

# KROC

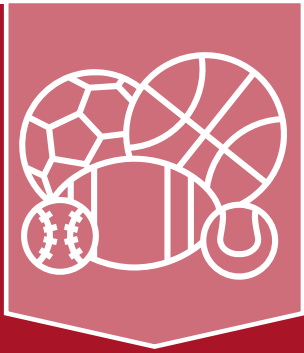
RECREATION PROGRAM GUIDE | SUMMER 2026



YOU BELONG HERE.



KROC  
MEMPHIS



# KROC RECREATION

Sign up for leagues at [krocmemphis.org](http://krocmemphis.org)



## DROP-IN VOLLEYBALL

**Wednesdays | 6:30 - 8:30 PM**  
**Non-members pay \$5 per day.**

The gym will be reserved exclusively for drop-in volleyball every Wednesday night. It's a great opportunity to play, have fun, and stay active in a casual, friendly environment.

Please note: There will be no referee present, just good vibes, friendly competition, and plenty of fun!

## DROP-IN PICKLEBALL

**Open all year long**  
**Tuesdays & Fridays | 5:30 - 7:30 PM**  
**Saturdays | 5 - 7 PM**  
**Non-members pay \$3 per day.**

We've updated our schedule to offer evening sessions—even on weekends—making it easier than ever to join the fun!

Is your pickleball partner not a Kroc Member yet? No problem, they can join in on the fun for only \$5. Don't have a partner? We still encourage you to come out and meet fellow players! It's the perfect chance to learn a new game, get a great workout, and experience the vibrant community that only The Kroc can offer.



## BASKETBALL SKILLS CAMP

**\$175/Week | \$140 For week of June 15-18**

### June Sessions

- June 8–12 | Ages 6–9
- June 15–18 | Ages 10–13

### July Sessions

- July 6–10 | Ages 6–9
- July 13–17 | Ages 10–13

Kroc Basketball Skills Camp is the perfect summer program for young athletes eager to elevate their game—focusing on speed, court movement, ball control, technique, shooting accuracy, and form improvement. Additionally, campers will have the opportunity to cool down in the pool after a week of training and becoming better athletes!



- Camp Time: 8:30 am – 4:00 pm
- Includes: Kroc Basketball Skills Camp Shirt
- Bring: Athletic shoes & attire, proper swim attire & towel (Fridays), and daily lunch (no lunch provided)
- Extended Care is not available for Basketball Skills Camp.

## BASKETBALL COURT HOURS

Please note that the gym will now close 15 minutes before the building to allow for proper clean-up.

MON-THURS	5AM-8:45pm
FRIDAY	5AM-7:45PM
SATURDAY	7AM-6:45PM
SUNDAY	12PM-4:45PM

## OPEN GYM HOURS

- Sundays | 12PM - 4:45PM
- Tuesdays | 12PM - 3PM
- Thursdays | 12PM - 3PM
- Saturdays | 7AM - 4:30 PM

Guests pay \$15 per day in accordance with our Guest Policy.



### QUESTIONS?

**PATRICK CEPHUS**

**OFFICE:** 901.729.8013

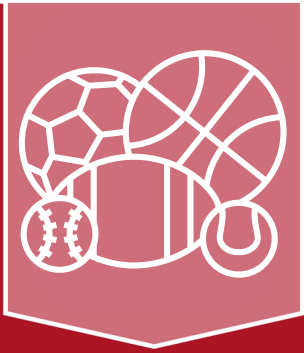
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**Download Kroc Connect App.**  
Stay up-to-date on sports & rec information, including delays, closures, and more!





# KROC RECREATION

Sports Training  
Sign up at [krocmemphis.org](http://krocmemphis.org)



## INTRODUCING SPORTS AT AN EARLY AGE

Introducing sports to children at an early age plays an important role in their overall growth and development. Participating in sports helps children stay active, build healthy habits, improve coordination, and develop strength and confidence.

Basketball, in particular, is a great sport for children because it combines physical activity with teamwork, communication, and discipline in a fun and engaging way. As children learn skills like dribbling, passing, and shooting, they also improve their focus, coordination, and decision-making abilities.

Beyond the physical benefits, basketball helps children develop important social and emotional skills. Playing on a team teaches cooperation, leadership, perseverance, and how to encourage others. It also gives children opportunities to build friendships, grow their confidence, and learn how to handle both challenges and successes in a positive environment.

## 1 ON 1 SPORTS TRAINING

**Ages 6+ welcome.**

### 1 on 1 Sports Training

Your growing athlete can work with a professional coach, in season or out of season! Train in a world-class facility with one of our skilled coaches in basketball, football, soccer, or strength, speed, & agility. Each class will start with a warm up and stretches, then move to drills in your athlete's particular sport. After that, we will do exercises to condition for strength or speed and wrap up with stretches and a devotional. We take an individualized approach in a team setting to help your athlete grow to new heights! Ask about private training sessions. Participants must enroll for the full month.

- **Individual achievable goals will be set Pre/mid/post assessment and evaluation**
- **Performance tests**
- **Sport-specific training**
- **Written analysis and real-time feedback**
- **All pricing is available at the kiosk in the front lobby.**
- **Families have their choice of sports trainer to work with.**



## JOIN THE KREW!

If you join the Recreation Krew, you will gain skills in 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.



**More than just a job - we're career starters!**

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