



KROC

2026 WINTER/SPRING PROGRAM GUIDE





Winter/Spring
2026

KROC

AQUATICS

January 1 - KROC CLOSED | February 5 - KROC CLOSING AT 6:50 PM |
April 3-5 - KROC CLOSED | April 25 - KROC OPEN 3-8 PM | May 4-8 - POOL CLOSED |
May 7 - KROC CLOSING AT 6:50 PM | May 25 - KROC CLOSED

Pool Schedule

	Beachfront	Lazy River	Lap Pool	Slide
Monday - Thursday	10am - 1pm 4pm - 8pm	6am - 1pm 4pm - 8pm	6am - 1pm *4pm - 8pm	Closed
Friday	10am - 1pm	6am - 1pm	6am - 1pm	Closed
Saturday	11am - 6pm	8am - 9am 11am - 6pm	8am - 9am 11am - 6pm	12pm - 5pm
Sunday	1pm - 5pm	1pm - 5pm	1pm - 5pm	1pm - 5pm

The lap lane schedule may vary due to swim lessons and team practices. Please check the Kroc Connect app for the most up-to-date hours.

Lifeguarding Certification

Do you love to swim and want to join a great team that offers flexible scheduling and benefits? Why not get your lifeguard certification for **FREE** with us?! **Ages 16+**

Contact Liz Lowery for more information at (757) 622-5762 x64360 or elizabeth.lowery@uss.salvationarmy.org

Session 1: Eligibility Test – January 2, 4pm –5pm; **Certification** – January 5-28, Mon./Wed. 4pm - 8pm

Session 2: Eligibility Test – February 25, 4pm –5pm; **Certification** – March 5-25, Mon./Wed. 4pm - 8pm

Cost: \$250 (reimbursed after 90 days of employment at The Kroc)

AMERICAN RED CROSS SHALLOW WATER LIFEGUARD CERTIFICATION

1. Swim 50 yards using an established breathing pattern
2. Tread water for 2 minutes without using hands or arms
3. Swim 50 yards using a different stroke with proper breathing
4. Swim 20 yards, retrieve a 10 lb. diving brick from a depth of 6 feet, and return to the starting point within 1 minute and 20 seconds

Successful completion results in a 2-year certification that includes CPR, AED, and First Aid.



**Winter/Spring
2026**

KROC

AQUATICS

**January 1 - KROC CLOSED | February 5 - KROC CLOSURES AT 6:50 PM |
April 3-5 - KROC CLOSED | April 25 - KROC OPEN 3-8 PM | May 4-8 - POOL
CLOSED | May 7 - KROC CLOSURES AT 6:50 PM | May 25 - KROC CLOSED**

Swim Lessons

CLASS NAME	DAY	DATES	TIME	MEMBER	NON-MEMBER
January					
Adult	Saturday	January 3-24	9am - 9:45am	\$40	\$50
School Age	Saturday	January 3-24	10am - 10:45am	\$40	\$50
February					
Adult	Saturday	February 7-28	9am - 9:45am	\$40	\$50
School Age	Saturday	February 7-28	10am - 10:45am	\$40	\$50
March					
Adult	Saturday	*March 7-21	9am - 9:45am	\$30	\$40
School Age	Saturday	*March 7-21	10am - 10:45am	\$30	\$40
May					
Adults	Saturday	*May 2-30	9am - 9:45am	\$40	\$50
School Age	Saturday	*May 2-30	10am - 10:45am	\$40	\$50
June					
Adults	Saturday	June 6-27	9am - 9:45am	\$40	\$50
School Age	Saturday	June 6-27	10am - 10:45am	\$40	\$50

*No classes 3/28 or 5/23



GET TEXT ALERTS

RECEIVE TEXT ALERTS FOR POOL CLOSURES DUE TO WEATHER OR MAINTENANCE.

STAY CONNECTED BY TEXTING
"SWIM" TO 757-622-5762

AQUA FIT CLASS

TUES/WED/THURS
10:15 A.M.

Low-impact, high energy aquatic class that uses the water's natural resistance to help tone muscles!



KROC
HAMPTON ROADS



Winter/Spring
2026

KROC FITNESS

ALL MEMBERS MUST REGISTER ON OUR APP PRIOR TO FITNESS ACTIVITIES

Low-Impact

SILVER FIT

A dance fitness workout designed especially for active older adults to help increase cardiovascular endurance and mobility. (50+)

When: Mon., Wed., 10:30am

Where: Gym 1 + Gym 2

Cost: Members: Free; Non-Members: \$8

SILVER SNEAKERS

Calling all active adults 50 and up! This upbeat class is designed to improve strength, flexibility, coordination, and mobility while keeping you moving and motivated.

When: Mon., Wed., 11:15am

Where: Gym 1 + Gym 2

Cost: Members: Free; Non-Members: \$8

MAT PILATES

Pilates is a type of exercise and body conditioning that uses a series of precise movements, controlled breathing, and muscle engagement to improve strength, flexibility, balance, and posture. (14+, or 12 with a parent)

When: Mon. 6:45pm

Where: Fitness Room 3

Cost: Members: Free; Non-Members: \$8

YOGA

This class is great for beginners and seasoned practitioners. Postures will be foundational with an emphasis on breath, alignment and a focus on transitions. (14+, or 12 with a parent)

When: Wednesday, 7pm

Where: Fitness Room 3

Cost: Members: Free; Non-Members: \$8

CHAIR YOGA

Enjoy foundational postures with a focus on breath, alignment, and mindful transitions — all from the comfort of a chair. (14+, or 12 with a parent)

When: Thursday, 9:15am

Where: Fitness Room 3

Cost: Members: Free; Non-Members: \$8

LINE DANCE

Come join us for this popular style of soul line

dancing. It incorporates choreographed dance moves to some of your favorite songs! (14+, or 12 with a parent)

When: Thursday, 11:30am

Where: Fitness Room 3

Cost: Members: Free; Non-Members: \$8

FLEX N' FLOW

Flex & Flow is a motivating blend of yoga, passive stretching, and range of motion elements all rolled in one class. It is designed to build strength, improve flexibility and leave you feeling calm and peaceful. (14+, or 12 with a parent)

When: Friday, 10:30am

Where: Fitness Room 3

Cost: Members: Free; Non-Members: \$8

WERQ®

WERQ is the wildly addictive cardio dance workout based on trending pop and hip-hop music. The mission is to create a judgement-free dance space built on good vibes, a great sweat, and a supportive community! Let's WERQ! (14+, or 12 with a parent)

When: Friday, 9:15am

Where: Fitness Room 3

Cost: Members: Free; Non-Members: \$8

Dance-Based

ZUMBA®

A dance fitness workout that is fun for people of all fitness abilities! (14+, or 12 with a parent)

When: Tues. 6pm; Sat. 11am

Where: Fitness Room 3

Cost: Members: Free; Non-Members: \$8

MIXXEDFIT®

Dance your way to fitness with this class that uses explosive, extreme moves and big choreography to burn even more calories off! (14+, 12 with a parent)

When: Wednesday, 6:15pm

Where: Fitness Room 3

Cost: Members: Free; Non-Members: \$8

XTREME HIP-HOP STEP

Step your game up! This fast-paced class will

energize your workout routine! (14+, or 12 with a parent) *Limited steps.

When: Thursday, 7pm

Where: Fitness Room 3

Cost: Members: Free; Non-Members: \$8

Water-Based

AQUA AEROBICS

Low-impact, high energy aquatic class that uses the water's natural resistance to help tone muscles. (14+, or 12 with a parent.)

When: Tues., Wed., Thurs., 10:15am

Where: Pool

Cost: Members: Free; Non-Members: \$8

THE FLOAT: A SOUNDBATH EXPERIENCE

Experience weightless floating in warm water as sound bowls and calming tones create a meditative state that eases stress, relieves anxiety, and enhances overall wellness. (16+)

When: 1/23, 2/27, 3/20, 4/17, 5/22, 6/26, 5:30pm

Where: Pool

Cost: Members: \$25; Non-Members: \$35

Strength & Cardio-Based

BANDS & GLUTES

Get ready to have fun while working up a sweat! This class uses resistance bands to target your glutes and lower body, combined with energizing cardio moves. (14+, or 12 with a parent.)

When: Monday, 5:15pm

Where: Fitness Room 2

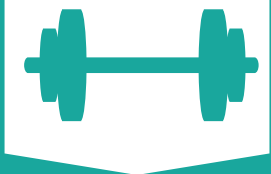
Cost: Members: Free; Non-Members: \$8

F3

Fight! Form! Fitness! Do you have what it takes to train like a boxer? Come find out with this H.I.I.T. (High Intensity Interval Training) class that focuses on conditioning and boxing techniques! (14+, or 12 with a parent)

When: Mon., Wed., 5:30pm

Where: Fitness Room 1



**Winter/Spring
2026**

KROC FITNESS

ALL MEMBERS MUST REGISTER ON OUR APP PRIOR TO FITNESS ACTIVITIES

Where: Fitness Room 1

Cost: Members: Free; Non-Members: \$8

POWER30

Energizing, highly effective full-body workout structured to increase strength and cardiovascular conditioning. (14+, or 12 with an a parent)

When: Monday, 6pm

Where: Fitness Room 2

Cost: Members: Free; Non-Members: \$8

#COREONLY

An ab circuit class, charged with slow to medium tempo rhythms. Participants will engage every abdominal muscle in a full range set of exercises targeting the core. (14+, or 12 with an a parent)

When: Tue., Thurs., 10am

Where: Fitness Room 2

Cost: Members: Free; Non-Members: \$8

TREAD N' SHED

Torch major calories with intervals alternating between the floor and treadmill. Your speed, endurance and agility will be tested! (14+, or 12 with an a parent)

When: Tuesday, 5:30pm

Where: Fitness Floor

Cost: Members: Free; Non-Members: \$8

T.R.A.P.

T.R.A.P. (The Roughest Abs Possible) is a 30-minute, tempo-based core class set to today's best trap music. Strengthen your abs and back with non-stop sculpting moves in this high-energy core burner. (14+, or 12 with an a parent)

When: Tuesday, 6:15pm

Where: Fitness Room 3

Cost: Members: Free; Non-Members: \$8

THE GRIND

This 30-minute, H.I.I.T. class will GRIND out the calories in your workout. We will focus on calisthenics and non-weighted body movements to reach our goals for the day! (14+, or 12 with a parent)

When: Thursday, 6:15pm

Where: Fitness Room 3

Cost: Members: Free; Non-Members: \$8

PILATES 2.0

Tone and sculpt your abs while getting a great cardio and strength building workout. (14+, 12 with a parent)

When: Thursday, 5:30pm

Where: Fitness Room 2

Cost: Members: Free; Non-Members: \$8

BRICKS

Welcome to the BRICK! This class uses a cinderblock, hand weights, and bands to build strength, tone muscles, and focuses on core movements. This class is for all fitness levels. (14+, 12 with a parent) **First Saturday of each month*

When: 2/7, 3/7, 4/4, 5/2, 6/6 9:30am

Where: Fitness Room 2

Cost: Members: Free; Non-Members: \$8

Spin

INTERACTIVE CYCLE

(Video Class)

The cycling room is open and available for cycling at your own pace.

When: Mon., Wed., Fri., 1pm; Sat. 11am

Where: Fitness Room 2

Cost: Members: Free; Non-Members: \$8

Virtual Options

CORE & MORE

Focus on toning and sculpting your abs while getting a great cardio and strength building workout. (14+, or 12 with a parent.)

When: Mon., Wed., Fri., 10am and 4pm

Where: Fitness Room 2

Cost: Members: Free; Non-Members: \$8

BOOTCAMP

Want a full body workout but short on time? Crush your cardio goals while creating toned muscles in this new 30 minute class.

When: Tue., Thurs., 10am and 4pm

Where: Fitness Room 3

Cost: Members: Free; Non-Members: \$8

H.I.I.T.: BODY BLAST

Need an extra push? This high-energy class will keep you on your toes with ever-changing moves that challenge your body and torch calories!

When: Mon., Wed., Fri., 11am and 12pm

Where: Fitness Room 2

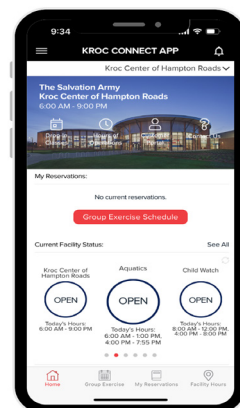
Cost: Members: Free; Non-Members: \$8

How to Register for Classes:

1. Download the Kroc Connect App from the Google Play Store or App Store
2. In the welcome screen, log in using the email associated with your Kroc Center membership.
3. Check your email (including spam) for a PIN.
4. Create a password and use the PIN to complete your login.
5. Use the search or filter tools to find your desired class by date.
6. Reserve your spot or cancel a reservation if needed.

Please Note:

- Reservations open 24 hours before each class start time.
- If a class is canceled, you will receive an automated email notification.



**KROC
HAMPTON ROADS**



KROC

SPORTS & RECREATION

ALL MEMBERS MUST REGISTER ON OUR APP PRIOR TO FITNESS ACTIVITIES

Activities

OPEN GYM

Open Gym for All Ages! At least 1 court will be open play.

Mon., Wed., Fri., 6-10am & 2-8pm (Varies); Tue., Thur., 6-11am & 2-6pm (Varies); Sat., 1-7pm (Varies)

Where: Gym 1 + Gym 2

Times are subject to change based on other Kroc programs.



MOVIE NIGHT FRIDAYS

Family Sports related movie, played on the projectors in the Gym.

When: 3/27, 4/24, 5/29

Time: 6-7:30pm

Where: Gym 1 + Gym 2

LUNCHTIME BASKETBALL

Lunchtime basketball is for pick-up basketball games with option to run full court games.

When: Tues., Thurs., 11am-2pm

Where: Gym 1

PICKLEBALL

Pickleball is a doubles racket sport that blends tennis, badminton and table tennis. This low impact sport, is sure to be right for you! (18+)

When: Mon., Wed. 6:30-10am; Thurs.,

6-8:45pm; Sun. 1:30-5pm

Where: Gym

Cost: Members: Free; Non-Members: \$5

Registration only.

SATURDAY MORNING BREAKFAST CLUB

Come out and play some Saturday morning Pickleball! Pickleball league members have access to Breakfast Club. (Times are subject to change)

When: Saturday, 9am-12pm

Where: Gym 1 + Gym 2

Registration required. Pickleball League members only.

ROCKWALL

Our indoor rock climbing wall offers routes for every skill level. On your first day, you'll receive a basic orientation to help you get comfortable and climb safely. Our auto-belays support a wide range of weights, and our trained staff can assist climbers at every level. Open to ages 6 and up!

When: Mon., Wed., Fri., 4-6pm

Where: Gym 1

Registration only. This activity has equipment provided by and supervised by the Kroc.



MONDAY NIGHT VOLLEYBALL

30 spots available. For Co-Ed pick-up Volleyball games.

When: Mon. 7-8:30pm

Where: Gym 1 + Gym 2

Registration required. Members only.



Leagues

KROC SPORTS LEAGUE "PICKLE BRAWL" (PBL)

Adult Co-Ed Pickleball League (18+)
Winter "Pickle Brawl" League is designed for beginner to intermediate players (DUPR rating below 3.5) who are ready for friendly competition. This 8-week league guarantees consistent, competitive play with evenly matched players who will challenge each other week after week.

When: Thursdays, 6-9pm, from 1/15-3/5, with a tournament on 3/7 from 9am-1pm

Cost: Members: \$50; Non-Members: \$60

Where: Gym 1 + Gym 2

Registration required.

KROC SPORTS LEAGUE ALUMNI LEAGUE

Adult Co-Ed Basketball League (18+)
So, you think your school was the best? So, you think your city had the best hoopers? So, you think your team was the best? Prove it! In the first annual Alumni League powered by the Kroc Center. 8 week league with play-offs.

When: Tues., 6-8:30pm; Sun., 1:30-3:30pm, from 2/3-4/7

Cost: Team Fee: \$500

Where: Gym 1 + Gym 2

Registration required.



Winter/Spring
2026

KROC

COMMUNITY & CHURCH

Sunday

SUNDAY SCHOOL

Time: 10am

We provide Sunday School opportunities for all ages, infants to adults. The fundamentals of learning Scripture, being disciplined, and growing in faith remain vital and consistent, even in our modern world.

COMMUNITY WORSHIP

Time: 11am

We want to be a church known for relentlessly seeking the Lord. We serve a great and loving God who is for all people. We are neighbors, families, friends, companions, and we are not called to journey through this life alone. We are a multicultural church that is Encouraged by the Word, Equipped with the Word, and Engaged in the Word to take the next steps on our journey with God.

Wednesday

WOMEN'S MINISTRY

*January 7- May 28 *No program April 8*

Time: 10am - 12pm

Ages 16+. Come enjoy fun-filled activities with other women! Here you will learn more about God, participate in exciting trips and activities, and get support and friendship from other women like you!

Price: Members pay a fee towards transportation, etc.

Call Theresa Adkins at 757-622-KROC x64335 for more details.

Other Ministries

BREAKFAST WITH JESUS

Sundays: February 15 & May 10

Time: 10am

Join us for a dynamic time of family fellowship. Stop by Kroc Church for breakfast and Sunday School around the table.

KROC PRAYER MEETING

*Tuesdays, January 6-June 30 *No meeting April 8*

Time: 5:30pm

"More prayer, more power!" Come join our prayer warriors to praise God and pray for His power in our lives.

BIBLE STUDY

*Tuesdays, January 6-June 30 *No program April 8*

Time: 6:30pm

Join us for Christian fellowship and discipleship as we study the word of God. Our study topics are: January - The Book of Ephesians, February - Love and Spiritual Warfare, March - The Journey of Lent, April - Love in Action, May - Footsteps of Paul Scriptures.

KROC KIDS

*Tuesdays, January 6-May 19 *No program April 8*

Time: 5:30pm - 7pm

Young people ages 6-16. Enjoy a healthy dinner followed by youth programs designed to build character and life skills. Through fun, hands-on activities, kids will learn teamwork, creativity, and leadership in a supportive and engaging environment. Come be part of the fun!

KROC MEN OF VALOR FELLOWSHIP

The 1st and 3rd Wednesday of each month, January 7-May 6

Time: 5pm - 6pm

Come join a group of men passionate about growing as leaders and serving the community with the love of Christ. They share Bible devotions, serve others, and enjoy fellowship as "brothers helping brothers." Meetings are on the 1st of every month at The Kroc Center and the 3rd off campus. Call (704) 591-3140 for more information.

KROC QUEENS FELLOWSHIP

February 28, March 28, April 24-26, May 9

Come join us once a month for fellowship with other women. We are royalty as children of God. Get inspiration from God's word, learn a craft, share your skills, make new friends, and just have fun as God's Kroc Queens! Call (704) 591-3140 for more info about events.

YOUNG ADULT BIBLE STUDY

*Sundays, January 31- May 31 *No program on February 14 and 21, March 7 and 21, and April 11*

Time: 5pm - 6pm

Ages 18 to 35. Young Adult Ministries bring together young Christians who are striving to grow in their faith while navigating the complexities of life. Bible study topics vary by month.

Email Jalen for more details at: Jalen.Gray@uss.salvationarmy.org

Special Events

Fundraiser Dinner: February 13, 6pm - 8pm, \$14/person Celebrate Valentine's Day with a fun paint party, including a themed canvas painting and light nibbles. Proceeds benefit the Kroc Church Community Ministry.

Revival Weekend: April 17-19 Theme: Love in Action, inspired by Mark 12:30-31. Friday: Loving Ourselves; Saturday: Loving Our Community; Sunday: Loving God.

Father's Day Church in the Pool: June 21, 11am Enjoy a day of worship at The Kroc pool as we honor our Heavenly Father and the men in our lives. Each man will receive a gift.



KROC
HAMPTON ROADS



Winter/Spring
2026

KROC

ARTS & EDUCATION

School of Performing Arts

Music lessons can boost memory, strengthen focus, and sharpen problem-solving skills. They also reduce stress, provide a creative outlet, improve coordination, and create opportunities to connect with others who share a love for music. Our small-group classes, led by experienced musicians, are a welcoming place to try something new or take your skills to the next level.

Dates: Begins January 28 with a recital for all on April 25. *No classes April 6-10

Price: Members: \$95; Non-members: \$115

Please note: Prices include instruction ONLY. Method books are an additional fee. A minimum of 5 participants is required for a class to take place.

Adult & Youth Programming

Adult: 16+ Youth: Ages 8-15

WEDNESDAYS

10-10:45 AM - Adult Guitar

11-11:45 AM - Adult Piano

6-6:45 PM - Youth Piano

7-7:45 PM - Adult Piano

THURSDAYS

6:15-7 PM - Youth Guitar

7:05-7:50 PM - Adult Guitar

Private Music Instruction

Individual lessons are available for students of all ages in piano, guitar, brass or woodwind instruments. Students are required to bring their own method book and instrument, except for piano.

30-minute lessons: Members: \$30 Non-Members: \$40

60-minute lessons: Members: \$50 Non-Members: \$65

NOT FINDING THE CLASS YOU WANT?

We need at least 5 interested individuals and a class can be created for you! If you'd like more information, please contact Marleen Brewster at 757-622-5762 x64341 or marleen.brewster@uss.salvationarmy.org

Other Education

T.O.P.S.

Tops offers tools and programs for healthy living and weight management, with exceptional group fellowship and recognition.

When: Wednesday, 10:15am weigh-in, 10:30am meeting

Cost: Visit twice for no fee





Winter/Spring
2026

KROC

ARTS & EDUCATION

Spring and Summer Break Camps

Spring Break Camp runs April 6–10; Summer Break Camp runs June 8–August 14.

School's out but the fun is on. Kids ages 6–12 will stay active and entertained with games, crafts, and seasonal themed adventures. Each day brings something new in a warm and welcoming space.

Time: Camp 9am–4pm; Before Care 7–9am and After Care 4–6pm, available for \$20/week each.

Cost: Members: \$125 per week; Non-Members: \$150 per week

*Summer Camp requires a \$35 non-refundable registration fee for each week. This fee is applied toward the total balance. There is no registration fee for Spring Break Camp.

Children & Youth Programming

CHILD WATCH

A fun place for the littlest members to play and socialize while parents enjoy a workout. Our amazing space includes indoor and outdoor play structures, and our staff are experienced adults trained in CPR and first aid. Ages 6 months - 6 years old. Parents/guardians (16+) MUST remain in the building and there is a two hour daily limit.

When: Mon. – Fri., except the first Thurs. of the month, 8am – 12pm and 4pm – 8pm; Sat., 8am – 12pm

Cost: Free, members only.
Registration required.

TWEEN SCENE

Games, puzzles, crafts, and friends keep kids engaged. For ages 7 - 12 years old. Parents/guardians (16+) MUST remain in the building and there is a two hour daily limit.

When: Mon. – Fri., 4pm – 8pm; Sat., 8am – 12pm

Cost: Free, members only.
Registration required.

TODDLER THURSDAY

Parents and toddlers together enjoy guided play with snacks, story time, crafts, and fun activities. Max. 3 children per adult.

When: First Thurs. of the month. 1/8, 2/5, 3/5, 4/2, and 5/7, 10am - 12pm

Cost: Members: \$3 per child; Non-Members: \$6 per child
Registration required.

PARENTS NIGHT OUT

Need some time for yourself? The Kroc team has just the thing! For ages 6 months to 12 years old. Dinner provided.

When: Friday, February 13, 5pm - 9pm

Cost: Members: \$20 per child; Non-Members: \$25 per child
Registration required. Spaces limited.

SINGLE DAY CAMPS

Your tween will enjoy hands-on projects and a variety of fun activities. Lunch is provided.

When: 1/16, 1/19, 2/16, 3/20 9am - 4pm

Cost: Members: \$25 per day; Non-Members: \$30 per day, After Care 4-6pm, available for \$5/per day.
Registration only. Limit: 25 participants.

HAVE QUESTIONS?

Contact Lacrishia Eley at :
Lacrishia.eley@uss.salvationarmy.org



KROC
HAMPTON ROADS

General Dates

UNDERWATER EASTER EGG HUNT

Dive into Easter fun! Kids ages 2–12 will enjoy an underwater egg hunt, swimming, crafts, prizes, and nonstop excitement in the pool.

When: Saturday, 3/28, 11am and 12:30pm
Cost: \$9

KROC BIRTHDAY PARTY

Celebrate with us at our Annual Birthday Party! Enjoy games, crafts, food, and family-friendly fun.

When: Saturday, 4/25, 10am - 2pm
Cost: Free and open to the general public.

