

KROC

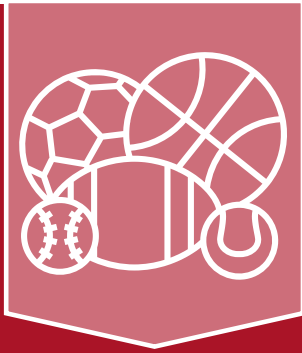
RECREATION PROGRAM GUIDE | FALL 2026



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 \$3. 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.



JUNIOR GRIZZLIES CUBS

Junior Grizzlies is the official youth basketball program of the Memphis Grizzlies and is geared toward boys and girls, of all skill levels, ages 6-14. Our mission is to create lifelong memories through basketball by providing a fun, educational, and safe environment for all.

The program will take place every Saturday, starting November 7th from 4:30pm - 5:30pm.



Why get involved?

Basketball clinics for preschool and early elementary kids build physical fitness, coordination, social skills, and confidence. All while giving parents peace of mind that their child is active, engaged, and developing healthily. Additionally, we've been told kids fall asleep fast at the end of the day!

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

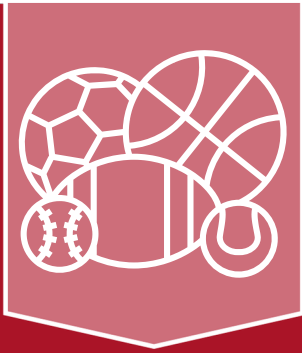
EMAIL: patrick.cephus@uss.salvationarmy.org

ONLINE AT: www.krocmemphis.org

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



1 ON 1 & GROUP SPORTS TRAINING

Ages 6+ welcome.

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.**



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.

PICKLEBALL TRAINING AVAILABLE

Looking to improve your skills for today's fastest growing sport, pickleball? We have pickleball training available where you get to be trained one on one with one of our trainers. Learn the proper way to handle, swing, and all the rules of the game.

Contact Sports and Recreation
Manager, Patrick Cephus:
patrick.cephus@uss.salvationarmy.org



JOIN THE KREW!

Joining the Recreation Krew is a great opportunity to build valuable professional skills while making a positive impact. You will gain hands-on experience in mentorship, leadership, problem-solving, team development, communication, and more, skills that can strengthen your resume and prepare you for future career opportunities.

Know a talented, mission-driven individual who is passionate about serving youth? Email us to learn more about joining the Recreation Krew.



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

QUESTIONS?

PATRICK CEPHUS

OFFICE: 901.729.8013

CELL: 901.208.7092

EMAIL: patrick.cephus@uss.salvationarmy.org

ONLINE AT: www.krocmemphis.org

Download Kroc Connect App.

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

Available on the
App Store



GET IT ON
Google Play

