Payments, Refunds, and Cancellations
Cancellations seven or more days prior to the first class will receive a full refund of the class and material fees. Cancellations after that point will receive a prorated refund for the number of classes, which have occurred (regardless of whether you have attended or not) minus a $5 service charge. Material fees will not be refunded.

A 50% nonrefundable deposit is required to secure your booking. Due to demand for spaces in our building, we are unable to guarantee your space availability without a deposit. Payments can be made via phone by calling (419) 281-8001 or in person by stopping in at our Welcome Center between 8:00 a.m. and 6:00 p.m. Monday through Friday. The Salvation Army reserves the right to cancel your event if the final payment has not been made by at least 3 business days in advance of the planned event. Parties who wish to cancel within 72 hours of the schedule event time will be charged the full price of the event.

Refunds will be given when programs are cancelled due to low enrollment.

There will be a $20 charge for each returned check. Use of the Kroc Center is not permitted until payments are made current. Checks will not be resubmitted and all future payments must be made in cash, credit, or debit.

Code of Conduct
1. Children (17 & under) must be accompanied by an adult (parent or guardian) when in the facility unless registered for a specific class or program that accepts young children. If participating in age-appropriate activity, they are to be taken to the program area and picked up from the program area by an adult.
2. If children are not picked up by closing time, the parent/guardian will be called. If no one can be reached, or if the children are not picked up within a 10-minute period, the Ashland Police Department will be called.
3. Attire: Shoes and shirts are required to be worn in the facility at all times.
4. Drug and alcohol usage is prohibited on Salvation Army property.
5. Smoking Policy: The Kroc Center is a smoke & vape free campus. Smoking is only permitted in the designated smoking area located in the west side parking lot.
6. Grievance Policy: The supervisor on duty will work out any grievances that arise with guests. If they cannot be resolved in this manner, guests should put their concerns in writing and give them to the Welcome Center staff. A member of the administrative staff will contact the guest and will work to find an acceptable resolution to the situation.
7. Internet Usage: The Salvation Army reserves the right to monitor the internet activity of our guests and staff including websites they visit.
8. Profanity: Language used in the facility is to be respectful of others. Profanity or other hurtful language is unacceptable.
9. Personal items: The Salvation Army is not responsible for lost, stolen or damaged personal items that are brought into the center. For Lost & Found items, please see a Member Services Associate.
10. Provision of Service: The Salvation Army RJKCCC personnel have the right to refuse service to anyone deemed disruptive or abusive.
11. Speed Limit: The Kroc Center speed limit is 5 mph within the parking lot.
12. No pets allowed unless they are participating in a program or are a service animal.
13. Weapons: No weapons of any kind are permitted on the premises of the Ashland Kroc Center.
Meet Our Corps Officers

Majors Billy and Annalise Francis

The Kroc Center is a community center where all children, youth, and adults can participate in a safe and fun environment. As part of a network of 26 Kroc Centers around the nation, we are committed to a common goal:

In keeping with the mission and holistic approach of The Salvation Army, The Salvation Army Ray & Joan Kroc Corps Community Center provides opportunities that facilitate positive, life-changing experiences through: art, athletics, personal development, spiritual discovery, and community service. The Salvation Army Kroc Center’s facilities, programs, and services bridge the gap between potential and opportunity for children and adults, strengthen individuals and families, and enrich the lives of seniors.

Proud Partner Agency of the United Way of Ashland County

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CONTACT US
The Salvation Army Ray & Joan Kroc Corps Community Center
527 East Liberty Street  |  Ashland, Ohio 44805  |  Phone: (419) 281-8001  |  Fax: (419) 281-3909
Food Pantry Phone: (419) 282-4223  |  ashlandkroc.org

Follow us on:  ashlandkroccenter  ashlandkroc

Fall Hours

HOURS OF OPERATION STARTING AUGUST 21:
Monday-Thursday: 5:15 a.m.-9 p.m.; Friday: 5:15 a.m.-8 p.m.
Saturdays: 7:30 a.m.-6 p.m.
Sundays: Members Only 1-6 p.m.

WATERPARK HOURS STARTING AUGUST 21:
Riverwalk: Mondays – Fridays: 7 a.m.-9 a.m.
All members and day pass holders:
Monday & Friday: 9 a.m.-12 p.m.;
Monday-Thursday: 4 p.m.-7 p.m.; Fridays 4 p.m. - 8 p.m.
(Slides open evening hours)
Saturdays: 10 a.m.-6 p.m. (Slides Open All Day)
Sundays: Members Only 1-6 p.m. (Slides Open All Day)

RJ’S SPRAY PARK HOURS, STARTING AUGUST 21:
Saturday, Aug. 26: 11 a.m.–6 p.m.; Sunday, Aug. 27: 1–6 p.m.
for members, day passes, splash passes & parties;
Friday, September 1: Open for Family Fun Night (5–7 p.m.)
Saturday, Sept. 2: 11 a.m.–6 p.m.; Sunday, Sept. 3: 1-6 p.m.;
Monday, Sept. 4: Closed for the season!

PLAYCARE, STARTING AUGUST 21:
Monday–Thursday: 8:30 a.m.–11 a.m.; 5 p.m.–7:30 p.m.
Friday: 8:30 a.m.–11 a.m.; 5 p.m.–7 p.m.

BUILDING CLOSURES & REDUCED HOURS:
Monday, September 4 – Closed for Labor Day
Christmas Break:
December 20 – 23, December 26 - 30,
January 2- Will operate on Saturday hours
(7:30 a.m.-6 p.m.)
December 24 and 31- Kroc Center closed
(open only for worship)
January 1- Closed for New Year’s Day

SPECIAL EVENTS/DATES TO NOTE:
August 15 – August 19: RJ’s Spray Park will be free
and open to the public from 11 a.m.–3 p.m.
October 6 - November 3: Early registration for Kroc Soccer sign-ups
November 4 - December 1: Late registration for Kroc Soccer sign-ups
December 9: A Wonderful Kroc Christmas – stay tuned for details!
SUNDAY WORSHIP
10 a.m. Worship Service with Majors Annalise and Billy Francis
10:30 a.m. Youth Sunday School
11:15 a.m. Adult Sunday School, Corps Cadets, and Kids Recreation Time

ADULT MINISTRIES
Women’s Ministries: first Wednesday of month at 6 p.m.
Bible Study: 2nd – 4th Wednesday of month at 6 p.m.
Men’s Ministries: third Saturday of the month- call for details

ABOUT OUR CHURCH
The Salvation Army Church is a place where all types of people from different walks of life gather to study the Bible, worship God, spend time with friends, and serve our community in many ways.

Within The Salvation Army Church, Christian faith is expressed through active service. The vision of The Salvation Army has always been to lead men and women into a proper relationship with God. The Army recognizes that physical, emotional and social restoration must go hand in hand with spiritual rebirth. The Army practices an integrated ministry, uniting spiritual, social, and physical support.

Operations of The Salvation Army are supervised by ordained, commissioned officers who proclaim the gospel and serve as administrators, teachers, caregivers, pastoral counselors, youth leaders, and musicians. These men and women have dedicated their lives, skills, and service completely to God.
VOLUNTEER

As part of The Salvation Army, the Ashland Kroc Center strives to share the love of God and meet human needs in His name without discrimination.

However, we can’t “Do the Most Good” without the support of our friends, neighbors, businesses, and community service groups. Volunteers are truly a vital part of our ministry, and we’re always looking for a few caring neighbors to lend a helping hand.

Volunteer opportunities include:

- helping with our youth programs
- stocking the food pantry and gathering food pantry orders
- serving community meals
- conducting a food drive to help stock the food pantry or dropping off non-perishable items/plastic bags.
- assisting with the Red Kettle campaign
- assisting with special events

Individuals must be 16 years of age or older to volunteer onsite. If you have a service group, school club, group of employees looking for a way to give back to the community, please contact Melissa Lawson, Volunteer Coordinator, at (419) 281-8001 or Melissa.Lawson@use.salvationarmy.org to raise your hand and change a life.
BELL RINGERS & KETTLE VOLUNTEERS

Be a part of making the season brighter for our friends and neighbors in Ashland County and help raise valuable funds that will help them well beyond the holidays. To learn about how you as an individual, family, club or service group can sign-up to take part in The Salvation Army’s iconic Red Kettle campaign, please contact Vicki Bailey at (419) 281-8001 or Vicki.Bailey@use.SalvationArmy.org.

DONATE

At The Salvation Army’s Ashland Kroc Center, our ministry is motivated by the love of God, our mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination.

In 2022, we provided **28,080 participants with groceries and meals** to prevent food insecurity. With the help of many local partners, we gave **6,242 Christmas toys** to Ashland County children and had **356 youth** participants in our after-school care and summer day camp programs. But we can’t do it alone. We need the community’s continued support. We have a variety of options for individuals, families, and groups to support this important work, including...

Adopt-A-Family & Angel Trees for Christmas

Last year, The Salvation Army’s Ashland Kroc Center served more than 2,600 social service clients per month. In 2023, with inflation and homelessness on the rise, we are already seeing a sharp increase in need for social services and emergency assistance. As we approach the holiday season, we anticipate that trend will continue with an increased need for Christmas assistance.

If you feel led to help an Ashland County family this holiday, we have two opportunities:

1) **Adopt-A-Family**: Choose the family size to sponsor and purchase items from the child’s wish list along with items for the adult(s).

2) **Angel Tree**: Visit one of our partner locations, select an Angel Tag, purchase the gift, and return it to the Ashland Kroc Center.

For more information, please call (419) 281-8001.
Membership to the Kroc Center

One of the easiest ways to support the social service programs at the Ashland Kroc Center is to purchase an individual or family membership. You get a great place to workout and have family fun and we get support to provide services to our community’s most vulnerable residents. It’s a win-win! Check out page 18 for more details.

Non-Perishable Food Items

Thanks to the generosity of many, The Salvation Army’s Ray & Joan Kroc Corps Community Center in Ashland is able to provide over 300 food orders a month to individuals and families in our community. We are always in need of donations, such as non-perishables and plastic bags. Donations may be brought to the Food Pantry in the Annex building during operating hours (Mondays, 11 am-2 p.m., Tuesday through Fridays, 10 am-2 p.m.).

Make a donation to help your neighbor in need.

The Salvation Army exists to meet human need wherever, whenever, and however we can. When you give locally, you ensure that the people in your community get the help they need. Eighty-two cents of every dollar we collect goes into programs, services, and direct assistance to the homeless, the mentally ill, the physically challenged, victims of drug and alcohol abuse, and others under our care.

Donate online by visiting www.ashlandkroc.org, visit our Facebook page, call 1-800-SAL-ARMY, or contribute by check, please mail to:

The Salvation Army
PO Box 497
Ashland, OH 44805

Thank you for your support!
HOW TO QUALIFY
The Social Services ministry provides a compassionate and realistic response to families and individuals in crisis. Persons applying need to be below 200% of the federal poverty guideline.

Persons applying are asked to bring a photo ID, proof of household income and proof of address. Applicants for assistance must be residents of Ashland County.

Each head of household must complete and sign an intake form.

During the one-on-one interview with the emergency assistance case manager, solutions to the underlying cause of the crisis are addressed through referrals and advocacy. It is our goal to achieve long-term solutions to problems in order to enhance family stability.

GED CLASSES
MCS ADULT EDUCATION
ASPIRE PROGRAM
Tuesdays and Wednesdays, 5-8 P.m.
Cost: FREE
Registration is required.

WE ALSO PROVIDE THE FOLLOWING SERVICES:
• Emergency Utility Assistance
• Homeless Housing Application Assistance
• Housing Rental Application Fee Assistance
• Transportation Gas Vouchers
• Holiday Assistance (Thanksgiving/Christmas)
• Birth/Death Certificates Assistance
• Drivers License/Identification Card
• Community Lunches
• Grocery Assistance
• Case Management
• Resource/Referrals Provided

COMMUNITY MEALS
Monday–Friday, 11:00 a.m.–11:30 a.m.
Available at no charge.
All are welcome.

FOOD PANTRY
Monday 11 a.m.-2 p.m.; Tuesday-Friday, 10 a.m.-2 p.m.
The Food Pantry is located in the Annex. You can receive assistance once a month. If your need is greater than once a month, please come to the Social Services Office in the main building and your situation will be considered.

2023 CHRISTMAS ASSISTANCE PROGRAM
The Salvation Army hosts Christmas Assistance Programs to help families with children 12 years and younger, that are at or under 200% of the federal poverty level, celebrate Christmas with gifts of toys, clothes, and food. Our program is a way to help those that need a hand-up during the holidays. Families that participate in the Christmas Assistance Program will also receive a food box to prepare a holiday meal as well.

Registration is required and will be live online from Monday, Oct. 2 – Monday, Nov. 20.
Visit www.Ashlandkroc.org to complete an application or stop in the Kroc Center to complete a paper application.

Gifts and food distribution will take place Wednesday, December 13th through Friday, December 15th. Participants will receive a postcard in the mail with your assigned pick-up date and time. If you do not have children in the home or have children 12 years and old, you may complete a paper application for a Food Box during that open registration period. Applications for Food Only Boxes will be available at the front desk or at the Food Pantry.

Please note, families may only participate in one Christmas Assistance Program in Ashland County with either the Kroc Center or Associated Charities.
The Salvation Army Kroc Center’s music and arts programs teach people of all ages how to perform to the glory of God and for the blessing of others. These programs provide opportunity for personal development and a lifetime of fulfillment through music and arts excellence with spiritual purpose.

Ashland Kroc Youth Theatre
The Ashland Kroc Youth Theatre program has a holistic approach to learning vocal, acting, movement, and stage techniques in the process of being part of a production from start to performance. We seek to inspire the development of each performer in an encouraging, cast-oriented, Christ-centered environment.

Are you ready to join a great group of actors and sing your heart out? Roald Dahl’s Matilda the Musical Jr. will be the Ashland Kroc Youth Theatre production for this year! Be sure to pick up important Audition information and materials are now available at the Welcome Centers.

Backstage crew will also be needed closer to production. Performances will take place on January 12, 13, and 14, 2024.

Auditions: Monday, Aug. 28 and Tuesday, Aug. 29 | 5 p.m. to 7 p.m. | Ages: 8 through 17 | Callbacks: Wednesday, Aug. 30 at 6 p.m.

Rehearsals Begin: Thursday, Sept. 7 | Mondays and Thursdays | 5 p.m. to 7 p.m. | Member Cost: $75 | Non-Member Cost: $120 | Instructors: Majors Billy and Annalise Francis, and Amy Morgan

Kid’s Beginners Painting Class
Mondays, Oct. 2-30 | 4:30 p.m.- 5:30 p.m. | Ages 7+ | Member Cost: $40 | Non-members: $55 | One-time supply fee: $10
This 5-week workshop class allows kids to develop art skills and cultural awareness. All kids are natural artists, and it’s amazing to watch them learn and create their own pieces of art! Space is limited!

Chix with Stix: Knitting & Crocheting Circle
Tuesdays and Wednesdays | 9 a.m.-11 a.m. | Cost: Free
This ministry was created by our dear June Metcalf who built a lasting family of knitters and crocheters all working together to teach, learn and grow from one another. Bring your projects, no matter what charity or purpose. Beginners are especially welcome!
Visual Arts, Performing Arts, and Crafts

Fundamentals of Photography

Thursdays, Sept. 7 – Nov. 9 | 5:30 p.m.-7 p.m. | Age: 16+ | Member Cost: $28 | Non-Member Cost: $40 | Instructor: Paul Keske | Please note: No class on Sept. 21 & Oct. 19

Fundamentals of Photography is an eight-session course designed to teach the basics of using a DSLR or Mirrorless camera. The course covers an overview of the camera, exposure modes, lenses, the properties of light, composition and much more. Students using DSLR or Mirrorless cameras will get the most out of this course, and they should bring their camera, camera manual and a flash drive to each session.

Topics covered will include:

• What do the settings on my camera mean?
• What settings should I use indoors/outdoors?
• How to shoot my kids’ sports/events
• What equipment should I use?

Basketweaving Workshop - Harvest Basket

Thursday, Oct. 12 | 5 p.m.-8 p.m. | Age: 16+ | Cost: $35 | Instructor: Becky Clark

Discover the ancient art of basket weaving and immerse yourself in the world of creativity, craftsmanship, and natural materials. This introductory basket weaving class is designed to provide you with the fundamental skills and techniques needed to create beautiful and functional baskets. Whether you’re a complete beginner or have some prior crafting experience, this course will guide you through the step-by-step process of creating your own handwoven baskets. All materials are provided.

Basketweaving Workshop - Christmas Basket

Thursday, Dec. 7 | 5 p.m.-8 p.m. | Age: 16+ | Cost: $35 | Instructor: Becky Clark

Becky Clark has been weaving baskets for nearly 40 years and has shared her love of weaving for almost as long. She has worked with a variety of materials from Malaysian reeds to American wood products. Becky was a teacher by vocation and her love for people and the arts make for a pleasant experience for all. After weaving with Becky, taking home a Christmas treasure is sure to leave smiles on everyone’s faces.

Stained-Glass Suncatcher Workshop

Tuesdays, Oct. 10 & 17 | 6 p.m.-8 p.m. | Age: 16+ | Cost: $40 | Instructor: Matt Lamborn

Step into the enchanting world of stained-glass artistry and create your own radiant suncatchers! This immersive two-session workshop is designed for beginners and enthusiasts alike, offering hands-on experience in crafting exquisite stained glass suncatchers. Students will be able to choose from two different fall-themed designs and learn the essential techniques needed to bring light and beauty into any space. Students must bring goggles. All other materials will be provided.

Cider Sips & Seasonal Signs Workshops

Harvest Sign – Monday, Oct. 23 | Christmas Sign – Monday, Dec. 4 | 6 p.m.-8 p.m. | Age: 16+ | Cost: $45 (Per class) | Instructor: Ginger McClelland

Indulge in the warmth of friendship, the comfort of cozy cider, and the joy of creative expression! Grab a friend and join Ginger of Ginger’s Signs & Designs for one or both of the delightful and heartwarming “Cider Sips & Seasonal Signs” workshops. Whether you’re an experienced artisan or just starting out, these classes promise both crafting and camaraderie as you create your own personalized seasonal signs to adorn your home. All sign materials (and hot cider!) are included in this class.
Aqua Classes

RIVERWALK
Monday–Friday | NEW TIME: 7 a.m.–9 a.m. | Non-Member Cost: $5 per person | Member Cost: FREE | Ages 16+

Enjoy some time walking against our not-so-lazy river as you get in a great workout before the waterpark opens to the public.

AQUACISE
Mondays | 8 a.m. | Instructor: Lisa Lee

A low impact pool workout designed to elevate your heart rate, increase flexibility and build muscle.

AQUA MOVEMENT
Thursdays | 8 a.m. | Instructor: Kadie Grundy

Aqua Movement is also a great stress-busting exercise for people suffering from anxiety stress. Water pressure can improve your heart health by increasing blood circulation and reducing the resting heart rate.

AQUA AEROBICS
Tuesdays | 8 a.m. | Instructor: Kadie Grundy

Aqua Aerobics classes are a great way to mix up a traditional gym workout with the wondrous benefits of water. It only takes a few aqua aerobics sessions, and you’ll see a big difference in your overall fitness. Also known as water aerobics, typical classes will involve all the exercises you would expect in a ‘dry’ class, but there are bonuses when you exercise in water.

H2Own-It! Water Safety & Swimming Skills
Help your child discover the joy and confidence that comes with developing essential water skills with our H2Own-It! Water Safety & Swimming” classes. Throughout the six sessions, we’ll help kids of all ages and swimming levels to practice water safety, become comfortable in aquatic environments, and to build upon any existing swimming skills or techniques.

Session 1 – September 12 - October 19 (6 sessions)
Seahorse Class 1 | Ages 0-2 yrs | Tuesdays | 9 a.m.–9:30 a.m. | Members: $30 | Non-Members: $50
Tadpole Class 1 | Ages 3-5 yrs | Tuesdays | 9:30 a.m.–10 a.m. | Members: $30 | Non-Members: $50
Homeschool Guppy Class 1 | Ages 6-9 yrs | Wednesdays | 9 a.m.–10 a.m. | Members: $55 | Non-Members: $80
Homeschool Stingray Class 1 | Ages 10-16 yrs | Thursdays | 9 a.m.–10 a.m. | Members: $55 | Non-Members: $80

Session 2 – October 24 - December 7 (6 sessions - no class the week of Nov. 21)
Seahorse Class 2 | Ages 0-2 yrs | Tuesdays | 9 a.m.–9:30 a.m. | Members: $30 | Non-Members: $50
Tadpole Class 2 | Ages 3-5 yrs | Tuesdays | 9:30 a.m.–10 a.m. | Members: $30 | Non-Members: $50
Homeschool Guppy Class 2 | Ages 6-9 yrs | Wednesdays | 9 a.m.–10 a.m. | Members: $55 | Non-Members: $80
Homeschool Stingray Class 2 | Ages 10-16 yrs | Thursdays | 9 a.m.–10 a.m. | Members: $55 | Non-Members: $80

*School-age lessons during non-school hours coming this winter!
Family & Homeschool Activities

Bounce-N-Play
Fridays, Sept. 8 - Dec. 1 | 9:30 a.m. to 11 a.m. | Age: 2 to 5 | Non-member Cost: $5 per child (adults are free); Member Cost: Free
Get out of the house and enjoy some time playing in our Field House! We will have a Bounce House set up and will also incorporate other child-appropriate activities.

Family Fun Night
First Friday of the Month: Sept. 1, Oct. 6, Nov. 3 & Dec. 1 | 5 p.m. to 7 p.m. | Non-Member Cost: $5 per person | Member Cost: Free
Bring the whole family to the Kroc Center and enjoy a night out together! We will offer a variety of activities each month which may include laser tag, bounce houses, roller skating, giant Jenga, and seasonal crafts. Please note: This is not a drop-off event. Children must have a parent or guardian with them.

Family Roller Skating
Fridays, Sept. 15, Oct. 20 & Nov. 17 | 5 p.m. to 7 p.m. | All ages | Non-member Cost: $5 per person | Member Cost: Free
Bring your family and practice your skating moves in our gym! Feel free to bring your skates or borrow ours and enjoy this fun family activity!

Middle School Night
Select Fridays: Sept. 8 & Nov. 10 | 5 p.m. to 7 p.m. | Oct. 13 | 3 p.m. to 5 p.m.
Non-Member Cost: $5 per person | Member Cost: Free
Just for middle school-age students (grades 5-8), this kids-only drop-off event will include board games, laser tag, dodge ball, roller skating, video games, and more!

Homeschool Gym
Mondays | 1 p.m. to 2 p.m. | Age: K – Grade 5 | Non-Member Price: $20 per child per session | Member Price: $14 per child per session | 10% discount per child for families with 3 or more children
Mondays | 12 p.m. to 1 p.m. | Grade 6 – Grade 12 | Non-Member Price: $20 per child per 5-week session | Member Price: $14 per child per session | 10% discount per child for families with 3 or more children
Session 1: Sept. 11 through Oct. 9 | Session 2: Oct. 16 through Nov. 13
Kroc Homeschool Gym Class is designed to help students learn the importance of healthy living through sports and physical fitness. Children may come and participate in instructor-led group games and individual instruction. The winter session will start 1/6/24

Homeschool: Art and Mediums
Mondays | 12 p.m. to 1 p.m. | Age: K – Grade 5 | Instructor: Tanner Eitman | Non-Member Price: $25 per child/per class cycle | Member Price: $20 per child/per class cycle | 10% discount per child for families with 3 or more children | $10 per person materials fee
Mondays | 1 p.m. to 2 p.m. | Grade 6 – Grade 12 | Instructor: Tanner Eitman | Non-Member Price: $25 per child/per five class cycle ($4/class) | Member Price: $20 per child/per five class cycle | 10% discount per child for families with 3 or more children | $10 per person materials fee
Class Cycle 1: Sept. 11 through Oct. 9 | Class Cycle 2: Oct. 16 through Nov. 13
Brush up on your art skills in this fun 5-week class. Learn various techniques while learning about new artists, use various art mediums, and get your creative juices flowing by creating works of art that you and your entire family will enjoy!
Open Gyms

OPEN GYM FREE TIME
($5 for non-members, free for members)
Monday: 5:15 a.m.–9:00 a.m.; 11:00 a.m.–12:30 p.m.; 2:00 p.m.–3:30 p.m.; 4:30 p.m.–6:00 p.m.
Tuesday: 5:15 a.m.–9:00 a.m.; 11:00 a.m.–12:30 p.m.; 1:30 p.m.–6:00 p.m.
Wednesday: 5:15 a.m.–9:00 a.m.; 11:00 a.m.–6:00 p.m.
Thursday: 5:15 a.m.–9:00 a.m.; 11:00 a.m.–3:30 p.m.
Friday: 5:15 a.m.–9:00 a.m.; 11:00 a.m.–5:00 p.m.

OPEN FIELD HOUSE FREE TIME
($5 for non-members, free for members)
Monday: 5:15 a.m.–9:00 a.m.; 11:00 a.m.–3:30 p.m.; 4:30 p.m.–9:00 p.m.
Tuesday: 5:15 a.m.–9:30 a.m.; 10:30 a.m.–12:30 p.m.; 1:30 p.m.–3:30 p.m.; 4:30 p.m.–9:00 p.m.
Wednesday: 5:15 a.m.–9:30 a.m.; 10:30 a.m.–12:30 p.m.; 1:30 p.m.–4:00 p.m.; 6:00 p.m.–9:00 p.m.
Friday: 5:15 a.m.–3:30 p.m.; 4:30 p.m.–9:00 p.m.

OPEN BATTING CAGES
Tuesdays and Thursdays, Oct. 3- Nov. 30 | 5 p.m.-7 p.m. | Ages 5+ | Non-Member Cost: $5 per person | Member Cost: Free
Come and work on perfecting your swing at our Open Batting Cages. Adult supervision is required. Call for separate rentals for your entire team.

OPEN VOLLEYBALL
Tuesdays | 7 p.m. to 9 p.m. | Ages: 16+ | Non-member Cost: $5 per session | Member Cost: Free
Grab a friend and join us in the gym for competitive volleyball!

YOUTH OPEN VOLLEYBALL
Tuesdays | 6 p.m. to 7 p.m. | Ages 8-15 | Non-member Cost: $5 per person | Member Cost: Free
Join us for a chance to learn and grow your volleyball skills along with your friends! This activity will be supervised and lightly guided, but mostly a time to get some touches on the ball in a group setting and gain valuable volleyball skills!

OPEN WALKERS
Monday-Fridays | 5:15 a.m. to 9 a.m. | Cost: Free
Enjoy some indoor walking in the Field House or Gym and work on logging those miles!

Meet Our First Personal Trainer: Dan Donatini!
We are so incredibly excited to announce Dan Donatini has joined the Ashland Kroc Center as our first personal trainer!

About Dan:
• Dan is a licensed Physical Therapist with 19 years of experience in acute care, outpatient orthopedics and sports medicine.
• He is certified as a Personal Trainer, Nutrition Coach and Sports Nutrition Coach through the National Academy of Sports Medicine.
• Dan is passionate about helping others achieve their personal goals with physical fitness and health.
• He lives in Ashland, is married to his wife Julie, and together they have 3 daughters and 2 golden-doodle puppies.

Dan will offer individual personal training by appointments only:
• Tuesdays and Thursdays from 5 to 8 p.m.
• Fridays from 7:30 a.m. to 8 p.m.
• Saturdays from 7:30 a.m. to 6 p.m.

The first appointment will be $50 for a consultation, then $45 per one-hour session following.

To make an appointment with Dan, please call (419) 281-8001.
Sports, Fitness, and Recreation

Ballroom Dancing with the Smarts
Wednesdays | 6 p.m. to 7 p.m. | Age: 16+ | Non-Member Cost: $7 Per Person | Member Cost: Free
| Instructors: Marline and Daniel Smart
Class begins: Sept. 13 through Nov. 15
Dancing is a fun and interactive form of exercise. Anyone can participate in these easy ballroom dances. You will learn steps for the Waltz, Foxtrot, Swing, Rhumba, Cha-Cha, Bolero, and others and have a great time and get a good workout too while doing it! A fun way to be active with your friend or loved one. Beginning and experienced dancers welcomed. We recommend you sign up as a couple, but that’s not necessary.

Praise Craze
Mondays | 6 p.m. to 7 p.m. | Non-Member Cost: $7 per person (discount passes available) | Member Cost: Free | Instructor: Annie Hoffman
This Zumba-like class combines upbeat Christian music to create a dynamic calorie-burning workout for people of all fitness levels and age groups. This effective fitness approach features aerobic training that is a fusion of slow and fast rhythms to tone and sculpts your body.

BELONG YogaFaith
Wednesdays | 10 a.m. to 11 a.m. | Non-Member Cost: $7 per person | Member Cost: Free
Join Jody Thomae & Kim Boyd for a faith-based stretching and strengthening class where EVERYONE BELONGS! A multi-generational class where we will STRETCH OUR FAITH together while weaving together flowing movements, scripture themes, and worship music. Both chair and mat options are demonstrated so you can adapt your practice to what works for you and your body on any given day and at any given moment. Bring your mat and props; chairs are provided.

Buti Yoga
Mondays & Tuesdays at 9 a.m. | Saturdays at 12 p.m. | Non-Member Cost: $7 per person (discount passes available) | Member Cost: Free | Instructor: Jennifer Burdette
Buti Yoga is a soulful blend of power yoga, cardio-intensive tribal movement, conditioning, and deep abdominal toning. This workout tones and sculpts the entire body while facilitating complete inner transformation. The beat-blended movements force you out of your head and into your body.

Core Strength and Balance Yoga
Mondays at 10 a.m. | Non-Member Cost: $7 per person (discount passes available) | Member Cost: Free | Instructor Jennifer Burdette
This class is a combination of strength training and basic movements to improve balance and flexibility. The class is designed for those who prefer a workout without added impact to joints. Great workout for all ages and fitness levels.

X-treme Hip Hop with Jamie
Tuesdays at 6 p.m. | Non-Member Cost: $7 per person (discount passes available) | Member Cost: Free | Instructor: Jamie Fry
X-treme Hip-Hop Step aerobics is a fun cardio workout for all ages and fitness levels. Stepping while grooving to the upbeat music puts a new spin on the original step program. All are welcome to experience how X-treme Hip-Hop changes lives!
Body Boot Camp/Power Cardio with Jamie

Thursdays at 6 p.m. | Non-Member Cost: $7 per person (discount passes available) | Member Cost: Free | Instructor: Jamie Fry

Work at your own pace as your instructor takes you through a series of both strength training and cardio full-body movements that’ll have you sweating and your muscles burning. Feel strong, powerful, and accomplished! Bootcamp class! This is a great class to start your fitness journey or continue your way to your strength goals.

Line Dancing Class

Every Fourth Friday of the Month (Sept. 22, Oct. 27 & Dec. 22) at 6 p.m. | Cost: $7 per person (discount passes available) | Members: Free | Instructor: Jennifer Burdette

How long has it been since you last danced? Our instructor will teach you the latest and greatest “old school” line dances? Grab a friend and have some fun!

Self Defense

Beginners: Thursdays | 5 p.m. to 6:30 p.m. | Age: 7 to 12 | Member Price: $40 | Non-Member Price: $52 | Instructor: Addison Sevion

Intermediate: Thursdays | 6:30 p.m. to 8 p.m. | Age: 7 to 12 | Member Price: $45 | Non-Member Price: $70 | Instructor: Addison Sevion

Session Dates: Sept. 12 – Nov. 14

Train in ways to protect yourself using karate, arnis, kali and silat techniques with judo and hapkido throws and takedowns. Students will have an opportunity to break boards, also this is a fun class to earn belt ranks and get fit!

Tae Kwon-Do

Mondays and Wednesdays | Beginning Class: Ages 7 to 99 | 5:30 p.m.-6:30 p.m. | Member Price: $45 | Non-Member Price: $60

Session 1: Aug. 21 - Sept 20 (test on Sept. 25)

Session 2: Oct. 2 - 25 (test Oct. 30)

Session 3: Nov. 6 -29 (test Dec. 4)

This introductory class in Tae Kwon-Do serves to instruct students in a variety of areas of this martial art. Students will learn the fundamentals of movement associated with patterns, sparring, and self-defense. Students will receive instruction based on Tae Kwon-Do’s tenets: courtesy, integrity, perseverance, self-control, and indomitable spirit. They will also learn the basics of the cultural etiquette associated with this martial art.

Mrs. Sara Keener is the head instructor. Mrs. Keener is a 3rd Degree Black Belt, Certified ITF International Instructor and Certified Class B ITF Umpire. She also is a current World Champion, having competed in July 2022 in the Netherlands, earning gold in individual patterns, silver in individual sparring, gold in team breaking, silver in team patterns, and bronze in team sparring.

Tae Kwon-Do is a wonderful family activity! Parents are encouraged to join the Beginning Kids class alongside their children!
Sports, Fitness, and Recreation

Spin Classes*

In spin class, you pedal along on a stationary bike as the instructor guides you through a visualization of an outdoor workout. The pace and speed will vary throughout the workout, sometimes requiring break-neck speed, and other times pedaling happens from a slow, standing position. If you’ve never been to a spin class, don’t be intimidated. The first thing you should know is that everyone has been a beginner at one point or another!

Mondays and Wednesdays at 6 p.m. - Spin with Heidi: Ride from the shoreline to the hills on this journey that is designed to provide you with the optimum in fat-burning and strength-building. This ride will simulate varied terrain as you tackle rolling hills, sprints, and other drills to give you a great interval workout. Come find the inspiration you’ve been looking for to help you achieve your personal goals! This class is for beginners as well as seasoned cyclists!

Tuesdays and Thursdays at 6 a.m.: Start your day off right with Heidi in this high-energy cycling class. Head out on a journey without leaving the Spin room with this simulated road ride using fast flats, steady hills, sprints, and interval training.

Wednesdays at 9 a.m. - Slow and Steady with Jennifer: This low Impact rides take place primarily in the saddle. The focus on this positioning helps to protect the rider’s joints, making it a more accessible class type.

Thursdays at 6 p.m. - Chain Reaction with Jennifer: Whether you’re a serious cyclist or just love the calorie burn of Spinning, this is the class for you! This high energy ride will take you to a new level of fitness using cadence, and heart rate drills. Come on in and reap the benefits!

KROC SOCCER is COMING!!!

Ages 5 - 10 | Member discounts | Jersey included | No cleats necessary!

OCT. 6 - NOV. 3: Member & Early Registration Discount

NOV. 4 - DEC. 1: Late Registration

Follow us on Facebook for the most up-to-date information or go to www.ashlandkroc.org!
THINGS TO NOTE ABOUT RENTALS AT THE KROC

- A non-refundable deposit and signed contract are required to secure booking.
- You can bring your own food, drinks, and decorations.
- NO alcohol, red-dye drinks, glitter, or confetti are permitted.
- Guests are encouraged to bring a cooler to keep food items cold. Due to Dept. of Health restrictions, there is NO ACCESS TO KITCHEN OR REFRIGERATORS
WHERE NEEDS ARE MET AND MEMORIES ARE MADE!

WHY GET A KROC MEMBERSHIP?

- Indoor Waterpark
- Outdoor Spray Park
- Fitness Center
- Drop-in Classes
- Playcare
- Family Events
- Program Discounts
- Rental Discounts

scan here to join today!