



KROC
HAMPTON ROADS



KROC

2026 FALL/WINTER PROGRAM GUIDE





**Fall/Winter
2026**

KROC

CHURCH & COMMUNITY

Sunday

SUNDAY SCHOOL

Time: 10am

Sunday School is available for all ages, from infants to adults. Through Scripture, discipleship, and fellowship, we grow together in faith.

COMMUNITY WORSHIP

Time: 11am

We are a multicultural church committed to seeking the Lord and serving people with love. Encouraged, equipped, and engaged by God's Word, we journey through life together and take the next steps in faith.

Weekly Ministries

KROC PRAYER MEETING

*Tuesdays, In person and Online September 8 - November 3;
Online Only September 1 and November 10 - December 15*

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, In person and Online September 8 - November 3;
Online Only September 1 and November 10 - December 15*

Time: 6:30pm

Join us for Christian fellowship and discipleship as we study the word of God together.

Topics include:

- **September:** Spiritual Preparation
- **October:** Stewardship
- **November:** Thanksgiving
- **December:** The Advent of Jesus

KROC KIDS

Tuesdays, September 15 - October 20

Time: 5:30pm - 8pm

Youth ages 6–16 are invited to enjoy a healthy dinner through the USDA Food Bank Program, followed by fun, character-building activities that strengthen teamwork, creativity, leadership, and essential life skills.

YOUNG ADULT BIBLE STUDY

Tuesdays, September 8 - November 3

Time: 7pm

Hampton Roads Young Adult Ministries is filled with young Christians striving to grow and improve while navigating the complexities of life. Come grow in your faith by studying God's word with other young adults just like you!

WOMEN'S MINISTRY

Wednesdays, September 16 - November 4

Time: 10am - 12pm

Here you will learn more about God, participate in exciting trips and activities, and get support and friendship from other nice women like you!

Cost: Members pay a fee towards transportation, etc.

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

Other Ministries

KROC QUEENS FELLOWSHIP

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!

- **September 26 at 12pm:** Farmers Market Outing
- **October 3 at 11am:** Kroctoberfest Volunteer Project
- **November 20 at 3pm:** Craft Day
- **December 19 at 10am:** Kettle Day Volunteer Project

Call Captain Shimei Hewitt at 704-591-3140 for more details.

KROC MEN OF VALOR FELLOWSHIP

Thursdays September 3 - November 5

Time: 8am

Join a group of men passionate about growing in faith, building fellowship, and serving men and veterans at The Salvation Army Men's Hope Center, 203 W. 19th Street, Norfolk. The group also enjoys Bible devotions and fun activities together.

Call John Miles at 757-609-5071 for more details.

Special Events

Breakfast with Jesus: September 13 and December 20, 10am
Gather with other families once a quarter for breakfast, fellowship, and Sunday school around the table at Kroc Church.

Regional Fellowship: September 20, 11am

Join us as we welcome everybody back to church with our friends from the area Corps.

Regional Women's Retreat: September 27, 3pm at The Salvation Army Virginia Peninsula Church

Call Captain Shimei Hewitt at 704-591-3140 for more details

Thanksgiving Worship and Lunch: November 22, 11am

Christmas Sunday: December 20, 10am



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AQUATICS

11/25 - KROC OPEN 7am-11am | 11/26 - KROC CLOSED | 11/27 - KROC OPEN 7am-11am | 12/6
KROC CLOSED | 12/12 KROC CLOSED for Special Event | 12/24 KROC OPEN 7am-11am |
12/25 - KROC Closed | 12/31 - KROC OPEN 7am-11am

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	10am - 1pm	10am - 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. 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 with us?! **Ages 16+**

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

Session 1: Eligibility Test – September 28, 5pm – 6pm; **Certification** – Mon., Wed., October 5-28, 4pm - 8pm

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

AMERICAN RED CROSS SHALLOW WATER LIFEGUARD COURSE PREREQUISITES

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



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Swim Schedule

CLASS NAME	DAY	DATES	TIME	MEMBER	NON-MEMBER
September					
Adult	Saturday	September 12-26	9am - 9:45am	\$30	\$60
Youth	Saturday	September 12-26	10am - 10:45am	\$30	\$60
October					
Adult	Saturday	October 10-31	9am - 9:45am	\$40	\$60
Youth	Saturday	October 10-31	10am - 10:45am	\$40	\$60
November					
Adult	Saturday	November 7-21	9am - 9:45am	\$30	\$60
Youth	Saturday	November 7-21	10am - 10:45am	\$30	\$60



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

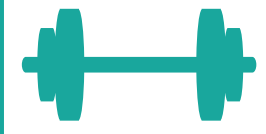
TUES/WED/THURS

10:15 AM

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



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KROC FITNESS

Low-Impact

SILVER FIT

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



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.

THE RELEASE: AFRICAN YOGA STRETCH

A soulful and deeply restorative class designed to help you unwind and release tension while reconnecting with your body.

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)



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)

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)

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)

FLEX N' FLOW

Flex N' 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)



BARRE FITNESS

Barre is a low-impact, high-intensity workout that combines ballet, pilates, and yoga. Using small, controlled movements and high repetitions, it builds strength, improves muscle tone, and enhances flexibility. No dance experience is required. (14+, or 12 with a parent)

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.)

THE FLOAT: A SOUND BATH EXPERIENCE

A floating sound bath is a guided wellness experience in which participants relax in warm water while listening to sound bowls, chimes, gongs, and other instruments. The sound and gentle movement are intended to encourage deep relaxation and overall well-being. (18+)

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



Dance-Based

ZUMBA®

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

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)

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.



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KROC FITNESS

Strength & Cardio-Based

POWER CORE 30

Want a full body workout but short on time? Crush your ab goals while creating toned muscles in this new 30 minute H.I.I.T. (High Intensity Interval Training) style class!

BANDS & GLUTES

Strengthen and tone the body with resistance band training designed to activate the glutes, legs, core, and upper body. This energizing workout combines functional movement, strength training, and endurance exercises to improve stability, coordination, and overall fitness for all levels. (14+, or 12 with a parent)

#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 a parent)

TREAD N' SHED

Torch major calories with intervals alternating between the floor and treadmill. Your speed, endurance, and agility will be tested as you move through a variety of cardio and strength-based exercises designed to keep you moving from start to finish! (14+, or 12 with a parent)

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 a parent)

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)

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)

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) **This is a 6-week class. Dates TBA.*

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

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

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

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

Monthly Challenges:

September: Mile-A-Day

October: Push-Ups

November: Plank

December: Burpees

Special Event:

KROCFIT26

This **free** community event is a great opportunity to discover all that The Kroc Center has to offer. Enjoy a variety of group fitness classes, educational sessions, recreational activities, and helpful information throughout the event. All ages are welcome!

When: Sat., Dec. 5, 9:30am

How to Register for Classes:

1. Download the Kroc Connect App from the Google Play Store or App Store.
2. On the welcome screen, enter the email associated with your Kroc membership.
3. Check your email (including spam) for a PIN.
4. Enter the PIN and create a password to complete your login.
5. Use the search and filter tools to find the class or activity you want to attend.
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

Activities

OPEN GYM

Mon., Wed., Fri., 6am - 10am; 2pm - 8pm*
Tues., Thurs., 6am - 11am; 2pm - 6pm*
Sat. 1pm - 7pm*

Where: Gyms 1 and 2

Cost: Free, members only.

Open gym is available for all ages. At least one court will be available for open play.

*Times are subject to change based on other Kroc Center programming. Check the Kroc Connect App for the most up-to-date hours.

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 accommodate a wide range of weights, and our trained staff can assist climbers of all skill levels. Open to ages 6 and older.

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

Where: Gym 1

Cost: Free, members only.

Registration required. Equipment is provided, and the activity is supervised by Kroc Center staff.



PICKLEBALL

Pickleball is a paddle sport that combines elements of tennis, badminton and table tennis. This low-impact sport is sure to be

right for you! Open to ages 18 and older.

When: Mon., Wed., 7am - 10am; 12pm - 4pm (1 court); Thurs. 6pm - 8:45pm (3 courts); Fri. 8am - 12pm (2 courts); 12pm - 4pm (1 court); Sun. 2:30 pm - 4:30 pm (3 courts)

Where: Gyms 1 and 2

Cost: Members: Free; Non-members: \$5
Registration required. We encourage all pickleball players to download the Playtime Scheduler app.

LUNCHTIME BASKETBALL

Join us for pick-up basketball, with the option to play full-court games.

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

Where: Gym 1

Cost: Free, members only.

FRIDAY MOVIE NIGHTS

Join us for a free, family-friendly sports movie shown on the gym projectors.

When: Fridays, 9/25, 10/23, 11/20, 12/18

Time: 6pm - 7:30pm

Where: Gyms 1 and 2

Cost: Free, open to all.

THE SUNDAY FUN CLUB!

Come out and play some Sunday afternoon pickleball!

When: Sundays, 2:30pm - 4:30pm

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

Where: Gyms 1 and 2

Registration Required. Times are subject to change based on other Kroc programs. We encourage all participants to download the Playtime Scheduler app.

Sports Leagues

KROC SPORTS LEAGUE: BASKETBALL

Think your school had the best team? Think your city had the best hoopers? Prove it! Compete in the first annual Alumni League, powered by the Kroc Center. Limited to 10 teams.

When: Wednesdays, 9/9 - 11/11, 6pm - 9pm; Saturdays, 9/12 - 11/8, 9:30am - 2:30pm

Where: Gyms 1 and 2

Cost: \$500 per team
Registration required.



KROC SPORTS LEAGUE: PICKLEBALL

Adult Coed Pickleball League, Ages 18+
The Fall 'Picklebrawl' League is designed for beginner and intermediate players (DUPR rating below 3.5) who are ready to compete! This eight-week league offers competitive play and weekly opportunities to challenge players at a similar skill level. Limited to 18 teams.

When: Thursdays, 9/17 - 11/5, 6pm - 9pm; Saturday, 11/7, 9am - 1pm (end of season tournament)

Where: Gyms 1 and 2

Cost: Members: \$50; Non-members: \$50
Registration required.

Special Programming

PICKLEBALL 101: SKILLS AND DRILLS CLINIC

Mastering pickleball requires a combination of soft touch, fast reflexes, and smart footwork. Elevate your game through targeted drills designed to build muscle memory and strengthen core skills: dinking, third-shot drops, resets, and hand speed.

When: 9/20, 10/17, 11/8, 12/13

Time: 1:30pm - 2:30pm

Where: Gyms 1 and 2

Cost: Members: \$10; Non-members: \$15
Registration required.



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SPORTS & RECREATION

THE FLOAT: A SOUND BATH EXPERIENCE

A floating sound bath is a guided wellness experience in which participants relax in warm water while listening to sound bowls, chimes, gongs and other instruments. The sound and gentle movement are intended to encourage deep relaxation and support overall well-being.

When: Fridays, 9/25, 10/23, 11/20

Time: 5:30pm - 6:30pm

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

Where: Landmark Aquatics Center
Registration required.



FALL BRAWL: PICKLEBALL TOURNAMENT

The Fall Brawl Pickleball Tournament brings together players of similar skill levels or age groups to compete for the championship. Doubles matches are played to 11 points in a round-robin or single-elimination format. The tournament offers structured competition, opportunities to improve your skills and a lively social atmosphere.

When: Friday, 11/13, 6pm - 9pm (open play);
Saturday, 11/14, 9am - 3pm (tournament)

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

Where: Gyms 1 and 2

Registration required.

HOLIDAY HOOPS 3V3 TOURNAMENT

The Holiday Hoops Basketball Tournament supports our local food pantry through donations of nonperishable food. Each player, guest and spectator must bring one nonperishable food item for admission.

Limited to 16 teams.

When: Saturday, 11/21, 10am - 2pm

Where: Gyms 1 and 2

Registration required.

LASER TAG: TAG, YOU'RE IT

Laser tag is a high-tech, no-contact team game where players use infrared-emitting devices to tag sensors worn or carried by their opponents. It offers a safe, interactive alternative to paintball and can be played indoors or outdoors.

When: Friday, 12/4

Session 1: 8pm - 9pm

Session 2: 9pm - 10pm

Session 3: 10pm - 11pm

Cost: Members: \$8; Non-members: \$12

Where: Gyms 1 and 2

Registration required.



GLOW-IN-THE-DARK PICKLEBALL: COSMIC PLAY

Glow-in-the-dark pickleball is an indoor, nighttime version of the sport played under black lights with UV-reactive equipment. It

offers a high-energy social atmosphere with a cosmic-party feel designed to make the ball, court, and players stand out in the dark.

When: Friday, 12/11, 6pm - 9pm

Cost: Members: \$10; Non-members: \$15

Where: Gyms 1 and 2

Registration required.

How to Register for Classes:

1. Download the Kroc Connect App from the Google Play Store or App Store.
2. On the welcome screen, enter the email associated with your Kroc membership.
3. Check your email (including spam) for a PIN.
4. Enter the PIN and create a password to complete your login.
5. Use the search and filter tools to find the class or activity you want to attend.
6. Reserve your spot or cancel a reservation if needed.

Programs, Events & Leagues:

Scan the QR code below to register through Traction Rec.

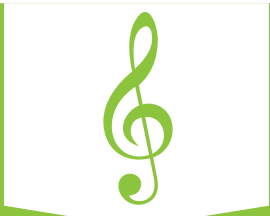


Please Note:

Registration and reservation windows vary by offering. Check the appropriate platform for availability and opening dates.



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ARTS & EDUCATION

Winter Break Camp

Offered Monday through Wednesday on December 21–23 and December 28–30.

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 \$15/week; After Care 4-6pm available for \$15/week

Cost: Members: \$75 per week; Non-Members: \$100 per week.

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.

SINGLE DAY CAMPS

Give your child a day filled with creativity, movement, and connection. Campers will enjoy hands-on projects, group games,

and a variety of engaging activities. For ages 6 - 12 years old. Lunch is provided.

When: 10/12, 11/11, 9am - 4pm

Cost: Members: \$25 per day; Non-Members: \$30 per day
Registration required.

HAVE QUESTIONS?

Contact Jalen Gray at :

Jalen.gray@uss.salvationarmy.org



General Dates

KROCTOBERFEST

Fall fun takes over The Kroc! This annual event features bounce houses, a petting zoo, crafts, pumpkin games, face painting, music, and more. Bring the family and enjoy an afternoon packed with seasonal activities.

When: Saturday, 10/3, 11am - 2pm

Cost: Free and open to the general public.

SPA CHRISTMAS CONCERT

Enjoy a joyful holiday performance presented by students from our School for Performing Arts. This free concert will feature seasonal music and showcase the talent and hard work of our young musicians.

When: Saturday, 12/12, 11am

Cost: Free and open to the general public.

CHRISTMAS AT THE KROC

Step into the holiday spirit at this community gathering featuring local vendors, seasonal activities, and opportunities to spend time with family and friends. More attractions and event details will be announced soon.

When: Saturday, 12/12, 11am - 2pm

Cost: Free and open to the general public.



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ARTS & EDUCATION

Heartstrings & Valves

Extended after-school care begins September 8. Music program instruction starts September 29.

Heartstrings & Valves is a specialty after-school music program for children in grades 1–6. Students receive hands-on instruction from qualified music teachers three days per week. Homework help, instrument rentals, method books, and a healthy meal are included. Reduced pricing is available for qualifying families. Applications are available at the Welcome Desk.

Cost: Extended care is \$30 per week. Music instruction only is \$20 per week.

School for Performing Arts

*October 19 - December 10. *No classes November 23-27.*

Recital for all Saturday, December 12 at 11am.

Explore music through small-group guitar and piano lessons led by experienced musicians. Our welcoming classes make it easy to try something new or build on existing skills while strengthening focus, confidence, coordination, creativity, and problem-solving. Students also gain a positive outlet for self-expression and the opportunity to connect with others who share a passion for music. Private music instruction is also available.

CLASS NAME	DAY	TIME	MEMBER	NON-MEMBER
Piano				
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
Guitar				
School Age (8-15)	Monday	6pm - 6:45pm	\$95	\$115
Adult (16+)	Monday	7pm - 7:45pm	\$95	\$115
Adult (16+)	Tuesday	10am - 10:45am	\$95	\$115
Intermediate Guitar	Thursday	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 our Arts and Education Department at (757) 622-5762.