

KROC

AQUATICS PROGRAM GUIDE | WINTER 2024



YOU BELONG HERE.



KROC
MEMPHIS

KROC AQUATICS

For pool schedule, aquatics center rules, and more, visit krocmemphis.org.



OUR PROGRAM

We have developed swimming lessons for kids and adults that allow everyone the opportunity to learn in a safe environment, at their own pace. Our classes are taught by certified, knowledgeable, and caring instructors who can help swimmers at every level feel comfortable in the water and progress to the next level. The program is both goal driven and technique oriented. Participants must be 3 years or older, and will be instructed by an encouraging member of the Kroc Aquatics team. Classes are 30-45 minutes in length, and run monthly for the duration of the year. Our instructors will place your student in the appropriate Stage (Skill Level 1-3).

POOL HOURS

| | |
|-----------|-------------|
| MON-THURS | 5AM-8:45PM |
| FRI | 5AM-7:45PM |
| SAT | 7AM-6:45PM |
| SUN | 12PM-4:45PM |

Water slide available upon request!



YOUTH GROUP SWIM LESSONS

MONTHLY CLASSES \$150

Our American Red Cross swim lessons are strategically designed to teach swimming and water safety.

- JANUARY 2 - 25
- FEBRUARY 6 - 29
- MARCH 5 - 28
- APRIL 2 - 25
- MAY 7 - 30

YOUTH GROUP SWIM AGES (3-12)

| DATES | JAN. 2 - MAY 30 |
|-------------------|-----------------|
| Red Cross Level 1 | T/TH - 4PM |
| Red Cross Level 2 | T/TH - 5PM |
| Red Cross Level 3 | T/TH - 6PM |

Level 1: Children will learn how to feel comfortable in the water and safely enjoy it.

Level 2: Children will learn the basic swimming skills.

Level 3: Children will add additional practice with swimming strokes to improve their skills.

*Requires swim instructor approval before sign-up.



ADULT GROUP SWIM LESSONS

MONTHLY CLASSES \$150

Our American Red Cross swim lessons are strategically designed to teach swimming and water safety to people of all ages.

- JANUARY 8 - 31
- FEBRUARY 5 - 28
- MARCH 4 - 27
- APRIL 1 - 24
- MAY 6 - 29



ADULT GROUP SWIM AGES (13-99)

| DATES | JAN 1 - MAY 29 |
|--------------|----------------|
| Beginner | M/W - 4PM |
| Intermediate | M/W - 6PM |

Stage 1: Swimmers will learn the basics of swimming and skills geared towards keeping themselves and other around them safe in the water.

Stage 2: Swimmers are expected to have basic swimming and survival knowledge and can progress to learning six different swimming strokes. Additionally, swimmers refine their front crawl, back crawl, breaststroke, and turns to build up endurance.

QUESTIONS?
DOMINIQUE EVANS
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ONLINE AT: www.krocmemphis.org



Text SWIM to 51555
Stay up-to-date on all
Aquatics information,
including delays, closures,
and more!