OPERATION HOURS
Monday - Friday: 6am - 8pm
Saturday: 8am - 8pm
Sunday: 9am - 6pm

WATER PARK HOURS
Tuesday, Thursday & Friday: 3pm - 5pm (Member Only)
Tuesday, Thursday & Friday: 5pm - 7:45pm (Open Swim)
Saturday & Sunday: 1pm - 3pm (Member Only)
Saturday & Sunday: 3pm - 5:30pm (Open Swim)

PLAYCARE HOURS!
PlayCare is an on-site childcare service for up to two hours per visit, while space is available. For members only.

Kroc: 1 hour | Pro: 2 hours
Ages: 6 months - 6 years old
Mondays - Fridays: 9am - 12pm & 5pm - 7:30pm

GOT TIME? VOLUNTEER!!
We are looking for sports Coaches and Referees! Volunteers are also needed in the Choice Food Pantry and Mobile Food Pantry. If you have office skills, we need you!
Visit CamdenKrocCenter.org and click on "Get Involved" or call (856) 379-4861. Minimum age 18.

WE’RE HIRING
Visit Our Website for all of our Job Opportunities!
UPGRADE TO PRO

$10 / $9
per adult / per senior

SPECIAL NEW LOW PRICES!

SIGN UP TODAY!

KEY BENEFITS:
Whether you are a fitness enthusiast or a passionate Kroc regular, enjoy a higher level of Kroc membership by upgrading to PRO! Must have an active membership.

- Two Guest Passes per Month.
- Unlimited Usage of Hydro Massage Chairs.
- Unlimited Access to our Performance Training Room.
- Up to 2 Hours of Playcare Services per Visit per Child. Ages 6 months – 6 years old.
- Monthly, Exclusive, Specialized Fitness Experience.
- 20% Off Personal Training.

FOR MORE INFORMATION
VISIT OUR WELCOME DESK
PHONE: (856) 379-6900

THE SALVATION ARMY • 1865 HARRISON AVENUE • CAMDEN, NJ 08105 • 856.379.6900 • CAMDENKROCCENTER.ORG
Join Us for Worship!

SUNDAY WORSHIP

9:30AM PRAYER MEETING
10AM WORSHIP SERVICE

You’re invited to join us for worship in the Kroc Center’s Chapel. You don’t have to be a member to attend Church with us—all are welcome!

This year, the vision of our Church is "Deeper," we desire to go deeper in our relationship with God. Our weekly small groups, Bible studies, and service opportunities are designed to create spaces of growing in our faith. We also strive to invest in the spiritual growth of our children, by providing Children’s Church every Sunday for children aged 12 and under.

We strive for Jesus Christ to be the center of our Church—and we welcome you to visit us and join us in worship. No matter what you’re facing, we pray you'll experience the everlasting love of God! He has a plan for your life, and it starts with choosing Him!

"'For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future.'” (Jeremiah 29:11)

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

Major Richard Sanchez..............856–379–4852
Major Lolita Sanchez................856–379–4853
Aaron Maines.............................856–379–4858
NJKrocChurch@use.salvationarmy.org
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.

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.

Adult Ministry Room
July 1st
Ages 18+ | 11:00am

MEN’S PRAYER BREAKFAST
Men from the area come together to fellowship, support one another, and to grow together in our relationships with God.

Art Room
July 1st
Ages 18+ | 9:00am

FAMILY PROGRAMMING

SUMMER BIBLE STUDY
Dive deeper in the Word of God and grow in your faith by learning new Biblical truths.

Adult Ministry Room
All Ages | Friday | 6:00pm
For the Month of July

TEEN BIBLE STUDY
This group prepares youth for a lifelong commitment to spiritual growth, and a personal relationship with Jesus Christ and for serving God. Dinner will be provided.

Meet in Town Plaza
Ages 13-17 | Wednesday | 6:30pm - 8:30pm
NO Teen Group 6/28 & 8/30

BIBLE & BBQ
Come join us for fellowship and food that the whole family can enjoy! All are welcome!

Town Plaza
All Ages | July 15 | 3:30pm

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 9:00am - 3:30pm (Closed 12:00pm - 1:00pm)
Thursday 2:00pm - 3:30pm
Friday- 9:15am - 2:15pm (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.
Recreation Schedule
JUNE 24 - AUGUST 31

Summer Classic Basketball League: June 27 - August 26
Individuals Fees: KROC: $40 | NON-MEMBER: $50
Each player must pay a one-time Referee fee of $25 for Middle School ONLY.

Team Fees: $250
Teams must submit $20 to Refs 10 minutes before each game.
No Exceptions. This includes playoff rounds. Max 12 players per team.

Saturdays | 10:00am-11:00am, GRADES K-2
Wednesdays | 4:00pm-8:00pm, League Games
Saturdays | 11:30pm-1:00pm, GRADES 3-5
Mondays | 5:00pm-8:00pm, GRADES 6-8

Mt. Kroc: Ages 5+ | July 11 - August 24
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. Sessions are 1 hour long.

6 week program: KROC: $30 | NON-MEMBER: $40
Tuesdays | Ages 5-9 | 5pm-6pm
Tuesdays | Ages 10+ | 6pm-7pm
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**JUNE 24 - AUGUST 31**

**Village Initiative:** Open Gym hosted by the Camden County Police Department. Free admission with games, food and basketball. Please enter at Entrance A.

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**JULY**

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<td>13+ OPEN VOLLEYBALL 5pm-7:45pm</td>
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**Village Initiative:** Open Gym hosted by the Camden County Police Department. Free admission with games, food and basketball. Please enter at Entrance A.
# Fitness & Aquatics Group Fitness Schedule

**JUNE 24 - AUGUST 31**

<table>
<thead>
<tr>
<th>Time</th>
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</table>
| 8:00am| Aqua Exercise (Michelle G) 
8:00-8:45am
Water Park |                                                   |                                                 | Aqua Exercise (Michelle G) 
8:00-8:45am
Water Park |                                                 |                                                 |                                                 |
| 10:00am|Senior Fit (Joaquin O) 
10:00am-11:00am
Multi Purpose Room | Yoga® (Lissette) 
10:00am-11:00am
Studio C | Senior Fit (Joaquin O) 
10:00am-11:00am
Multi Purpose Room | Pilates® (Cheli K) 
10:00am-11:00am
Studio C | BoxFit (Wayne S) 
10:00am-11:00am
Studio C / Pool Patio |
| 5:30pm| Cycle (Kevin R) 
5:30pm-6:30pm
Studio B | Circuit Training (TJ) 
5pm-6pm
Studio A |                                                  | Cycle (Lionel) 
5:30pm-6:30pm
Studio B |                                                  |                                                  |
| 6:00pm|                                                   |                                                 | BoxFit (Wayne S) 
6:30pm-7:30pm
Studio C / Pool Patio |                                                  |                                                  |                                                  |
| 6:30pm| Zumba® (Blaire) 
6:30pm-7:15pm
Studio C | Yoga® (Sarah S) 
6:30pm-7:30pm
Studio C |                                                  |                                                  |                                                  |                                                  |

## Fitness Room Hours

- **MON - FRI**: 6am - 7:45pm
- **SATURDAY**: 8am - 7:45pm
- **SUNDAY**: 9am - 5:00pm

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**How to Purchase Classes**

1. Visit [www.krocsales.usaeast.org/#/cam](https://krocsales.usaeast.org/#/cam) 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.
Aqua Exercise
Enjoy all the benefits of a high-impact aerobic workout without the impact strain on your joints. 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. AGES: 16+

Aqua TaiChi
Aqua Tai Chi is a water exercise and relaxation program that has been created to help us enjoy the water in a flowing yet powerful progression. Tai Chi increases oxygen and caloric consumption simply with correct form and positioning in the water. It is a perfect relaxation technique for highly-stressed, over-challenged clients, and it is ideal for creating improved range of motion and mobility.

Barre®
Barre class is a workout technique inspired by elements of ballet, Yoga, and Pilates. It focuses on low-impact, high-intensity movements designed to strengthen your body in ways that few other workouts can.
AGES: 16+

BoxFit
Boxing-based class that uses H.I.I.T. - High Intensity Interval Training. BoxFit starts with an intense cardio warm-up, and then dynamically moves through boxing, core, and intervals of body weight exercises. Body weight exercises or hand weights may be used.
AGES: 16+

Circuit Training
High intensity group excersing class utilizing our new Sports Performance training room. This class is once a month.
AGES: 16+

Cycle
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.
AGES: 16+

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
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. AGES: 50+

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.

<table>
<thead>
<tr>
<th>1:1 Training 30 MINUTE</th>
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<th>Exero Training 30 MINUTE</th>
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<td>3-Sessions</td>
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<td>8-Sessions</td>
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Questions? Email: Cheli.Kramer@use.salvationarmy.org.
**Summer 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 Session 2 classes opens 2 weeks before classes begin.

---

**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**

---

**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**

---

**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**

---

**Level 2: Sea Turtles** *(AGES: 6-11)*
Students learn basic and fundamental swimming skills with recovery support.

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

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**Starfish's Schedule: Session 1**

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<th>LESSONS</th>
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**Guppies Schedule: Session 1**

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**Seahorse Schedule: Session 1**

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**Sea Turtles Schedule: Session 1**

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</table>
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: Session 1

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Level 4: Dolphin AGES: 7+
Students develop competitive stroke skills and begin lap swimming. Level 3 advancement required.

KROC: $108 | NON-MEMBER $150

Dolphins Schedule: Session 1

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Level 5: Sharks AGES: 9+
The objectives of this level are to develop coordination and refinement of strokes. Participants refine their performance of all the strokes and increase their distances. Students develop competitive stroke skills and begin lap swimming.

KROC: $108 | NON-MEMBER $150

Sharks Schedule: Session 1

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Competition Pool Hours

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<td>8:00am - 5:30pm 8 Lanes</td>
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*Times Subject to change*

Weeknight Lane Availability

As lane availability varies throughout each week, please check our website for the most up-to-date lane schedule.

Water Park & Spa Hours

Family Swim
Tuesdays, Thursdays & Friday | 3:00pm - 5:00pm *(Member Swim Only)*
Tuesdays, Thursdays & Friday | 5:00pm - 7:45pm *(Open Swim)*
Saturday & Sunday | 1:00pm - 3:00pm *(Member Swim Only)*
Saturday & Sunday | 3:00pm - 5:30pm *(Open Swim)*

River Walking & Spa
Monday-Fridays | 6:00am - 10:30am