

Group Home/ Intervention Program Opportunities

VENUE FACTS

Recreation Field: 90'x53' of usable game space (field bordered on one side by a playground)

Gymnasium: Accommodates: two divided high school regulation courts, seating includes a 3-row wooden bleacher (sits 50 per court) and team chairs; one college regulation basketball court, available seating includes retractable bleachers (seats 300) and 3-row bleachers plus team chairs; tri-court volleyball practice set-up or dual court volleyball set-up for games.

Competition Pool: 25 meter x 25 yard short course pool, heated to 80- 82 degrees. Accommodates swim team practice, two short dive boards (1m) and one high dive board (3m). Full swim meet & water polo timing & scorekeeping system.

Recreation Pool: 3.5 – 4.5', heated to 84- 86 degrees; accommodates 3 warm-up lanes or recreational swimming.

Therapy Pool: 3.5'- 4.5' indoor pool is heated to 90- 92 degrees, ideal for injury rehabilitation.

Rock Climbing Wall: 30' outdoor auto-belay climbing wall with 6 routes of varying challenges.

Indoor Skateboard Park: San Diego's only indoor skateboard park, 1440sf of floor space & ramps for recreational field trips or skill instruction. All necessary sport & safety equipment included with usage.

GROUP OPTIONS

1. Supervised Sports & Recreation/ PE

Kroc staff-led sessions may include activities ranging from traditional team sports, to unique programming such as Movement & Dance, rock climbing, skateboarding, swim lessons, and Fitness fundamentals. Packages are designed to fit the needs and interests of each group. The first session will include an orientation to Kroc Center conduct rules and general behavioral expectations.

Frequency: Choose between one, two or three one-hour sessions per week

Activity Options: Leaders may choose a progression of traditional activities (basketball, volleyball, skateboarding, soccer, flag football, swimming) or may request their own variety of activities.

Base Fees: \$50/hr, up to 30 participants (\$1.66 per participant). \$20 per additional 10 participants.

2. Supervised Fitness & Training

Similar to the Sports & Recreation package, this option includes more advanced instruction in a variety of activities, including traditional fitness and weight training instruction. The first session will include a complete overview of Kroc Center conduct rules, Fitness Center etiquette, and general behavioral expectations.

Frequency: Choose between one, two or three one-hour sessions per week.

Activity Options: Leaders may choose a progression between above-listed traditional sports and weight training basics, TRX Resistance Training, Kettlebell Training, Yoga, Pilates & Core Strengthening, movement & dance.

Base Fees: \$65/ hr, up to 30 participants (\$2.17 per participant). \$25 per additional 10 participants.

3. Recreational Field Trips

Single activity field trips are available in rock climbing, skateboarding, gym sports, & swimming. A field trip includes staffing and instruction for the activity of choice, free play equipment available upon request & pending field availability.

Base Fees: \$75/ two hour trip for up to 30 participants (\$2.50 per participant). \$15 for per additional 10 participants.