

KROC

AQUATICS PROGRAM GUIDE | SPRING 2026



YOU BELONG HERE.



KROC
MEMPHIS

KROC AQUATICS

For pool schedule, aquatics center rules, and more, visit krocmemphis.org.



OUR PROGRAM

We have developed swimming lessons for kids and adults that allow everyone the opportunity to learn in a safe environment, at their own pace. Our classes are taught by certified, knowledgeable, and caring instructors who can help swimmers at every level feel comfortable in the water and progress to the next level. The program is both goal driven and technique oriented. Participants must be 3 years or older, and will be instructed by an encouraging member of the Kroc Aquatics team. Classes are 30-45 minutes in length, and run monthly for the duration of the year. Our instructors will place your student in the appropriate Stage (Skill Level 1-3).

POOL HOURS

The hot tub will close at 3PM on Saturday and open on Monday.

MON-THURS	6AM - 8PM
FRI	6AM - 7PM
SAT	8AM - 6PM
SUN	1PM - 4PM

JOIN THE KREW!

MORE THAN JUST A JOB - WE'RE CAREER STARTERS!

If you join the Aquatic Krew, you will gain skills in water safety, mentorship, leadership, problem-solving, team development, communication, listening, and more skills for you to add to your resume!

Email us if you know of a talented, mission-oriented individual willing to serve. Must have HS diploma and previous work experience with youth in a school or worship setting. All candidates are subject to extensive background checks.



YOUTH GROUP SWIM LESSONS MONTHLY CLASSES

Our American Red Cross swim lessons are strategically designed to teach swimming and water safety. Visit our website for more details!

LEVEL 1: Children will learn how to feel comfortable in the water and safely enjoy it.

LEVEL 2: Children will learn the basic swimming skills.

LEVEL 3: Children will add additional practice with swimming strokes to improve their skills.

LEVEL 4: The child is proficient in Levels 1-3 and would like to improve stroke and gain additional aquatic skills.



ADULT GROUP SWIM LESSONS MONTHLY CLASSES

STAGE 1: Swimmers will learn the basics of swimming and skills geared towards keeping themselves and other around them safe in the water.

STAGE 2: Swimmers are expected to have basic swimming and survival knowledge and can progress to learning six different swimming strokes. Additionally, swimmers refine their front crawl, back crawl, breaststroke, and turns to build up endurance.

SWIM LESSON RESERVATIONS COMING SOON!



AQUATIC RULES

We have rules in place to ensure the safety of all swimmers. These rules include:

- Swimmers must be 14 years of age or older. Children under 14 years of age must be accompanied by an adult.
- Swimmers must be showered before entering the pool.
- No running, food, or glass bottles are permitted on the pool deck.
- Appropriate swimming attire is required (no street or workout clothes.)

To view the complete list of rules, please visit our website by scanning the QR code at the top of the page.

QUESTIONS?
TRE BOMER
EMAIL: tre.bomer@uss.salvationarmy.org
ONLINE AT: www.krocmemphis.org



Friendly Reminder:
Lock up your belongings before enjoying your swim.

Download Kroc Connect App.
Stay up-to-date on all Aquatics information, including delays, closures, and more!

