

**JAN 1 -MAR 31 SCHEDULE** 



### **OPERATION HOURS**

Monday - Friday : 6am - 8pm

Saturday: 8am - 8pm

Sunday: 9am - 6pm

### WATER PARK HOURS

Tuesday, Thursday & Friday: 4:45pm - 7:45pm (Open Swim)

Saturday & Sunday: 1pm - 3pm (Member Only)

Saturday & Sunday: 3pm - 5:30pm (Open Swim)

# **PLAYCAR**

# **HOURS!**

PlayCare is an on-site childcare 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



# **GOT TIME? VOLUNTEER!!**

We are looking for Volunteers year round! 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.



Connect with us @CamdenKroc







# KROC ARTS & EDU JANUAR



#### ART

This class focuses on drawing inspiration from real life including still life's with pastel, watercolor portraits, and character design. We'll learn the importance of taking time on art pieces and learn the design process that many animation studios go through before settling on the perfect character design for their work.

KROC: \$120 | NON-MEMBER: \$150

Art Room Jan 8 & 22, Feb 5 & 19, Mar 4 & 18 All Ages | Mondays | 6pm



#### **TUTORING**

Is your child struggling academically or in need of extra support? We can help! Sign your child up for group and/or individual tutoring sessions.

GROUP: \$5 | INDIVIDUAL: \$10

Classroom 1 Starts January 9th Ages 6-13 | Tuesdays | 6pm-7pm



#### **BRASS**

This class will be for kids & adults! Learn aspects of breathing and posture to tone production and technique. Lessons will include an emphasis on music theory and aural skills (listening) to help further enrich the journey to becoming a better musician.

6 week program

KROC: \$90 | NON-MEMBER: \$120

Music Room Starts January 8th

Beginner | **Mondays** | 7pm Beginner | Thursdays | 7pm

# KROC ARTS & ED



#### **PIANO**

An exciting and informative 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.

6 week program KROC:\$90 | NON-MEMBER: \$120

Music Room Starts January 11th

Beginner | Mondays | 6pm Beginner | Thursdays | 6pm



#### BEGINNER DRUMS

An introduction to the world of percussion. Participants will learn basics and fundamentals, music theory, and rudiments. Get ready to explore rhythm and a variety of drumming techniques.

6 week program

KROC: \$90 | NON-MEMBER: \$120

Music Room Starts January 9th Ages 6-13 | Tuesdays | 6pm



#### VOICE

An exciting and informative introduction to voice for beginner to intermediate-level voice students. Students will learn everything from fundamental voice techniques to musicianship skills.

6 week program

KROC:\$90 | NON-MEMBER: \$120

Music Room

Starts January 10th

Beginner | Wednesdays | 6pm

### **HOW TO PURCHASE CLASSES**



Visit www.https://krocsales.usaeast.org/#/cam and log in to your account.



Search for the class you're looking for, click view all sessions and select your class.



Add class to cart and complete your purchase.



# CHURCH AT THE KROC JANUARY 1 - MARCH 31



### SUNDAY WORSHIP

9:45 AM SUNDAY SCHOOL 10:30AM 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.

#### 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.

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**



# **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.** 

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. **No Registration.** 

Adult Ministry Room February 3rd & March 2nd Ages 18+ | 1st Saturdays | 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. **No Registration** 

Art Room January 6th, February 3rd & March 2nd Ages 18+ | 1st Saturdays | 9:00am

# FAMILY PROGRAMMING



#### ADULT BIBLE STUDY

Dive deeper in the Word of God and grow in your faith by learning new Biblical truths. **No Registration.** 

Adult Ministry Room
All Ages | Fridays | 6:30pm-7:30pm
Starts January 12th



#### YOUTH GROUP

This group prepares youth for a lifelong commitment to spiritual growth, and a personal relationship with Jesus Christ and for serving God. **No Registration.** 

Teen Ministries Room Ages 13-17 | Fridays | 7:30pm - 8:30pm Starts January 12th



#### **CLUB 3:16**

Club 3:16 is a weekly youth program providing enriching activities for elementary school-aged children. It is a Bible-based program where kids can earn badges by completing activities that teach them life skills. Club 3:16 is a safe space for children to learn about Jesus and make new friends! **Registration Required.** 

Art Room

Grades 1-6 | Fridays | 7:30pm -8:30pm Starts January 12th

## **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.** 





# FULL GYM SCHEDULE JANUARY 1 - MARCH 31

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BUILDING CLOSED  NEW YEARS DAY	PICKLEBALL 9am-12pm OPEN GYM 12pm-7:45pm	OPEN GYM 6am-7:45pm	PICKLEBALL 9am-12pm OPEN GYM 12pm-7:45pm	OPEN GYM 6am-7:45pm	OPEN GYM 2pm-7:45pm
18+ OPEN GYM 9am-12pm	OPEN GYM 6am-4:00pm PICKLEBALL 5pm-7:45pm	PICKLEBALL 9am-12pm OPEN GYM 12pm-7:45pm	OPEN GYM 6am-7:45pm	PICKLEBALL 9am-12pm OPEN GYM 12pm-7:45pm	OPEN GYM 6am-7:45pm	OPEN GYM 2pm-7:45pm
18+ OPEN GYM 9am-12pm	OPEN GYM 6am-4:00pm PICKLEBALL 5pm-7:45pm	PICKLEBALL 9am-12pm OPEN GYM 12pm-7:45pm	OPEN GYM 6am-7:45pm	PICKLEBALL 9am-12pm OPEN GYM 12pm-7:45pm	OPEN GYM 6am-7:45pm	OPEN GYM 2pm-7:45pm
21 18+ OPEN GYM 9am-12pm	OPEN GYM 6am-4:00pm PICKLEBALL 5pm-7:45pm	PICKLEBALL 9am-12pm OPEN GYM 12pm-7:45pm	OPEN GYM 6am-7:45pm	PICKLEBALL 9am-12pm OPEN GYM 12pm-7:45pm	OPEN GYM 6am-7:45pm	OPEN GYM 2pm-7:45pm
18+ OPEN GYM 9am-12pm	OPEN GYM 6am-4:00pm PICKLEBALL 5pm-7:45pm	PICKLEBALL 9am-12pm OPEN GYM 12pm-7:45pm				

# **FEBRUARY**

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				PICKLEBALL 9am-12pm OPEN GYM 12pm-7:45pm	OPEN GYM 6am-7:45pm	OPEN GYM 2pm-7:45pm
18+ OPEN GYM 9am-12pm	OPEN GYM 6am-4:00pm PICKLEBALL 5pm-7:45pm	PICKLEBALL 9am-12pm OPEN GYM 12pm-7:45pm	OPEN GYM 6am-7:45pm	PICKLEBALL 9am-12pm OPEN GYM 12pm-7:45pm	OPEN GYM 6am-7:45pm	OPEN GYM 2pm-7:45pm
18+ OPEN GYM 9am-12pm	OPEN GYM 6am-4:00pm PICKLEBALL 5pm-7:45pm	PICKLEBALL 9am-12pm OPEN GYM 12pm-7:45pm	OPEN GYM 6am-7:45pm	PICKLEBALL 9am-12pm OPEN GYM 12pm-7:45pm	OPEN GYM 6am-7:45pm	OPEN GYM 2pm-7:45pm
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25 18+ OPEN GYM 9am-12pm	OPEN GYM 6am-4:00pm PICKLEBALL 5pm-7:45pm	PICKLEBALL 9am-12pm OPEN GYM 12pm-7:45pm	OPEN GYM 6am-7:45pm	PICKLEBALL 9am-12pm OPEN GYM 12pm-7:45pm		



# Recreation Schedule JANUARY 1 - MARCH 31

**MARCH** 

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					OPEN GYM 6am-7:45pm	OPEN GYM 2pm-7:45pm
18+ OPEN GYM 9am-12pm	OPEN GYM 6am-4:00pm PICKLEBALL 5pm-7:45pm	PICKLEBALL 9am-12pm OPEN GYM 12pm-7:45pm	OPEN GYM 6am-7:45pm	PICKLEBALL 9am-12pm OPEN GYM 12pm-7:45pm	OPEN GYM 6am-7:45pm	OPEN GYM 2pm-7:45pm
18+ OPEN GYM 9am-12pm	OPEN GYM 6am-4:00pm PICKLEBALL 5pm-7:45pm	PICKLEBALL 9am-12pm OPEN GYM 12pm-7:45pm	OPEN GYM 6am-7:45pm	PICKLEBALL 9am-12pm OPEN GYM 12pm-7:45pm	OPEN GYM 6am-7:45pm	OPEN GYM 2pm-7:45pm
18+ OPEN GYM 9am-12pm	OPEN GYM 6am-4:00pm PICKLEBALL 5pm-7:45pm	PICKLEBALL 9am-12pm OPEN GYM 12pm-7:45pm	OPEN GYM 6am-7:45pm	PICKLEBALL 9am-12pm OPEN GYM 12pm-7:45pm	OPEN GYM 6am-7:45pm	OPEN GYM 2pm-7:45pm
18+ OPEN GYM 9am-12pm 31 BUILDING CLOSED EASTER SUNDAY	OPEN GYM 6am-4:00pm PICKLEBALL 5pm-7:45pm	PICKLEBALL 9am-12pm OPEN GYM 12pm-7:45pm	OPEN GYM 6am-7:45pm	PICKLEBALL 9am-12pm OPEN GYM 12pm-7:45pm	BUILDING CLOSED GOOD FRIDAY	OPEN GYM 2pm-7:45pm





# Fitness & Aquatics Group Fitness Schedule JANUARY 1 - MARCH 31

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am		Aqua Excercise (Michelle G) <b>8:00-8:45am</b> Water Park		Aqua Excercise (Michelle G) <b>8:00-8:45am</b> Water Park		
10:00am	Senior Fit <b>10:00am-11:00am</b> Multi Purpose Room	Slow Flow Yoga® (Lissette) <b>10:00am-11:00am</b> Studio C	Senior Fit  10:00am-11:00am  Multi Purpose Room	Pilates® (Cheli K) <b>10:00am-11:00am</b> Studio C	Chair Yoga <b>10:00am-11:00am</b> Multi Purpose Room	BoxFit (Wayne S) <b>10:00am-11:00am</b> Studio C / Pool Patio
5:30pm	Cycle (Kevin R) <b>5:30pm-6:30pm</b> Studio B	Circuit Training (TJ) <b>5:30pm-6:30pm</b> Studio A		Circuit Training (TJ) <b>5:30pm-6:30pm</b> Studio A		
6:00pm			BoxFit (Wayne S) <b>6:00pm-7:30pm</b> Studio C / Pool Patio			
6:30pm	Zumba® (Blaire) <b>6:30pm-7:45pm</b> Multi Purpose Room	Yoga® (Sarah S) <b>6:30pm-7:30pm</b> Studio C		Xtreme Hip Hop (Lakisha) <b>6:30pm-7:30pm</b> Multi Purpose Rm		

## **FITNESS ROOM HOURS**

MON - FRI

SATURDAY

SUNDAY

6am - 7:45pm

8am - 7:45pm

9am - 5:00pm



## **HOW TO PURCHASE CLASSES**

- 1 Visit www.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
- Add class to cart and complete your purchase



# Fitness & Aquatics Group Fitness

#### **Aqua Exercise** AGES: 16+

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.

#### 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® AGES: 16+

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.

#### **BoxFit AGES: 16+**

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.

#### 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 excersing class utilizing our new Sports Performance training room. This class is once a month.

#### 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.

#### **Pilates®**

Pilates concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.

#### Senior Fit AGES: 50+

This class is designed to help seniors maintain their strength, flexibility and independence. A combination of fun, dance-inspired, low-impact workout that improves cardio fitness with easy-to-follow moves set to energizing music, athletic exercises that boost overall fitness, muscle-conditioning blocks, core work and activity-specific drills to improve strength and functional skill and ending with balance and stretching.

#### **Slow Flow Yoga®**

Yoga is a systematic practice of physical exercise, breath control, relaxation, and positive thinking and meditation aimed at developing harmony in the body, mind, and environment.

#### **Xtreme Hip Hop AGES: 16+**

A dance/cardio class using an aerobic step set to hip hop music. A revamp of traditional step aerobics that includes routines set to old and new school hip hop that makes you want to get up and move while getting a great caloric burn.

#### **Z**umba<sup>®</sup>

A dance fitness class with vibrant music that combines interval low impact training with exhilarating Latin rhythms.



## 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

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1-Session	\$35
3-Sessions	\$90

#### 1:1 Training 30 MINUTE

5-Sessions	\$135
8-Sessions	\$200

#### Questions? Email: Cheli.Kramer@use.salvationarmy.org.

#### Exero Training 30 MINUTE

	Price	
4-Sessions	\$40	



# **LIL' KROCS** SWIM SCHOOL

JANUARY 1 - MARCH 31

## **Winter 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 1 classes opens for Members: 12/22, Non-Members: 12/27

Registration for Session 2 classes opens for Members: 2/2, Non-Members: 2/7



#### 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: Session 2

LESSONS	DATES	TIME	DAY	
6	2/17 - 3/23	9:00 - 9:30 am	Saturdays	
6	2/14 - 3/20	4:30 - 5:00 pm	Wednesdays	

#### **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: Session 2**

LESSONS	DATES	TIME	DAY
6	2/17 - 3/23	9:30 - 10:00 am	Saturdays
6	2/17 - 3/23	10:30 - 11:00 am	Saturdays
6	2/14 - 3/20	5:00 - 5:30 pm	Wednesdays
6	2/14 - 3/20	5:30 - 6:00 pm	Wednesdays

#### 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: Session 2

	LESSONS	DATES	TIME	DAY
	6	2/17 - 3/23	9:30 - 10:00am	Saturdays
1	6	2/17 - 3/23	10:00 - 10:30am	Saturdays
Į	6	2/14 - 3/20	4:30 - 5:00pm	Wednesdays
J	6	2/14 - 3/20	5:30 - 6:00pm	Wednesdays

#### 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: Session 2**

	LESSONS	DATES	TIME	DAY
0	6	2/17 - 3/23	9:00 - 9:30am	Saturdays
1	6	2/17 - 3/23	10:30 - 11:00am	Saturdays
	6	1/3 - 2/7	5:00 - 5:30pm	Wednesdays
	6	1/3 - 2/7	6:00 - 6:30pm	Wednesdays

# **LIL' KROCS** SWIM SCHOOL

JANUARY 1 - MARCH 31

#### 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 2

LESSONS	DATES	TIME	DAY
6	2/17 - 3/23	10:00 - 10:30am	Saturdays
6	2/17 - 3/23	11:00-11:30am	Saturdays
6	2/14 - 3/20	6:00 - 6:30pm	Wednesdays

#### 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 2**

LESSONS	DATES	TIME	DAY	
6	2/17 - 3/23	11:00 - 11:30am	Saturdays	
6	2/14 - 3/20	6:30 - 7:00pm	Wednesdays	

#### 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 2**

LESSONS	DATES	TIME	DAY	
6	2/14 - 3/20	6:30 - 7:00pm	Wednesdays	

#### **Adult Kroc AGES:16+**

It is never too late to learn to swim! No skill requirement is necessary. We will design instruction to meet the needs of the individual and class so everyone learns at a comfortable pace, in a safe environment.

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

#### **Adult Swim Lessons: Session 2**

LESSONS	DATES	TIME	DAY	
6	2/20 - 3/26 9:00 - 9:45am		Tuesdays	
6	2/20 - 3/26	9:45 - 10:30am	Tuesdays	
6	2/19 - 3/25	5:00 - 5:45pm	Mondays	
6	2/19 - 3/25	5:45 - 6:30pm	Mondays	

**Competition Pool Hours** 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am - 11:00am	8:00am - 11:00am	9:00am - 12:00pm				
<b>8 Lanes</b>	Lanes Vary	<b>8 Lanes</b>				
4:15pm - 7:45pm	11am - 5:30pm	12:00pm - 5:30pm				
Lanes Vary	8 Lanes					

## \*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 | 4:45pm - 7:45pm

Saturday & Sunday | 1:00pm - 3:00pm (Member Swim Only)

Saturday & Sunday | 3:00pm - 5:30pm (Open Swim)

## **River Walking & Spa**

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

Text NJKrocAquatics to 51555

Register Online: CamdenKrocCenter.org

Call:~856.379.6895~I~Email:~NJKrocAquatics@use.salvationarmy.org

## COMP POOL CLOSURES

(Swim Meets)

#### **FEBRUARY**

ALL Tuesday & Thursday Till 9th (PM Hours) 24th & 25th (All Day)

#### **MARCH**

March 22nd (PM Hours) March 23rd -24th (All Day)