

KROC

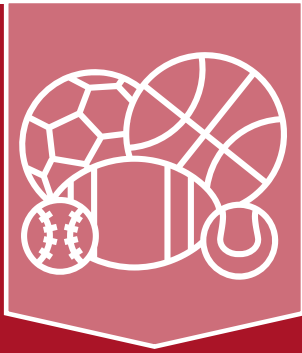
RECREATION PROGRAM GUIDE | FALL 2025



YOU BELONG HERE.



KROC
MEMPHIS



KROC RECREATION

Sign up for leagues at 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

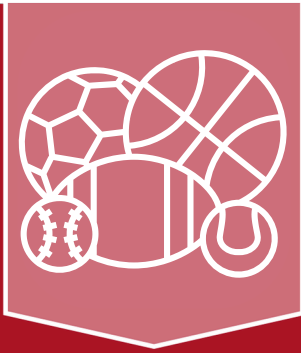
EMAIL: patrick.cephus@uss.salvationarmy.org

ONLINE AT: www.krocmemphis.org



Text SPORTS to 51555

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



KROC RECREATION

Sports Training
Sign up at krocmemphis.org




PLAY STAY X **KROC MEMPHIS**

SOCCER LEAGUE

AGES 5-11

LEAGUE DATES
September 8th - October 13th

PRACTICES
Thursdays | 6-7pm

GAMES
Saturdays | 8am

Register now until September 14th.

800 East Parkway South
Memphis TN 38104

krocmemphis.org
playwhereyoustay.org

901.310.5242

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.



Play Where You Stay x Kroc Soccer League

It's finally here! Soccer League at Kroc Memphis with our friends at Play Where You Stay!

For over a month, from September 8 – October 13, players ages 5-11 will train and practice their moves, all leading up to fun, head-to-head matches at the end of each week! It's not just about the game; it's about growing stronger, working together, and having FUN on and off the field.

This league is the perfect opportunity for kids to:

- Learn new soccer skills and sharpen the ones they already have
- Build confidence while staying active and healthy
- Practice teamwork, communication, and sportsmanship
- Make new friends and create lasting memories

Kroc Members get a 20% discount!



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!



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