

# KROC



APR 1 - JUN 19

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 *(Member Only)*  
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](http://CamdenKrocCenter.org)



CAMDEN  
**Kroc**  
CORPS COMMUNITY CENTER

# RUNNING FOR THE MOST GOOD 5K



## How It Works

- Register online.
- Select: Camden, New Jersey.
- Complete your 5K your way — run, walk, swim or bike between May 11 - 17!
- Upload your time (5K Run or Walk ONLY) to be included in the results.

Need some encouragement? Join us on May 16th for an in-person race day from 7am - 10am.

**MAY**  
11 - 17, 2026

## Once Registered:

You'll receive an email to Choose your Challenges!  
Below are additional ways to participate:

- Triathlon (.5 mile swim, 5K bike, 5K run)
- 1 Mile Walk
- 5K Cycle
- .5 Mile Swim

[SalvationArmyNJ.org/5K](https://SalvationArmyNJ.org/5K)



## Registration Includes - \$25

- Digital race bib
- Completion certificate
- Social media participant graphics
- Kroc water bottle

For More Information Call:  
**856-379-6900**  
[CamdenKrocCenter.org](https://CamdenKrocCenter.org)



The Salvation Army  
1865 Harrison Avenue  
Camden, NJ 08105  
Facebook Instagram Twitter @CamdenKroc

# CHURCH AT THE KROC

## APRIL 1 - JUNE 19



**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  
April 4th, May 2nd, & June 6th  
Ages 18+ | 1st Saturdays | 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  
April 4th, May 2nd, & June 6th  
Ages 18+ | 1st Saturdays | 9am

## HOLY WEEK SCHEDULE

### GOOD FRIDAY

FRIDAY, APRIL 3RD

6:00pm - Good Friday Service

### HOLY SATURDAY

SATURDAY, APRIL 4TH

9:00am - Men's Prayer Breakfast

11:00am - Women's Ministries

### EASTER SUNDAY

SUNDAY, APRIL 5TH

8:30am - Sunrise Service

9:30am - Fellowship Breakfast

10:30am Easter Celebration Service



## SENIOR COMMUNITY & FELLOWSHIP

Monday - Friday | 8:00am - 12:00pm | Ages: 18+

The Kroc Center provides a space for seniors to come and fellowship with one another. We offer games, music, Bible studies, health and fitness classes, and more.

## Kroc Marketplace (Choice Food Pantry)

Monday 8:15am - 4:00pm (Closed 12:00pm - 1:00pm)

Wednesday 8:15am - 4:00pm (Closed 12:00pm - 1:00pm)

Friday 8:15am - 3:00pm (Closed 12:00pm - 1:00pm)

To make an appointment or find out more information about this service, please call the Food Pantry at **856-379-4871** or email [NJKrocFoodPantry@use.salvationarmy.org](mailto:NJKrocFoodPantry@use.salvationarmy.org).



# KROC ARTS & EDUCATION

APRIL 1 - JUNE 19



## 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.

**8 Weeks**

**KROC: \$91 | NON-MEMBER: \$126**

Art Room

**April 9 – May 28**

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.

**8 Weeks**

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

Chapel

**April 10 – May 29**

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.

**8 Weeks**

**KROC: \$91 | NON-MEMBER: \$126**

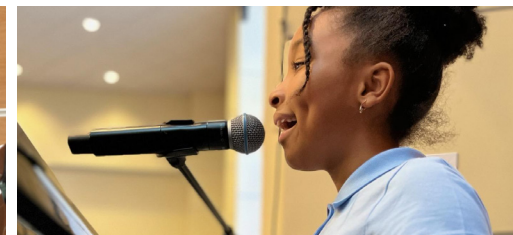
Music Room

**April 7 – May 26**

**Tuesdays:** Beginners 6pm | Ages 5+  
Intermediate 7pm | Ages 7+

**April 9 – May 28**

**Thursdays:** Beginners 6pm | Ages 10+  
Intermediate 7pm | Ages 10+



## 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.

**8 Weeks**

**KROC: \$91 | NON-MEMBER: \$126**

Chapel

**April 7 – May 26**

**Tuesdays:** All Levels 6pm

## MUSIC & ARTS LESSONS Rules:

- **Spring Session: April 6th – May 29th**
- 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+

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

### 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

8 Weeks for 3 Classes

KROC:\$113 | NON-MEMBER: \$156

## 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.**

**ALL PARTICIPANTS MUST SIGN IN**

**AGE 7-12: MUST BE SIGNED IN/OUT BY A GUARDIAN**

**AGE 13-17: MUST SIGN THEMSELVES IN/OUT**

Youth Ministry Room

Ages 7-17 | Monday-Thursday | 4:30pm-7:45pm

# Recreation Schedule

APRIL 1 - JUNE 19

# APRIL

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

Spring Basketball League: April 20 – June 11

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

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

Spring Basketball Clinic: April 18 – May 23

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: April 6 – May 4 | Session 2: May 11 – June 15 (No Class May 25)

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.

Taekwondo | Session 1: April 14 – May 14 | Session 2: May 19 – June 18

5 week program: KROC: \$125 | NON-MEMBER: \$150

Tuesday & Thursdays | Ages 7-12 | 5pm-5:45pm

Tuesday & Thursdays | Ages 13-17 | 6pm-6:45pm

Children will study the art of taekwondo classes are designed to be both educational and enjoyable, catering to all levels of skill and experience.

High School Volleyball Clinic: May 3 – June 21

8 week program: KROC: \$40 | NON-MEMBER: \$65

Sundays | Grades 9-12 | 12:15pm-2pm

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.

18+ Adult Volleyball Clinic: May 3 – June 21

8 week program: KROC: \$65 | NON-MEMBER: \$90

Sundays | 2:15pm-4:15pm

# FULL GYM SCHEDULE

APRIL 1 - JUNE 19

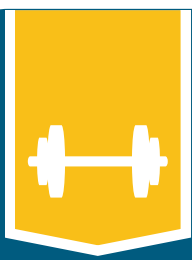


## MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 OPEN GYM 6am-7:45pm	2 OPEN GYM 8am-10am BASKETBALL CLINIC 10am-12pm OPEN GYM 12pm-7:45pm
3 18+ OPEN GYM 9am-12pm VOLLEYBALL CLINIC 12:15pm-2pm 18+ VOLLEYBALL CLINIC 2:15pm-4:15pm	4 OPEN GYM 6am-4pm HALF GYM PICKLEBALL 5pm-7:30pm BASKETBALL LEAGUE 4pm-7:45pm	5 OPEN GYM 6am-4pm HALF GYM PICKLEBALL 9am-12pm BASKETBALL LEAGUE 4pm-7:45pm	6 OPEN GYM 6am-7:45pm	7 OPEN GYM 6am-4pm HALF GYM PICKLEBALL 9am-12pm BASKETBALL LEAGUE 4pm-7:45pm	8 OPEN GYM 6am-7:45pm	9 OPEN GYM 8am-10am BASKETBALL CLINIC 10am-12pm OPEN GYM 12pm-7:45pm
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24 18+ OPEN GYM 9am-12pm VOLLEYBALL CLINIC 12:15pm-2pm 18+ VOLLEYBALL CLINIC 2:15pm-4:15pm	25 BUILDING CLOSED MEMORIAL DAY	26 OPEN GYM 6am-4pm HALF GYM PICKLEBALL 9am-12pm BASKETBALL LEAGUE 4pm-7:45pm	27 OPEN GYM 6am-7:45pm	28 OPEN GYM 6am-4pm HALF GYM PICKLEBALL 9am-12pm BASKETBALL LEAGUE 4pm-7:45pm	29 OPEN GYM 6am-7:45pm	30 OPEN GYM 8am-7:45pm
31 18+ OPEN GYM 9am-12pm VOLLEYBALL CLINIC 12:15pm-2pm 18+ VOLLEYBALL CLINIC 2:15pm-4:15pm						

## JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 OPEN GYM 6am-4pm HALF GYM PICKLEBALL 5pm-7:30pm BASKETBALL LEAGUE 4pm-7:45pm	2 OPEN GYM 6am-4pm HALF GYM PICKLEBALL 9am-12pm BASKETBALL LEAGUE 4pm-7:45pm	3 OPEN GYM 6am-7:45pm	4 OPEN GYM 6am-4pm HALF GYM PICKLEBALL 9am-12pm BASKETBALL LEAGUE 4pm-7:45pm	5 OPEN GYM 6am-7:45pm	6 OPEN GYM 8am-7:45pm
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# Fitness & Aquatics Group Fitness Schedule APRIL 1 - JUNE 19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	Cycle (Theresa) <b>9:00am-10:00am</b> Studio B
10:00am	Senior Fit (Kyla) <b>10:00am-11:00am</b> Multi-Purpose Room	Slow Flow Yoga® (Alex) <b>10:00am-11:00am</b> Studio C	Senior Fit (Danielle) <b>10:00am-11:00am</b> Multi-Purpose Room	Chair Yoga (Danielle) <b>10:00am-11:00am</b> Studio C	Cycle/Stretch (Siria) <b>10:00am-11:00am</b> Studio B	Circuit Training (Kevin) <b>10:00am-11:00am</b> Studio A
5:30pm	Cycle (Kevin) <b>5:30pm-6:30pm</b> Studio B	Circuit Training (Theresa) <b>5:30pm-6:30pm</b> Studio C ----- Cycle (Lionel) <b>5:30pm-6:30pm</b> Studio A	Circuit Training (Kevin) <b>5:30pm-6:30pm</b> Studio A	Circuit Training (Theresa) <b>5:30pm-6:30pm</b> Studio A	Zumba® (Saudaya) <b>5:30pm-6:30pm</b> Studio C	
6:30pm	Zumba® (Saudaya) <b>6:30pm-7:30pm</b> Studio C	Yoga® (Sarah) <b>6:30pm-7:30pm</b> Studio C	Step Aerobics (Lakesha) <b>6:30pm-7:30pm</b> Studio C	Yoga® (Jo) <b>6:30pm-7:30pm</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.

## 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. **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.

## 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.

## Zumba®

Zumba is a high-energy dance fitness class that blends upbeat music with easy-to-follow choreography for a fun, full-body workout. Inspired by Latin and international dance styles, Zumba combines movements from salsa, merengue, cumbia, reggaeton, and more to create a cardio workout.



## 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

APRIL 1 - JUNE 19

## Spring 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: 3/20 Non-members: 3/25  
**Session 2:** Kroc: 5/1 Non-members: 5/6

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**



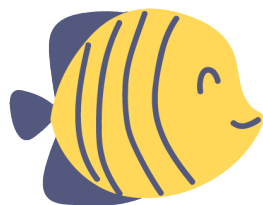
### Starfish's Schedule

LESSONS	DATES	TIME	DAY
6	5/13 - 6/17	4:30 - 5:00 pm	Wednesdays
6	5/16 - 6/20	9:00 - 9:30 am	Saturdays
6	5/16 - 6/20	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	5/13 - 6/17	4:30 - 5:00 pm	Wednesdays
6	5/13 - 6/17	4:30 - 5:00 pm	Wednesdays
6	5/13 - 6/17	5:00 - 5:30 pm	Wednesdays
6	5/16 - 6/20	9:00 - 9:30 am	Saturdays
6	5/16 - 6/20	9:00 - 9:30 am	Saturdays
6	5/16 - 6/20	9:30 - 10:00 am	Saturdays
6	5/16 - 6/20	10:00 - 10:30 am	Saturdays
6	5/16 - 6/20	10:30 - 11:00 am	Saturdays
6	5/16 - 6/20	11:00 - 11:30 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	5/13 - 6/17	5:30 - 6:00 pm	Wednesdays
6	5/13 - 6/17	6:00 - 6:30 pm	Wednesdays
6	5/16 - 6/20	9:00 - 9:30 am	Saturdays
6	5/16 - 6/20	9:30 - 10:00 am	Saturdays
6	5/16 - 6/20	10:00 - 10:30 am	Saturdays
6	5/16 - 6/20	10:30 - 11:00 am	Saturdays

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

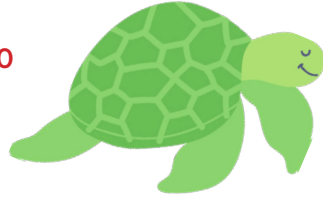
Call: 856.379.6909 | Email: [NJKrocAquatics@use.salvationarmy.org](mailto:NJKrocAquatics@use.salvationarmy.org)

# 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	5/13 - 6/17	6:00 - 6:30 pm	Wednesdays
6	5/13 - 6/17	6:30 - 7:00 pm	Wednesdays
6	5/16 - 6/20	9:30 - 10:00 am	Saturdays
6	5/16 - 6/20	10:00 - 10:30 am	Saturdays
6	5/16 - 6/20	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	5/13 - 6/17	6:00 - 6:30 pm	Wednesdays
6	5/16 - 6/20	10:30-11:00 am	Saturdays
6	5/16 - 6/20	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**



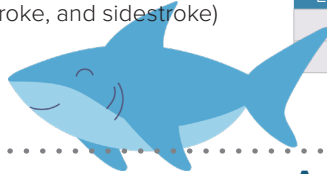
## Dolphins Schedule

LESSONS	DATES	TIME	DAY
6	5/13 - 6/17	6:30 - 7:00 pm	Wednesdays
6	5/16 - 6/20	10:00 - 10:30 am	Saturdays
6	5/16 - 6/20	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	5/13 - 6/17	6:30 - 7:00 pm	Wednesdays
6	5/16 - 6/20	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	5/19 - 6/23	9:00 - 9:45 am	Tuesdays
6	5/13 - 6/17	4:30 - 5:15 pm	Wednesdays
6	5/13 - 6/17	5:15 - 6:00 pm	Wednesdays
6	5/16 - 6/20	9:00 - 9:45 am	Saturdays
6	5/16 - 6/20	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	5/13 - 6/17	6:00 - 6:45 pm	Wednesdays
6	5/16 - 6/20	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	5/13 - 6/17	5:00 - 5:45 pm	Wednesdays

## Private 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**

## Private Swim Lessons Schedule

LESSONS	DATES	TIME	DAY
6	5/13 - 6/17	7:00 - 7:30 pm	Wednesdays



# POOL SCHEDULES

MAY 4 - JUNE 19

## COMPETITION POOL HOURS

*\*Times Subject to change\**

MAY 4 – JUNE 19

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



### Water Park & Spa Hours

Tuesdays, Thursdays & Fridays | 4:30pm - 7:30pm (Member Only Swim)

Saturdays | 12:00pm - 3:00pm (Member Only Swim)

Saturdays | 3:00pm - 7:30pm (Open Swim)

Sundays | 12:00pm - 3:00pm (Member Only Swim)

Sundays | 3:00pm - 5:30pm (Open Swim)

### River Walking & Spa

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

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

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



C A M D E N  
**Kroc**  
CORPS COMMUNITY CENTER

Join Us Now

For More Information:  
[NJKrocAquatics@use.salvationarmy.org](mailto:NJKrocAquatics@use.salvationarmy.org)

# WE ARE HIRING

## Lifeguards & Swim Instructors

LIFEGUARD



The Salvation Army  
1865 Harrison Avenue  
Camden, NJ 08105  
(856) 379-6909

### Requirements

**SKILL 1:** Swim 150 yards (6 Lengths), tread water for 2 minutes only using the legs, and continue to swim another 50 yards (2 Lengths), continuously demonstrating breath control and rhythmic breathing.

**SKILL 2:** Swim 20 yards & retrieve Diving Brick under 1 minute and 40 seconds.

- Work in a fun atmosphere.
- Lifeguard pay \$16 an hour.
- We provide WSI Classes and Lifeguard Certification Classes.
- Free Membership to the center, discounted family memberships.
- Vacation, Sick, Holiday, and closure Pay.

