

# KROC

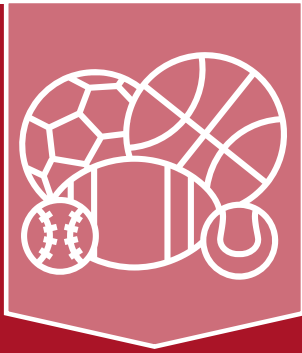
RECREATION PROGRAM GUIDE | FALL 2025



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.

## PICKLEBALL WITH JERRY

**Friday, November 28**  
**1PM - 3PM**

**FREE for Members**

**Non-members pay only \$10**

Join us for a special Thanksgiving Pickleball Clinic, led by our own Sports Trainer, Jerry.

This clinic welcomes players of all skill levels, with the hour focused on skill development and the second hour for open play. It's a fantastic opportunity to enhance your game, learn from one of our best, and enjoy an afternoon of fun and fellowship.



## 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

**CELL:** 901.208.7092

**EMAIL:** [patrick.cephus@uss.salvationarmy.org](mailto:patrick.cephus@uss.salvationarmy.org)

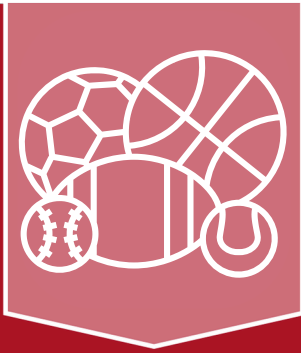
**ONLINE AT:** [www.krocmemphis.org](http://www.krocmemphis.org)



### Text SPORTS to 51555

Stay up-to-date on sports & rec information, including delays, closures, and more!





# KROC RECREATION

Sports Training  
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## TRAINING WITH CALVIN

Take your basketball skills to the next level with Training with Calvin, **available exclusively for a limited time!**

### THESE SMALL GROUP SESSIONS FOCUS ON:

- Ball Handling – Master control and technique.
- Shooting – Develop accuracy and improve form.
- Agility – Enhance speed and on-court movement.

### SESSION DETAILS

- Monday - Friday
- Session 1: 4 PM – 5 PM
- Session 2: 5 PM – 6 PM
- Limited to 8 participants per session

Don't miss this opportunity to train with Calvin and sharpen your game. Register online or at the front desk today!

## SPORTS TRAINING

**Ages 6+ welcome.**

### 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!

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

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.



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