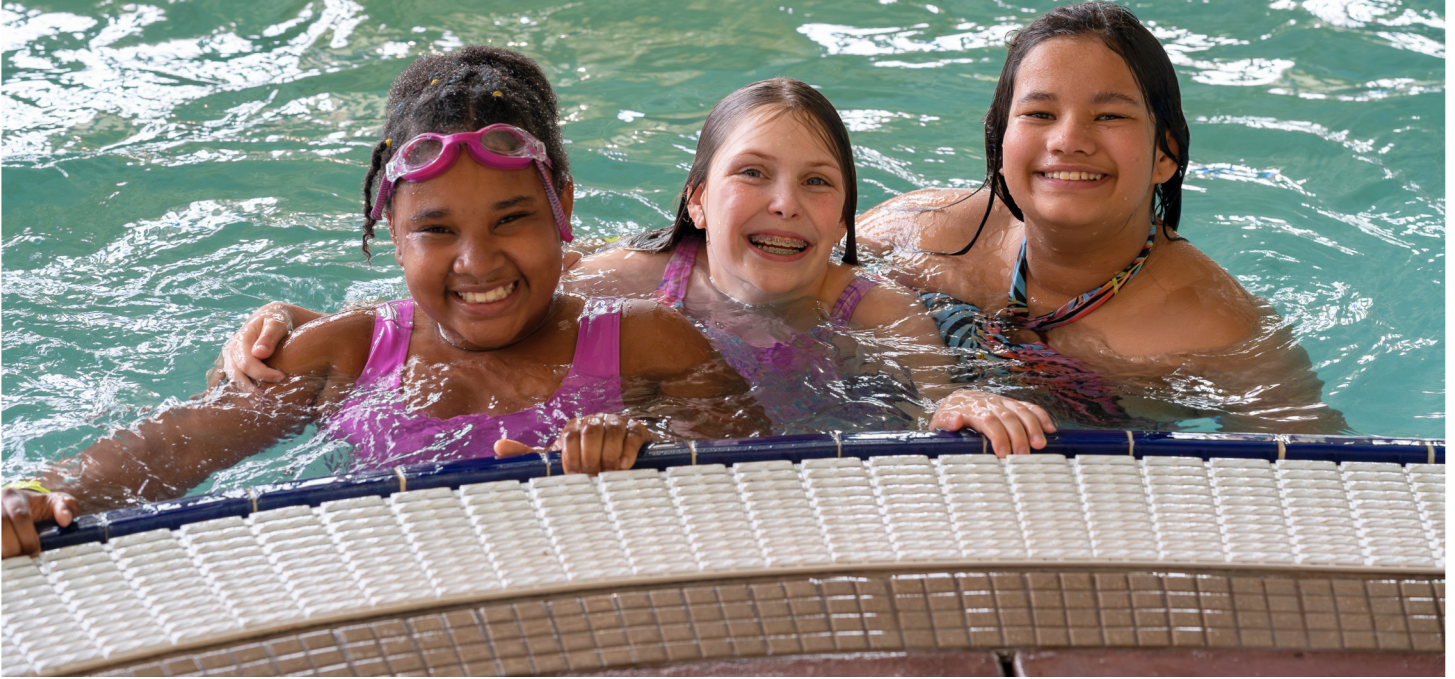




KROC
HAMPTON ROADS



KROC

2026 SUMMER PROGRAM GUIDE





Summer
2026

KROC AQUATICS

June 6 - POOL CLOSED FOR SPECIAL EVENT FROM 8A - 2P |
July 3 - KROC OPEN 7A - 11A | July 4 - KROC CLOSED |
August 31 - September 6 - KROC CLOSED

Pool Schedule

| | Beachfront | Lazy River | Lap Pool | Slide |
|--------------------------|------------------------|-------------------------|-------------------------|------------|
| Monday - Thursday | 8am - 1pm 4pm - 8pm | 6am - 1pm 4pm - 8pm | 6am - 8am *4pm - 8pm | Closed |
| Friday | 8am - 1pm | 6am - 1pm | 6am - 8am | 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 x64360 or elizabeth.lowery@uss.salvationarmy.org

Session 1: Eligibility Test – June 23, 4pm –5pm; **Certification** – July 6-16, 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 Lessons

| CLASS NAME | DAY | DATES | TIME | MEMBER | NON-MEMBER |
|---------------|----------|-------------|----------------|--------|------------|
| June | | | | | |
| Adult | Saturday | June 13-17 | 9am - 9:45am | \$30 | \$40 |
| School Age | Saturday | June 13-17 | 10am - 10:45am | \$30 | \$40 |
| July | | | | | |
| Adult | Saturday | July 11-25 | 9am - 9:45am | \$30 | \$40 |
| School Age | Saturday | July 11-25 | 10am - 10:45am | \$30 | \$40 |
| August | | | | | |
| Adult | Saturday | August 1-15 | 9am - 9:45am | \$30 | \$40 |
| School Age | Saturday | August 1-15 | 10am - 10:45am | \$30 | \$40 |

Special Events

MARY HELEN THOMAS WATER SAFETY DAY

Saturday, June 6, Session 1: 10am-11:30am Session 2: 12pm-1:30pm

The Mary Helen Thomas Water Safety Council honors her memory with free “Learn to Swim” activities for youth ages 5–12. Swim lesson scholarships and other prizes will be raffled at each site. Space is limited. Register today on our website!



GET TEXT ALERTS

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

STAY CONNECTED BY TEXTING
“SWIM” TO 757-622-5762

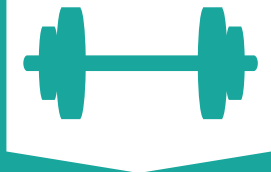
AQUA FIT CLASS

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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Summer
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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+)

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)

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)



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 2.0

Flex N' Flow 2.0 is an invigorating powered blend of yoga, active stretching, and a range of motion elements all rolled into one class. It is designed to take your flexibility to the next level! (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.)

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.

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)



Summer
2026

KROC FITNESS

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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 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) **Runs from July 11 through August 15 as a 6-week class.*

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:

June: Mile-A-Day

July: Push-Ups

August: Plank

Special Event:

KROCFIT90: SUMMER BLOCK PARTY

KrocFit90 is a **free** community event for anyone interested in exploring The Kroc Center and learning tips for a healthier lifestyle. The event features group fitness classes, educational sessions, recreational activities, and helpful information for all ages.

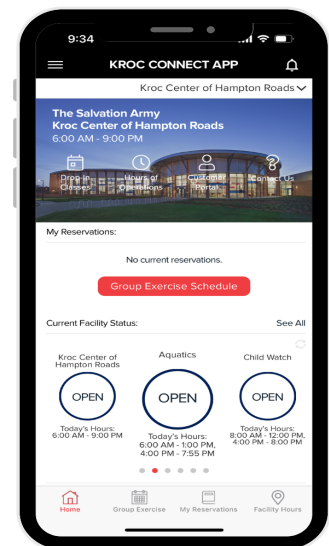
When: Sat., July 25, 9:30am

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.





Summer
2026

KROC

SPORTS & RECREATION

ALL MEMBERS MUST REGISTER ON OUR APP PRIOR TO FITNESS ACTIVITIES

Activities

OPEN GYM

Mon. - Fri. 6am - 8pm (Varies)
Sat. 8am - 7pm (Varies)
Sun. 1-6pm (Varies)

Where: Gym 1 + Gym 2

Open gym for all ages. Times are subject to change based on other Kroc programs.

MOVIE NIGHT FRIDAYS

Join us for a free, family sports related movie, played on the projectors in the Gym.

When: Fridays, June 26, July 31, August 14

Time: 6-7:30pm

Where: Gym 1 + Gym 2

LUNCHTIME BASKETBALL

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

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

Where: Gym 1

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! Open to ages 18+

When: Mon., Wed. 7-10am and 12-4pm (1 court); Thurs. 6-8:45 pm (3 courts); Fri. 8am-12pm (2 courts) and 12-4pm (1 court); Sun. after 7/12 1:30-5pm (2 courts)

Where: Gym 2

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

Registration Only. We encourage all pickleball players to download the Playtime Scheduler app.

SILVER FIT

A dance fitness workout designed especially for older adults.

When: Mon., Wed., 10:30am

Where: Gym 1 + Gym 2

SILVER SNEAKERS

Calling all Active Adults! This upbeat class will improve your strength and flexibility while working on your coordination and mobility.

When: Mon., Wed., 11:15am

Where: Gym 1 + Gym 2

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 and up!

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

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. 7-8:30pm

Where: Gym 1 + Gym 2

Registration required.

Clubs

THE BREAKFAST CLUB!

Come out and play some Saturday morning pickleball!

When: Saturdays, 8:30am-12pm

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

Where: Gym 1 + Gym 2

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



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HAMPTON ROADS

Special Programming

LASER TAG: TAG YOU'RE IT

Laser tag is a high-tech, zero-contact team shooting sport where players use infrared-emitting light guns to tag sensors worn by opponents or located on field bases. It acts as a painless, safe, and interactive alternative to paintball, commonly played in indoor arenas or outdoor fields with vests and hand-held taggers.

When: Friday, July 24, Session 1: 8-9pm;

Session 2: 9-10pm; Session 3: 10-11pm

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

Where: Gym 1 + Gym 2

Registration required.

GLOW-IN-THE-DARK

PICKLEBALL: COSMIC PLAY

Glow-in-the-dark pickleball is a nighttime, indoor variant of the sport played under black lights using UV-reactive equipment, such as luminous balls, neon tape for court lines, and glowing accessories. It offers a high-energy, social atmosphere often described as "cosmic" party, designed to make the ball, court, and players stand out in the dark.

When: Friday, August 7, 8pm-12am

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

Where: Gym 1 + Gym 2

Registration required.

SUMMER SHOWDOWN:

PICKLEBALL TOURNAMENT

The Summer Showdown Pickleball Tournament is a competitive event where players of similar skill levels or age groups compete in matches, to crown a champion. Matches are played as doubles to a score of 11 in formats like round-robin or single-elimination. This tournament offers a structured, intense environment to improve skills and enjoy the social atmosphere of competition!

When: Friday, August 21, 6-9pm (open play);

Saturday, August 22, 9am-3pm (tournament)

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

Where: Gym 1 + Gym 2

Registration required.



Summer
2026

KROC

ARTS & EDUCATION

Kroc Camp

This fun-filled camp offers a wide variety of activities to keep kids engaged, active and having a blast all summer long!

Ages: 6-12 years old

Dates: June 8-August 14

Time: Camp (9am-4pm); Before Care (7-9am) available for \$20/week; After Care (4-6pm) available for \$20/week

Price: Members - \$125 per week; Non-Members - \$150 per week

Registration includes a \$35 non-refundable deposit per child for each week of camp.



School for Performing Arts

Prices cover instruction only. Method books are available for an additional fee. A minimum of 5 participants is required for each class.

Cost: Members - \$55; Non-members - \$70

TUESDAYS, JULY 7-AUGUST 4

Children's Guitar: 10-10:45am

Children's Piano: 11-11:45am

WEDNESDAYS, JULY 8-AUGUST 5

Adult Guitar: 10-10:45am

Adult Piano: 11-11:45am

Private Music Instruction

Individual lessons are available for students of all ages in piano, guitar, brass or woodwind instruments. Students must bring their own instrument and method book, except for piano.

30-minute lessons: Members: \$30; Non-members: \$40

60-minute lessons: Members: \$50; Non-members: \$65

NOT FINDING THE CLASS YOU WANT?

With at least 5 interested participants, we may be able to create a class for you. Call the A&E office at 757-622-5762 x64341

HAVE QUESTIONS? CONTACT:

Marleen at Marleen.Brewster@uss.salvationarmy.org



**Summer
2026**

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: 11am

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.

Weekly Ministries

KROC PRAYER MEETING

*Tuesdays, June 3-August 25, * No Meeting June 30*

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, June 3-August 25, * No meeting June 30*

Time: 6:30pm

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

YOUNG ADULT MINISTRIES

*Tuesdays, June 9-August 18, *No meeting July 21*

Time: 7pm

Hampton Roads Young Adult Ministries is filled with young Christians striving to grow and improve while navigating the complexities of life.

Email Captain Shimei Hewitt for more details at: Shimei.Hewitt@uss.salvationarmy.org

WOMEN'S MINISTRY

*Wednesdays, June 3-August 19, * No meeting July 1*

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! During the summer months we are out of the building for a variety of trips and activities.

Price: Members pay a fee towards transportation, etc.

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

KROC MEN OF VALOR FELLOWSHIP

Thursdays, June 4-August 20

Time: 8am

Join a group of men who meet for outreach ministry at The Salvation Army Men's Hope Center, 203 West 19th Street, Norfolk, VA 23517. They also participate in a variety of other events each month.

Call John Miles at 757-609-5071 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!

- **June 20:** Community Outreach Day
- **July 11:** Pool Party at The Kroc
- **August 29:** Educational Session on Healing from Trauma

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

Special Events

Deep Sea Discovery VBS: June 8-12, 6-8pm

Children ages 6+ will enjoy an exciting week of worship, crafts, games, snacks, and Christ-centered learning.

*Register online at: tractionrec.krochamptonroads.org

Father's Day Church in the Pool: June 21, 10am-12pm

*No registration required.

Jurassic Journey #2 Sleepaway Camp: July 13-18 at Camp Rappahannock.

Call Stacey Adkins-Bond at 757-622-KROC for more details.



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