



KROC  
HAMPTON ROADS



# KROC

2025 FALL/WINTER PROGRAM GUIDE





Fall/Winter  
2025

# 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:** 11:00 a.m.

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**

*September 10- November 5*

**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**

*Sunday, September 7*

**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, September 9 - December 16*

**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, September 9 - December 16*

**Time:** 6:30pm

Join us for Christian fellowship and discipleship as we study the word of God together. Our study topics are: September - Galatians, October - Colossians, November - Thankfulness, December - The Journey that changed the world.

#### **KROC KIDS**

*Tuesdays, September 10 - October 21*

**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, September 17 - November 19*

**Time:** 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**

*September 20, October 25, November 12*

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, September 7 - November 1*

**Time:** 2pm - 5pm

Ages 18 to 35. Young Adult Ministries brings together young Christians who are striving to grow in their faith while navigating the complexities of life. This fall, our Bible Study theme is "Real Talk." Email Jalen for more details at: [Jalen.Gray@uss.salvationarmy.org](mailto:Jalen.Gray@uss.salvationarmy.org)

### Special Events

**Kroc Church Gospel Concert Fundraiser:** October 18, 5pm - 7pm, \$10  
Come enjoy our Variety Gospel Concert, featuring local talent through singing, dancing, and dramatic presentations. Proceeds will support Kroc Church youth and community ministries.

**Thanksgiving Worship and Lunch:** November 23, 11am, Free  
Come enjoy a wonderful worship service and lunch as we celebrate God's goodness to us.

**Christmas Special:** December 21, 10am, Free  
Come enjoy brunch and worship with a special Christmas feature performed by the kids of Kroc Church.



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## AQUATICS

September 1 - KROC CLOSED  
November 27 - KROC CLOSED  
December 7 & 25 - KROC CLOSED

## Pool Schedule

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

\*Beginning November 3, lap lanes will be unavailable from 4–5 PM due to swim team practice.

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, competitive salaries, and benefits? Why not get your lifeguard certification for **FREE** with us?! **Ages 16+**

Contact Liz Lowry for more information at (757) 622-5762 x64360

**When:** Eligibility Test – September 3, 6pm –7pm; **Certification** – September 8–October 8, 4pm - 8pm

**Cost:** \$100 (reimbursed after 90 days of employment at The Kroc)

### 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.



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## AQUATICS

September 1 - KROC CLOSED  
November 27 - KROC CLOSED  
December 7 & 25 - KROC CLOSED

## Swim Lessons

CLASS NAME	DAY	DATES	TIME	MEMBER	NON-MEMBER
<b>September</b>					
Adult	Saturday	September 6-27	9am - 9:45am	\$40	\$50
School Age	Saturday	September 6-27	10am - 10:45am	\$40	\$50
School Age	Mon./Wed.	September 8-24	5pm - 5:45pm	\$60	\$80
<b>October</b>					
Adult	Saturday	*October 4-25	9am - 9:45am	\$30	\$40
School Age	Saturday	*October 4-25	10am - 10:45am	\$30	\$40
School Age	Mon./Wed.	October 6-29	5pm - 5:45pm	\$80	\$100
<b>November</b>					
Adult	Saturday	November 1-22	9am - 9:45am	\$40	\$50
School Age	Saturday	November 1-22	10am - 10:45am	\$40	\$50
School Age	Mon./Wed.	November 3-19	5pm - 5:45pm	\$60	\$80
<b>December</b>					
School Age	Mon./Wed.	December 1-17	5pm - 5:45pm	\$60	\$80

\*No swim lessons on October 11



## GET TEXT ALERTS

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

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



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## 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; Thurs. 5:30pm

**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, 6pm

**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

## 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

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

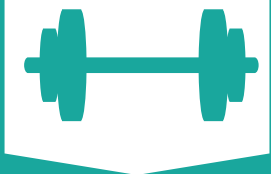
### POWER30

Energizing, highly effective full-body workout structured to increase strength and cardiovascular conditioning — all in just 30 minutes. (14+, or 12 with an a parent)

**When:** Monday, 6pm

**Where:** Fitness Room 3

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



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# KROC FITNESS

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## #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, 5pm, 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

## 30:30

30 exercises, 30 intervals, 30 minute class. Can you keep up? (14+, 12 with a parent) *\*One Friday per month*

**When:** 9/26, 10/24, 11/21, 12/19, 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:** 9/6, 10/4, 11/1, 12/6, 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

## Monthly Challenges

**September:** Mile-A-Day

**October:** Push-Ups

**November:** Plank

**December:** Burpees

## 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

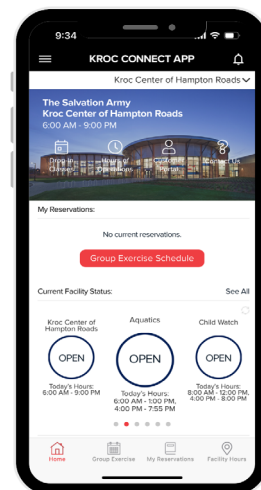
**Cost:** Members: Free; Non-Members: \$8

## 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.



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## SPORTS & RECREATION

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### Activities

#### OPEN GYM

Open Gym for All Ages!

**When:** Mon. - Fri. 6am - 10am, 2pm - 8pm;

Sat. 8am - 11am, 2pm - 7pm

**Where:** Gym 1 + Gym 2

**Cost:** Free, members only.

*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:** 10/3 - *Rise*, 11/7 - *Safety*, 12/5 - *Jump In*, 6pm - 7:30pm

**Where:** Gym 1 + Gym 2

**Cost:** Free and open to the general public.

#### LUNCHTIME BASKETBALL

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

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

Sat., 11am - 1pm

**Where:** Gym 1 + Gym 2

**Cost:** Members only and/or sponsored guest passes.

#### 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. 6:30am - 10am; Sun. 1:30pm - 5pm

**Where:** Gym 2 (two courts)

**Cost:** Members: Free; Non-Members: \$5  
*Registration required.*

**When:** Thurs. 6pm - 8:30pm

**Where:** Gym 1 + Gym 2 (three courts)

**Cost:** Members: Free; Non-Members: \$5  
*Registration required.*

#### 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+

**When:** Mon., Wed., Fri., 4pm - 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. 7pm - 8:30pm

**Where:** Gym 1 + Gym 2

**Cost:** Free, members only.

*Registration required.*

#### DODGEBALL OPEN PLAY

**When:** 9/9, 9/16, 9/23, 9/30, 6pm - 8:30pm

**Where:** Gym 1 + Gym 2

**Cost:** Free and open to the general public.

*Registration required.*

### Leagues

#### KROC SPORTS LEAGUE (DBL)

Join our internal co-ed adult dodgeball league!

This 8-week season is all about fun, fitness, and friendly competition.

**When:** Tuesdays, 10/7 - 11/25, 6pm - 9pm

**Where:** Gym 1 + Gym 2

**Cost:** Members: \$45; Non-Members: \$60

*Times are subject to change based on other Kroc programs. Registration required.*

#### KROCTOBERFEST

Join us for a day of free fall fun the whole family will enjoy! This annual celebration features bounce houses, a petting zoo, crafts, pumpkins, games, face painting, music and more. Don't miss out on this festive favorite!

**When:** Saturday, 10/11, 11am - 2pm

**Cost:** Free and open to the general public.

#### STRANGER TOGETHER

A community fitness event combining movement and purpose in support of breast cancer awareness and domestic violence prevention.

**When:** Sat., 10/26, 2pm - 5pm

**Where:** Gymnasium

**Cost:** \$15/person



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## ARTS & EDUCATION

### Heartstrings & Valves

*Extended after-school care begins September 2. Music program instruction starts September 23.*

Heartstrings & Valves is an after-school music program for students in grades 1–8, where they can learn violin, strings, brass, or guitar under experienced educators. Monthly master classes are led by musicians from the Virginia Symphony Orchestra and Tidewater Winds. Homework help and a healthy meal are included. Reduced pricing is available for qualifying families. Applications are available at the Welcome Desk.

**Cost:** Extended care is approximately \$30 per week, while music classes only are \$15 per week.

### School for Performing Arts

*September 15 - December 11. No classes November 24–26. Recital for all Saturday, December 13.*

Explore music and theater in our School of Performing Arts. Small group guitar and piano lessons build focus and confidence. Private music instruction is also available. Acting covers scenes, improv, and character work, while Stage Craft explores lighting, sound, props, and set design. There's a place for everyone to shine!

CLASS NAME	DAY	TIME	MEMBER	NON-MEMBER
<b>Piano</b>				
Adult (16+)	Tuesday	11am - 11:45am	\$95	\$115
School Age (8-15)	Wednesday	6pm - 6:45pm	\$95	\$115
Adult (16+)	Wednesday	7pm - 7:45pm	\$95	\$115
Intermediate Piano	Thursday	6pm - 6:45pm	\$95	\$115
<b>Guitar</b>				
School Age (8-15)	Monday	6pm - 6:45pm	\$95	\$115
Adult (16+)	Monday	7pm - 7:45pm	\$95	\$115
Adult (16+)	Wednesday	10am - 10:45am	\$95	\$115
Intermediate Guitar	Thursday	7pm - 7:45pm	\$95	\$115
<b>Private Music Instruction</b>				
30-minute Lesson	Open	Open	\$30	\$40
60-minute Lesson	Open	Open	\$50	\$65
<b>Acting</b>				
Intro to Acting (13+)	Tuesday	6pm - 6:45pm	\$95	\$115
Stage Craft (16+)	Tuesday	7pm - 7:45pm	\$95	\$115

*Prices cover instruction only. For private lessons, students must provide their own instrument (except piano) and method book. Books are available for an additional fee. A minimum of 5 participants required for group classes. Questions? Contact Marleen Brewster at (757) 622-5762 x64341.*



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## ARTS & EDUCATION

### Winter Break Camp

*Offered Monday, December 22 and 29, and Tuesday, December 23 and 30.*

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

**Ages:** 6 - 12 years old

**Time:** Camp (9am-4pm); Before Care (7-9am) available for \$5/day; After Care (4-6pm) available for \$5/day

**Cost:** Members: \$25 per day; Non-Members: \$30 per day

Registration now open.

### 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 every month. 9/4, 10/2, 11/6, and 12/4, 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.*

#### TWEEN TAKEOVER

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

**When:** 10/13, 11/11, 10am - 2pm

**Cost:** Members: \$20 per day; Non-Members: \$25 per day  
*Registration only. Limit: 25 participants.*

#### HAVE QUESTIONS?

Contact Lacrissha Eley at :  
[Lacrissha.eley@uss.salvationarmy.org](mailto:Lacrissha.eley@uss.salvationarmy.org)

### General Dates

#### KROCTOBERFEST

Join us for a day of free fall fun the whole family will enjoy! This annual celebration

features bounce houses, a petting zoo, crafts, pumpkin games, face painting, music, and more. Don't miss out on this festive favorite!

**When:** Saturday, 10/11, 11am - 2pm

**Cost:** Free and open to the general public.

#### SPA CHRISTMAS CONCERT

Celebrate the season with us at the Kroc Center. Enjoy a free Christmas celebration with festive fun for the whole family and a special concert from our School for the Performing Arts.

**When:** Saturday, 12/13, 10am - 2pm

**Cost:** Free and open to the general public.



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