GYM</b> 6am-7:45pm Village Initiative* 5pm-9pm	<sup>27</sup> <b>OPEN GYM</b> 8am-9:30am <b>BASKETBALL CLINIC</b> 10am-12pm <b>OPEN GYM</b> 12pm-7:45pm
<sup>28</sup> <b>18+ OPEN GYM</b> 9am-12pm <b>RWV BASKETBALL</b> 1pm-4pm	<sup>29</sup> <b>OPEN GYM</b> 6am-7:30am <b>BASKETBALL LEAGUE</b> 4pm-7:45pm	<sup>30</sup> <b>OPEN GYM</b> 6am-7:30am <b>BASKETBALL LEAGUE</b> 4pm-7:45pm				

Summer Basketball League: June 22 – August 13  
**KROC: \$75 | NON-MEMBER: \$90 | Teams: \$250 (10 Players Per Team)**

Grades 5-8 | Monday, Tuesday & Thursday | 4pm - 8pm

Summer Basketball Clinic: June 27 – August 8  
 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

Mt. Kroc | Ages 4+  
**Session 1: June 22 – July 20 | Session 2: July 27 – August 24**  
 5 week program: **KROC: \$40 | NON-MEMBER: \$55**  
 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.

**T-Ball Clinic: June 22 – July 23**  
 5 week program: **KROC: \$65 | NON-MEMBER: \$80**

Monday, Tuesday & Thursday | **Ages 4-6 | 5pm-7:30pm**

T-Ball is the perfect introduction to the game of baseball. Players will learn fundamental skills such as hand-eye coordination, balance, focus, proper throwing techniques, catching, and teamwork. By the end of the season, each player will have a strong understanding of the basics of baseball and be excited to continue growing in this amazing sport.

**Flag Football: July 1 – July 26**  
 Ages: 8-14 | **FEE: \$80 | TO REGISTER: GREENBONDATHLETICS@GMAIL.COM**

**Wednesdays & Thursdays | 5pm – 7:45pm**

Join GB Elite and the Kroc Center for an exciting month of Flag Football. Training, Games & Competition! Limited spots available!

**Soccer: July 23 – August 13**  
 Ages: 8-12 | **FEE: \$25 | TO REGISTER: INFO@CYSC.US**

**Wednesdays | 6pm – 7:30pm**

**Run with Vision Basketball Academy: June 28 – September 6**

Grades: 3rd-8th | **Sundays | 1pm – 4pm | TO REGISTER: RUNWITHVISION1@GMAIL.COM**

\*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

JUNE 20 - SEPTEMBER 7

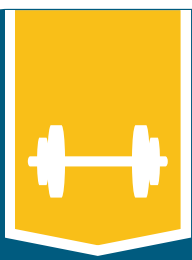


## JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 OPEN GYM 6am-7:30am 4pm-7:45pm	2 OPEN GYM 6am-7:30am BASKETBALL LEAGUE 4pm-7:45pm	3 OPEN GYM 6am-7:30am 4pm-7:45pm	4 HOLIDAY HOURS 11AM - 4PM
5 18+ OPEN GYM 9am-12pm RWV BASKETBALL 1pm-4pm	6 OPEN GYM 6am-7:30am BASKETBALL LEAGUE 4pm-7:45pm	7 OPEN GYM 6am-7:30am BASKETBALL LEAGUE 4pm-7:45pm	8 OPEN GYM 6am-7:30am 4pm-7:45pm	9 OPEN GYM 6am-7:30am BASKETBALL LEAGUE 4pm-7:45pm	10 OPEN GYM 6am-7:30am 4pm-7:45pm	11 OPEN GYM 8am-10am BASKETBALL CLINIC 10am-12pm OPEN GYM 12pm-7:45pm
12 18+ OPEN GYM 9am-12pm RWV BASKETBALL 1pm-4pm	13 OPEN GYM 6am-7:30am BASKETBALL LEAGUE 4pm-7:45pm	14 OPEN GYM 6am-7:30am BASKETBALL LEAGUE 4pm-7:45pm	15 OPEN GYM 6am-7:30am 4pm-7:45pm	16 OPEN GYM 6am-7:30am	17 OPEN GYM 4pm-7:45am Village Initiative* 5pm-9pm	18 OPEN GYM 8am-10am BASKETBALL CLINIC 10am-12pm OPEN GYM 12pm-7:45pm
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26 18+ OPEN GYM 9am-12pm RWV BASKETBALL 1pm-4pm	27 OPEN GYM 6am-7:30am BASKETBALL LEAGUE 4pm-7:45pm	28 OPEN GYM 6am-7:30am BASKETBALL LEAGUE 4pm-7:45pm	29 OPEN GYM 6am-7:30am 4pm-7:45pm	30 OPEN GYM 6am-7:30am BASKETBALL LEAGUE 4pm-7:45pm	31 OPEN GYM 6am-7:30am 4pm-7:45pm	

## AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 OPEN GYM 8am-10am BASKETBALL CLINIC 10am-12pm OPEN GYM 12pm-7:45pm
2 18+ OPEN GYM 9am-12pm RWV BASKETBALL 1pm-4pm	3 OPEN GYM 6am-7:30am BASKETBALL LEAGUE 4pm-7:45pm	4 OPEN GYM 6am-7:30am BASKETBALL LEAGUE 4pm-7:45pm	5 OPEN GYM 6am-7:30am 4pm-7:45pm	6 OPEN GYM 6am-7:30am BASKETBALL LEAGUE 4pm-7:45pm	7 OPEN GYM 6am-7:30am 4pm-7:45pm	8 OPEN GYM 8am-10am BASKETBALL CLINIC 10am-12pm OPEN GYM 12pm-7:45pm
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30 18+ OPEN GYM 9am-12pm RWV BASKETBALL 1pm-4pm						



# Fitness & Aquatics Group Fitness Schedule JUNE 20 - SEPTEMBER 7

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am		Aqua Exercise (Michelle G) <b>8:00-8:45am</b> Water Park		Aqua Exercise (Michelle G) <b>8:00-8:45am</b> Water Park	
9:00AM			Aqua Fit (Linda) <b>9:00am-9:45am</b> Water Park		Senior Fit (Siria) <b>9:00am-10:00am</b> Studio C
10:00am	Senior Fit (Kyla) <b>10:00am-11:00am</b> Studio C	Slow Flow Yoga® (Alex) <b>10:00am-11:00am</b> Studio C	Senior Fit (Danielle) <b>10:00am-11:00am</b> Studio C		Cycle: Studio B <b>10:00am-10:30am</b> Stretch: Studio C <b>10:30am-11:00am</b>
5:30pm	Cycle (Kevin) <b>5:30pm-6:30pm</b> Studio B	Circuit Training (Kyla) <b>5:30pm-6:30pm</b> Studio C	Circuit Training (Kevin) <b>5:30pm-6:30pm</b> Studio A	<b>ROTATING CLASS</b> Circuit/Cycle/Pilates <b>5:30pm-6:30pm</b> <b>(7/2 - 8/27)</b> <i>Class Schedule in the Guide</i>	
6:30pm		Yoga® (Jo) <b>6:30pm-7:30pm</b> Studio C	..... Step Aerobics (Lakesha) <b>5:30pm-6:30pm</b> 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.

## Circuit Training AGES: 16+

High intensity group exercising class utilizing our new Sports Performance training room. **Must reserve your spot through our App.**

## 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.

## POP-UP CLASS SCHEDULE:

### Thursday Evening Classes: 5:30 PM

July 2 – Circuit (Theresa)  
 July 9 – Circuit (Theresa)  
 July 16 – Pilates (Kyla)  
 July 23 – Circuit (Theresa)  
 July 30 – Cycle (Lionel)  
 August 6 – Pilates (Kyla)  
 August 13 – Pilates (Kyla)  
 August 20 – Cycle (Lionel)  
 August 27 – Cycle (Lionel)

### Saturday Morning Classes: 10:00 AM

July 11 – Circuit (Kevin)  
 July 18 – Circuit (Kevin)  
 June 27 – Circuit (Kevin)

## 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: [Kyla.Treadwell@use.salvationarmy.org](mailto:Kyla.Treadwell@use.salvationarmy.org).



# KROCS SWIM SCHOOL

JUNE 20 - SEPTEMBER 7

## Summer 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: 6/12 Non-members: 6/17  
**Session 2:** 3 Week Clinic in August

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**



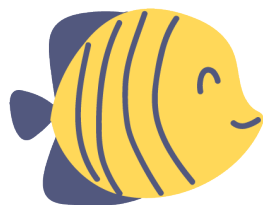
### Starfish's Schedule

LESSONS	DATES	TIME	DAY
6	6/24 - 7/29	4:30 - 5:00 pm	Wednesdays
6	6/24 - 7/29	5:00 - 5:30 pm	Wednesdays
6	6/27 - 8/8	9:00 - 9:30 am	Saturdays
6	6/27 - 8/8	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 \$150**



### Guppies Schedule

LESSONS	DATES	TIME	DAY
6	6/24 - 7/29	4:30 - 5:00 pm	Wednesdays
6	6/24 - 7/29	4:30 - 5:00 pm	Wednesdays
6	6/24 - 7/29	5:30 - 6:00 pm	Wednesdays
6	6/24 - 7/29	6:00 - 6:30 pm	Wednesdays
6	6/24 - 7/29	6:00 - 6:30 pm	Wednesdays
6	6/27 - 8/8	9:00 - 9:30 am	Saturdays
6	6/27 - 8/8	9:30 - 10:00 am	Saturdays
6	6/27 - 8/8	10:00 - 10:30 am	Saturdays
6	6/27 - 8/8	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	6/24 - 7/29	4:30 - 5:00 pm	Wednesdays
6	6/24 - 7/29	5:00 - 5:30 pm	Wednesdays
6	6/24 - 7/29	5:30 - 6:00 pm	Wednesdays
6	6/24 - 7/29	6:00 - 6:30 pm	Wednesdays
6	6/27 - 8/8	9:00 - 9:30 am	Saturdays
6	6/27 - 8/8	9:30 - 10:00 am	Saturdays
6	6/27 - 8/8	11:00 - 11:30 am	Saturdays

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

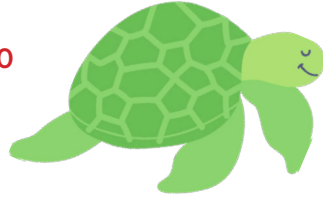
Call: 856.379.6909 | Email: [NJKrocAquatics@use.salvationarmy.org](mailto:NJKrocAquatics@use.salvationarmy.org)

# 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	6/24 - 7/29	5:30 - 6:00 pm	Wednesdays
6	6/24 - 7/29	6:30 - 7:00 pm	Wednesdays
6	6/24 - 7/29	6:30 - 7:00 pm	Wednesdays
6	6/27 - 8/8	10:00 - 10:30 am	Saturdays
6	6/27 - 8/8	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**



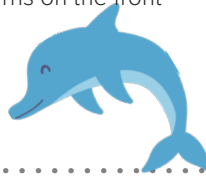
## Stingrays Schedule

LESSONS	DATES	TIME	DAY
6	6/24 - 7/29	6:00 - 6:30 pm	Wednesdays
6	6/24 - 7/29	6:30 - 7:00 pm	Wednesdays
6	6/27 - 8/8	10:00-10:30 am	Saturdays
6	6/27 - 8/8	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**



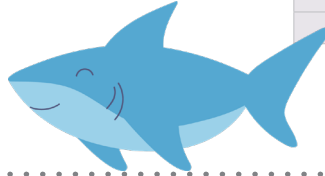
## Dolphins Schedule

LESSONS	DATES	TIME	DAY
6	6/24 - 7/29	6:00 - 6:30 pm	Wednesdays
6	6/24 - 7/29	6:30 - 7:00 pm	Wednesdays
6	6/24 - 7/29	7:00 - 7:30 pm	Wednesdays
6	6/27 - 8/8	10:30 - 11:00 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	6/24 - 7/29	6:30 - 7:00 pm	Wednesdays
6	6/27 - 8/8	11:00 - 11:30 am	Saturdays

## 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 \$150**

## Adult Beginner Swim Lessons

LESSONS	DATES	TIME	DAY
6	6/24 - 7/29	4:30 - 5:15 pm	Wednesdays
6	6/24 - 7/29	5:15 - 6:00 pm	Wednesdays
6	6/27 - 8/8	9:00 - 9:45 am	Saturdays
6	6/27 - 8/8	9:45 - 10:30 am	Saturdays

## Adult: Advanced AGES:16+

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

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

## Adult Advanced Swim Lessons

LESSONS	DATES	TIME	DAY
6	6/24 - 7/29	6:00 - 6:45 pm	Wednesdays
6	6/27 - 8/8	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](mailto:NJKrocAquatics@use.salvationarmy.org)

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

## Youth Adaptive Swim Schedule

LESSONS	DATES	TIME	DAY
6	6/24 - 7/29	5:00 - 5:45 pm	Wednesdays



# POOL SCHEDULES

JUNE 20 - SEPTEMBER 7

## 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.

**\$375 KROC MEMBERS ONLY**

## Youth Private Swim Lessons Schedule

LESSONS	DATES	TIME	DAY
6	6/24 - 7/29	7:00 - 7:30 pm	Wednesdays
6	6/24 - 7/29	7:00 - 7:30 pm	Wednesdays

## 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.

**\$375 KROC MEMBERS ONLY**

## Adult Private Swim Lessons Schedule

LESSONS	DATES	TIME	DAY
6	6/24 - 7/29	7:00 - 7:30 pm	Wednesdays



## COMPETITION POOL HOURS

*\*Times Subject to change\**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am - 11:00am <b>8 Lanes</b>	6:00am - 11:00am <b>8 Lanes</b>	6:00am - 11:00am <b>8 Lanes</b>	6:00am - 11:00am <b>8 Lanes</b>	6:00am - 11:00am <b>8 Lanes</b>	8:00am - 11:00am <b>8 Lanes</b>	9:00am - 11:00am <b>8 Lanes</b>
11:00am - 7:30pm <b>Lanes Vary</b>	11:00am - 7:30pm <b>Lanes Vary</b>	11:00am - 7:30pm <b>8 Lanes</b>	11:00am - 7:30pm <b>Lanes Vary</b>	11:00am - 7:30pm <b>8 Lanes</b>	11:00am - 7:30pm <b>8 Lanes</b>	11:00am - 5:30pm <b>8 Lanes</b>

## Water Park & Spa Hours

Monday & Tuesday | 3:30pm - 7:30pm (**Open Swim**)\*

Thursday & Friday | 3:30pm - 7:30pm (**Member Only**)

Saturday | 12:00pm - 7:30pm (**Member Only**)

Sunday | 12:00pm - 5:30pm (**Open Swim**)\*

## River Walking & Spa

Monday-Friday 7:00 am-10:30 am

Monday-Friday 6:00 am-9:00 am

**From 7/13-7/31 ONLY**

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

Register Online: [CamdenKrocCenter.org](http://CamdenKrocCenter.org)  
Call: 856.379.6909 | Email: [NJKrocAquatics@use.salvationarmy.org](mailto:NJKrocAquatics@use.salvationarmy.org)



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## KROC CENTER

1865 HARRISON AVENUE • CAMDEN, NJ 08105  
 856.379.6900

**JULY 18, 2026**

**10 AM - 2 PM**

**RAIN OR SHINE!**

## VENDORS

# \$25

## PER SPOT

*(LIMITED SPACES)*

*Limited Tables and Chairs  
 to rent for \$15*

[CAMDENKROCCENTER.ORG](http://CAMDENKROCCENTER.ORG)