SPRING IS HERE!

GET IN THE POOL! PG 43

NEW SPORTS PROGRAMS! PG 37

NEW DANCE CLASSES! PG 29

SPRING CAMP KROC! PG 2

Get ready for spring sessions!
NEW SESSIONS ARE STARTING UP SOON!

Make the time to do something you love this spring and sign up for one of our new sessions! We offer tons of classes and enriching activities for kids, adults, and families. From sports to music, we’ve got you covered! Some of our offerings this spring include:

KROC YOUTH SPORTS LEAGUES
Let the games begin! We are fully committed to creating a fun and welcoming environment for your child to excel, while playing their favorite sport. We offer many different options to choose from, including our brand new volleyball league for ages 10-14, as well as flag football for 10-14 year olds, soccer for kids 4-14, and basketball for ages 4-15. Our coaches are looking forward to growing your child’s athletic potential, while also instilling important every day values such as teamwork, confidence, and dedication. Sign-up starting 3/10!

AQUATICS
Dive in and learn to swim! When you take swim lessons at The Kroc, you don’t just learn to swim, you learn a life saving skill! Knowing how to swim is incredibly useful and important when living by the coast, which is why we also put a focus on water safety in our lessons. These thorough classes are taught by kind and caring instructors who seek to create a welcoming environment for swimmers of all ages and levels. Take the first step and sign up for swim lessons when registration opens on 3/17!

MUSIC AND DANCE
Learning to play an instrument or expressing yourself through dance and music are great outlets for those of all ages! Tap into your creative side and have fun unlocking your full rhythmic potential, while also learning the basics! We offer classes for kids 6-14 in beginning to advanced levels of guitar and piano, as well as a group voice class. If dancing it out is your thing, we also offer various levels and styles of dance from ballet to hip hop, for ages 2 to 15+. Registration is open now and classes start 3/9.

Written by: Belinda Mendoza
2020 CLOSURES
Please visit sd.kroccenter.org for updated modified hours.

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<td>Nov 26</td>
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<td>Christmas Day</td>
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CONTACT THE KROC

MAIN LINE: ................................................................. 619.287.KROC(5762)
ARTS & EDUCATION ...................................................... 619.269.1540
ATHLETICS & AQUATICS ........................................... 619.269.1460
ATHLETICS PARTIES .................................................. 619.269.1414
DAY CAMP ................................................................. 619.269.1470
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RJ’S PRESCHOOL ACADEMY .................................... 619.269.1580
SCHOLARSHIPS / FRC ............................................... 619.269.1430
SPECIAL EVENTS ........................................................... 619.269.1551
THEATRE ................................................................... 619.269.1551
VOLUNTEER SERVICES .......................................... 619.269.1424
YOUTH SPORTS LEAGUES ....................................... 619.269.1461
MEMBERSHIP AT THE KROC CENTER

Choosing the perfect membership for you and your family is easy. We can’t wait to get to know you! Apply for a Kroc membership online at sd.kroccenter.org/membership, or fill out a Membership Application at The Kroc Center front desk. Applications and payment can be submitted to The Front Desk. Questions? Call us at 619.269.1501

REGISTRATION FEE
A one-time joiner’s fee of $39 is required with each membership type. Details & prices are subject to change without notice. Conditions and restrictions apply.

MONTHLY MEMBERSHIP PLANS & BENEFITS

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<thead>
<tr>
<th>INDIVIDUAL MONTHLY PLANS</th>
<th>KROC MEMBERSHIP BENEFITS</th>
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<tr>
<td>ADULT AGES 18–61</td>
<td>• Access to the following during scheduled open hours: aquatics center, climbing tower, gymnasium, fitness center, gameroom, recreation field, and more.</td>
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<tr>
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<td>• Complimentary guest passes, Be My Guest card, and coupons to the Kroc Center</td>
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<td>SENIOR AGES 62+</td>
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<tr>
<td>FAMILY* 1–8 PEOPLE</td>
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<td>SINGLE ADULT FAMILY 1–7 PEOPLE</td>
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<td>YOUTH AGES 12–17</td>
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KROC MEMBERSHIP BENEFITS
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- Complimentary guest passes, Be My Guest card, and coupons to the Kroc Center
- Discounted rates on Kroc Center classes and programs
- Free admission to quarterly wellness workshops
- Complimentary weight, BMI, blood pressure and heart rate readings on the first Friday of every month
- $5 off Public Skating
- Free access to all fitness and aquatics group exercise classes with priority check-in (up to one hour early).
- Free access to corner zone drop-in session.
- Free admission to Tiny Tikes classes

DAY PASSES

Pick-up a day pass for access to the gymnasium, fitness center, public swimming, recreation field, gameroom, and single sessions of rock climbing. Day passes are available for purchase online or at the front desk. Please bring your photo ID when purchasing a day pass.

Before purchasing a day pass, please view the Open Rec Swim and Open Gym hours to make sure that they are available during your visit. Drop-in fitness classes available for an additional fee. See rates below.

Fitness and aquatics group exercise classes are an additional $10 / Guest. See page 13 for swim specials.

FACILITY DAY PASS RATES

| General (12+)             | $8 per day               |
| Youth (3-11)              | $6 per day               |
| Day Pass Specials        |                          |
| Sunday Funday             | $5 / all day             |
| Drop-in Basketball        | $5 / Wednesdays, 12-1PM  |

MY KROC HOW TO SIGN UP FOR A KROC CLASS

1. Go to sd.kroccenter.org/mykroc
2. Click the Register/Login button
3. Sign-in, search for class or program, and make a secure online payment.

ASK ABOUT MILITARY AND PUBLIC SAFETY DISCOUNTS
HOW TO BECOME A VOLUNTEER

Becoming a volunteer is easy, just follow these steps. As an Active Volunteer, Kroc Center staff will also provide volunteer assignment details and any additional training, as necessary. Please note - The intake process can take up to one month.

1. **ONLINE INTEREST FORM**
   Fill out the volunteer interest form at sd.kroc-center.org/volunteer to schedule an interview with the volunteer department. Be sure to bring a valid photo ID as the Volunteer Department will conduct a background check.

2. **APPROVAL PROCESS**
   Once your application is approved, you will attend a Kroc Volunteer Orientation. After your orientation, the Volunteer Department will call your references.

3. **VOLUNTEER OPPORTUNITIES**
   An immediate volunteer position may be available, or your application will be placed in the volunteer queue and you will be notified of opportunities as they arise. Child and Elder abuse prevention training required before volunteer assignment.

VOLUNTEER AT THE KROC CENTER

Your community. Your time to make a difference. You can play a positive role in the lives of children, families, and seniors. Join the Kroc Center’s Volunteer Community, a community in itself, and enjoy fellowship. The Salvation Army Kroc Center provides engaging volunteer opportunities in a variety of fun venues throughout the year. Questions? Call us at 619.269.1424 or email at janet.higley-reade@usw.salvationarmy.org.

PLAYCARE AT THE KROC

**CLUB EXPLORER**
AGES 6 MONTHS–6 YEARS
A supervised safe play area at the Kroc. Sign up your child for playcare while you exercise!

**CLUB JOURNEY**
AGES 7–11 YEARS.
Sign up your child today for supervised fun all across the Kroc. Ranging from the Corner Zone play area to our outdoor playground.

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KROC CENTER AT A GLANCE

A I COMMUNITY ROOM & ADMINISTRATION OFFICES
The Community Enrichment Lab offers laptop computers, and space for education and enrichment classes.

A I FAMILY RESOURCE CENTER
The Family Resource Center (FRC) provides emergency assistance, services and referrals for families and individuals in need in this community. Staff are available to meet with clients and provide services including: emergency food assistance, diapers, hygiene and utility assistance, case management, referrals, assessments, and Scholarships for programs and memberships. The FRC also hosts educational courses including parenting and ESL. For a full list of services and to determine eligibility, visit sd.kroccenter.org/scholarships

A I RJ’S PRESCHOOL ACADEMY
A Christian Preschool dedicated to providing quality early childhood education to prepare children for Kindergarten and beyond. Ages 8 weeks - 5 years. Infant and Waddler care are also available.

A I THE CORNER ZONE
An indoor party venue available to rent; includes a bounce house, obstacle course, and other creative play items.

B I DAY CAMP OFFICE, RECREATION FIELD & PLAYGROUND, CHALLENGE COURSE & CLIMBING TOWER
Suitable for soccer, flag football and other outdoor sports, the 55,000 square-foot field is bordered on the south by a challenge course consisting of several low and high rope course elements, and a 30-foot tall rock-climbing tower.

C I GYMNASIUM, FITNESS CENTER & MEMBER SERVICES
A multi-use center, this 56,000 square-foot building contains a fitness area with weight and cardiovascular exercise equipment, a group exercise room, cycle studio, and an NCAA regulation basketball court. The gymnasium is ideally suited for basketball, volleyball, and martial arts tournaments. There is also a family game room area and member lounge. Childcare for parents using the Kroc Center is available.

C I AQUATICS CENTER
Water exercise, therapy, lessons and aquatics sports programs are available in three areas: 25 meter x 25 yard short course Competition Pool (80-82 degrees); Recreation Pool (84-86 degrees); indoor warm water Therapy Pool (92-96 degrees).

C I MISSION BREW COFFEE
Mission Brew Coffee opened at the Kroc Center in May 2014 and serves fresh coffee, smoothies, paninis, and snacks. The shop, located in the Center’s tower, sources its coffee from San Diego roasters and ensures that all customers are greeted with a smile. For more information, visit missionbrewcoffee.com.

D I ICE ARENA
The Kroc Center Ice Arena is the only ice arena centrally located in the heart of San Diego! A year round, NHL regulation sized ice surface, Kroc Center Ice offers public ice skating, learn to skate classes, learn to play hockey classes, drop-in hockey, youth in-house hockey, and adult hockey leagues. Host your next birthday party at the Kroc Center Ice Arena.

E I JOAN B. KROC THEATRE
The fully-equipped Joan B. Kroc Theatre seats 540 and houses Broadway-quality shows and our own Kroc Junior Theatre Program. It features a motorized orchestra pit, scene shop, dressing rooms, and green rooms.

F I WORSHIP AT THE KROC
Worship with us at the Kroc Center in the Rolando Room of the Theatre building on Sundays at 10AM. The Salvation Army reaches out through service ministry and has for more than 150 years. The Salvation Army Kroc Center blends modern and traditional with practical messages, good music and exciting youth programs. Our service includes friendly people of all ages and backgrounds. We come together to worship, celebrate community, and strengthen family connections. Bring your whole family. We’ll be honored to have you just the way you are, no need to get dressed up. We have something for everyone! Please check out all of our programs on pages 8-9.

F I PERFORMING ARTS & EDUCATION
Dance, Gymnastics, Music, and Art Studios. Piano Lab, vocal and instrumental practice rooms. Children’s library, Fireside Room, classrooms, and tutoring rooms. The Rolando Room that hosts Kroc Center Ministries worship services and banquets.

F I ROLANDO BANQUET ROOM
The Kroc Center is the perfect setting for your next special corporate occasion, business retreat, awards banquet or a simple group gathering. Let us plan your perfect banquet, brunch, seminar or business luncheon in the Rolando Room.
JOAN KROC’S VISION

After touring San Diego, Joan Kroc, wife of McDonald’s owner Ray Kroc, recognized a community that was in desperate need of a safe gathering place with facilities and trained professionals to nurture children’s social skills, arts appreciation and athletic potential. Mrs. Kroc donated $87 million to The Salvation Army to build the first Kroc Center in San Diego. She was so pleased with what was accomplished here that she left $1.6 billion to The Salvation Army to build centers like this across the country. Today, there are 26 Kroc Centers nationwide.

THE SALVATION ARMY KROC CENTER’S PURPOSE

In keeping with the mission and holistic approach of The Salvation Army, The Salvation Army Ray & Joan Kroc Corps Community Center provides opportunities that facilitate positive, life-changing experiences through: art, athletics, personal development, spiritual discovery and community service. The Salvation Army Kroc Center’s facilities, programs and services bridge the gap between potential and opportunity for children and adults, strengthen individuals and families, and enrich the lives of seniors.
A COMMUNITY UNLIKE ANY OTHER
First-time churchgoers and lifelong Christians are all welcome to Kroc Center Ministries. Find salvation, support and worship opportunities with Kroc Center Ministries. We have many programs and activities for all ages. Come worship with us at our 10am Sunday Service. Each Monday evening we host Celebrate Recovery, a group support meeting with dinner, free childcare, speakers meeting and open share groups. We have discipleship classes, bible study groups, youth programs and music ministries.

WORSHIP SERVICE
SUNDAYS 10-11AM
Rolando Room / Arts & Education Bldg.
The Salvation Army Kroc Center
6611 University Ave, San Diego, CA 92115

WE WOULD LOVE FOR YOU TO WORSHIP WITH US!
The Salvation Army Kroc Center blends modern and traditional with practical messages, good music, and exciting youth programs. Our service includes friendly people of all ages and backgrounds. We come together to worship, celebrate community, and strengthen family connections. Bring your whole family. And no need to get dressed up, we’ll be honored to have you just the way you are.

GROWTH GROUPS
Growth Groups provide an environment designed to inspire and connect like-minded individuals as they share their love of Jesus through fellowship, discipleship, and worship.

SOLDIER/DISCIPLESHIP CLASSES
Ages 14+
(February-April, September-November)
Soldiership classes give instruction and gives opportunity for an individual to make decisions and commitments to God and the Army in becoming a Senior Soldier of The Salvation Army.
Discipleship is the teaching and encouraging of believers through systematic, personal, and spirit directed training that holds you accountable for developing Christian disciplines. Courses run 8 weeks

BIBLE STUDY 18+
Chaplain John Chapman conducts a weekly Bible study for men and women. Call 619.269.1536 for more information.

WOMEN’S MINISTRIES Women 18+
Kroc Center Women’s Ministries is a time to get together with women and friends to laugh, learn and to be inspired and rejuvenated in body, soul and spirit. This program offers worship, fellowship, service projects, educational programs, crafts and activities. Child-care provided. For more information contact marina.winter@usw.salvationarmy.org / 619.269.1574

QUESTIONS OR PRAYER REQUEST?
KROC CENTER MINISTRIES: 619.269.1536
EMAIL: krocministries@usw.salvationarmy.org
ONLINE AT: SD.KROCCENTER.ORG

JOIN US FOR PRAYER
TUESDAYS 2PM
Gymnasium Members Lounge
YOUTH MINISTRY

NURSERY (10AM SUNDAY SERVICE)
Ages 0-2
Nursery care provided for babies. Nursery care allows parents to relax and enjoy the Word of God, distraction free.

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WIGGLIN’ WORSHIP
(10AM SUNDAY SERVICE)
Ages 3-Kindergarten
Wigglin’ Worship provides a safe and comfortable place for parents to leave their infants and toddlers. Through simple stories, music and fun age-appropriate play, the youngsters learn how much God loves them, and how easy it is for them to love Him back.

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IMPACT KIDS SUNDAY SCHOOL
10:00AM
AGES 6-11
Here at the Kroc we love kids and are passionate about seeing them grow in their relationship with God. We value teaching every child in an environment of safety, encouragement, and fun. Impact Kids exists to help our young ones grow to love God, love others, and grow into their full potential.

<table>
<thead>
<tr>
<th>ROOM</th>
<th>BUILDING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bandroom</td>
<td>Arts &amp; Education</td>
</tr>
</tbody>
</table>

TROOPS & YOUTH PROGRAMS
AGES 3-18
The evening will begin with a short bible based lesson followed by activities provided throughout the Kroc Center. Your children will make new friends while having fun and experiencing the love of Christ from our wonderful youth and recreation staff. Parents are encouraged to join our Bible Study and Women’s Ministries Meetings. For more information contact marina.winter@usw.salvationarmy.org / 619.269.1574

<table>
<thead>
<tr>
<th>DAY / TIME</th>
<th>ROOM/BUILDING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues, 6-7PM</td>
<td>Band Room</td>
</tr>
</tbody>
</table>

MEET THE MINISTRY TEAM

Majors Rick & Margaret Peacock
Senior Pastors

John Chapman
Senior Chaplain

Marina Winter
Ministries Program Coordinator

Katie Owens
Corps Childcare Aide

Adam Baldwin
Mission Integration Manager

Jessica DeGracia
Youth Programs Aide

Carlos Romo
Corps Assistant

Darlene Hill
Congregational Childcare Lead

THE SALVATION ARMY’S MISSION
The Salvation Army, an international movement, is an evangelical part of the universal Christian church. Its message is based on the Bible. Its ministry is motivated by the love of God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination.
THE SALVATION ARMY KROC CENTER
FAMILY RESOURCE CENTER

HOW TO APPLY FOR A KROC SCHOLARSHIP

Kroc Center scholarships are available for qualified community members in San Diego County. Funding is limited. For more information on how to apply for a scholarship visit sd.kroccenter.org/scholarships

1. Fill out application request. Pick one up at the Family Resource Center.

2. Choose which type of scholarship you wish to apply for and fill out the designated form.

REQUIRED APPLICATION (CHOOSE ONE):
- Membership: Youth, Teen, Family, Single Adult Family, Adult, Senior.
- Program: Aquatics, sports, dance, theatre, gymnastics, music, and ice.
- Day Camp: Spring, Summer, Fall, Winter

3. Provide eligibility documentation

The following documents are required for all members of the household (one month’s pay stubs, TANF/Calworks Notice of Action, child support statement, Social Security benefits statement, disability incomes, educational class schedule verification/financial aid statement, cash aid, student loans, college financial aid, food stamps award letter, unemployment benefits statement, alimony, child support income, Section 8 rent portion letter, etc.):
- Address verification (a recent utility bill or rental agreement)

4. Return your completed application with attached IDS, utility bill and household income verification to the Family Resource Center Monday–Friday between 8AM-4:30PM. You must turn in your application with original signature in person a minimum of four weeks before the class starts to determine eligibility.

5. Approval process

If you qualify for a scholarship, a member of our Family Resources staff will contact you about the price you will pay. Payment must be received by due date on the voucher or you will forfeit the scholarship. If your application is not approved you will be sent a letter in the mail. All voucher changes or cancellations will result in a $20 admin fee.
WE AIM TO ALWAYS

- Treat each client with respect and dignity
- Work to assess each situation individually
- Provide excellent customer service
- Be effective listeners
- Maintain confidentiality
- Respond with empathy
- Maintain the integrity of the department
- Offer resources for additional services

SERVICES PROVIDED

We have an array of short-term services and can refer you to others, if needed. Applicants must comply with eligibility guidelines and policies of the program. Funding comes from various public grants and private donations of which we are accountable. Our staff is bilingual in Spanish and many of our forms are translated in Spanish, as well.

EMERGENCY SERVICES

Individuals and families residing within the Kroc Center’s service area that find themselves in emergency situations may request assistance in the form of food boxes, clothing vouchers for interview clothes, children’s pajamas, diapers, household items, personal hygiene items. Eligibility guidelines apply. Services are limited to zip codes 91941-91946, 92105, 92115, 92119, 92120, and 92182.

CASE MANAGEMENT

All Family Resource Center services are provided through supportive resource and referral case management. Applicants for services will meet with FRC associates for a comprehensive assessment to build upon strengths and assets and assist with meeting identified areas of need. To schedule a case management appointment, please call 619.269.1430. You must have an updated case management file. An appointment is not required for services.

FOOD PANTRY

A food box and produce are given to clients with updated files on the 2nd and 4th Thursday and Friday of the month. Clients must have an updated file in order to receive food and may come one time per month. Thursdays are from 8:30AM-noon and Fridays from 1-4PM.

CRISIS HOTLINE

If you are in crisis and need to speak to someone immediately, please contact the Access and Crisis Hotline (24 hours a day/7 days a week) at 1-800-479-3339. If you have a medical or psychiatric emergency, please call 911.

CHRISTMAS ASSISTANCE 2020

Current Family Resource Center clients may apply for Christmas assistance in the form of toys and food boxes after October 1. Christmas assistance is also extended to qualified families at select elementary schools. Eligible families will receive applications through their respective schools. The general community can call 211 San Diego for additional referrals.

ENERGY ASSISTANCE

Individuals and families who need assistance with their energy payments may work with the Family Resource Center to enroll in SDG&E’s Neighbor-to-Neighbor Energy Assistance Program.

ADDITIONAL SERVICES

The Family Resource Center offers free information and referrals, discounted California ID Cards. We also offer referral to ESL and parenting classes. Laptop in lobby for job and resource searches.

SERVICES PROVIDED

See page 18 for more about Educational Programs and Classes
GROUP EXERCISE CLASSES

RECREATION POOL

ACQUABOXING**+++  
Aquaboxing is the optimum energy fostering training program for the whole body: Kicks, punches, jump and varied boxing techniques strengthen the stomach, legs and bottom. Stamina, coordination, agility and elegance of movement, as well as command of the body are particularly trained.

AQUASIZE! +++  
A resistance exercise program designed to build strength and endurance utilizing specialized water fitness equipment.

AQUA ZUMBA +++  
Achieve long-term benefits while this “pool party” burns calories and energizes your body and mind.

ACQUAPOLE®**+++  
This class combines the great Acquapole® benefits for core, upper body and total strength.

WATER CORE & MORE ++  
Increase strength and flexibility in this shallow water conditioning class.

WALK A MILE  
A low impact water exercise class with the goal of walking a mile in each class. This class combines the benefits of muscle strengthening, core balance, and endurance.

THERAPY POOL

ADULT WATER WORKOUT ++  
Stretch, tone, and improve cardiovascular fitness in this slower-paced class designed for mature active adults wishing to increase range of motion and flexibility.

AQUA TONE & BALANCE ++  
A low impact class designed to improve cardiovascular health and fitness. This class focuses on toning and strengthening the core while improving flexibility and balance.

AI CHI (FLOWING AQUATICS ENERGY)  
Ai Chi marries the eastern art of Tai Chi with aquatic therapy. It promotes improvements in deep breathing, coordination, balance, flexibility, and muscle strength.

ARTHITIS FOUNDATION AQUATIC EXERCISE (Basic & Plus)  
Participants are guided through a selection of 85 movements designed by exercise specialists, geared to reduce the pain and stiffness associated with arthritis. Swimming skills are not required.

CLASS FEES  
(Unless otherwise noted)

<table>
<thead>
<tr>
<th></th>
<th>Per Class</th>
<th>10 Class Pass Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Members</td>
<td>Free</td>
<td>$10</td>
</tr>
<tr>
<td>Guests</td>
<td>$10</td>
<td>$90</td>
</tr>
</tbody>
</table>

WHAT CLASS IS RIGHT FOR ME?  
Our class activity guide helps you find the perfect class for your skill level.

1 GENTLE 2 ACTIVE 3 INTENSE

QUESTIONS?  
AQUATICS OFFICE: 619.269.1505  
EMAIL: simonne.call@usw.salvationarmy.org  
ONLINE AT: SD.KROCCENTER.ORG
**FIND INCLUSION AT THE KROC POOL**

We care about all members of the community and we know some may need a little extra help, because of this we are now offering adaptive swim lessons to help children with special needs learn swim safety and techniques.

For more info please call: 619.269.1506

RETURNING APRIL 2020

**COMPETITION POOL WALL, CORE & MORE 💪**

A challenging cardio and toning workout with zero impact on the lower body. Participants must be comfortable working on the wall and jogging in deep water.

**DEEP WATER WORKOUT 🌊**

Fast-paced, no-impact class designed to build cardiovascular strength while creating muscle tone. Participants must feel comfortable in deep water.

**PLEASE NOTE:** Anyone that falls into the following categories should not take the AcquaPole class: is pregnant, has carpal tunnel, cervical slipped disc, dysfunction of spinal discs, or has osteoarticular problems or shoulder impingement.

---

**BEGINNING WATER POLO**

**AGES 6-12 YEARS**

$10 PER DROP IN SESSION

Perfect for young players who have never played or are still testing the waters in water polo. Children will learn the basic skills and fundamentals of the sport in a non-competitive, fun and instructional environment. This drop-in session will have twice weekly offerings; you can attend one drop in class or all classes during the season! There will be a progression of skills and techniques of game play with scrimmage games at the end of the season. Must be water safe, able to back float unassisted, and swim freely for 15 yards.

**MARCH 3 - MAY 21**

TUES/THURS 5-6PM

---

**ARTHRITEIS FOUNDATION CLASS**

Designed by Specialists, this program is geared to reduce the pain and stiffness associated with arthritis. The pre-registered participants will guarantee a small class size and reserved place in each class. Guaranteed enrollment for the month! Registration opens the second Monday of the previous month.

Tuesday / Thursday 10am classes.

Members: $5/month/day

Guests: $40/month/day.

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**MARCH POOL HOURS**

<table>
<thead>
<tr>
<th>Date</th>
<th>Competition Pool &amp; Rec Pool*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon-Fri</td>
<td>5:30am-8:30pm</td>
</tr>
<tr>
<td>Sat</td>
<td>7am-4:30pm</td>
</tr>
<tr>
<td>Sun</td>
<td>8am-3:30pm</td>
</tr>
</tbody>
</table>

**Recreation Pool-Family Open Swim ($5 per person)**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon-Fri</td>
<td>1-4:30pm, 7-8:30pm</td>
</tr>
<tr>
<td>Sat</td>
<td>1-4:30pm (Public)</td>
</tr>
<tr>
<td>Sun</td>
<td>10am-1pm (Tiny Tikes Only - 5 &amp; under) 1-3:30pm</td>
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</tbody>
</table>

**Therapy Pool**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Sun</td>
<td>1-3pm</td>
</tr>
<tr>
<td>Mon</td>
<td>7-9am, 3-5pm</td>
</tr>
<tr>
<td>Tues</td>
<td>7-10am, 1-5pm</td>
</tr>
<tr>
<td>Wed</td>
<td>7-9am, 3-5:30pm</td>
</tr>
<tr>
<td>Thurs</td>
<td>7-10am, 1-5pm</td>
</tr>
<tr>
<td>Fri</td>
<td>7-10am, 3-5pm</td>
</tr>
<tr>
<td>Sat</td>
<td>2-4pm</td>
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</tbody>
</table>

See pool schedule at sd.kroccenter.org for updates & lane availability. Members have access to pools during open hours. Please note we discourage open swim use in the Recreation Pool when classes are in session.

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**$5 SWIM PASS**

Mon    | 1-4:30pm
Fri    | 7-8:30pm
Sat    | 1-4:30pm
Sundays | ALL DAY

Get a membership and save!

---

**TEEN LAP SWIM ORIENTATION**

FIRST AND LAST SATURDAYS OF THE MONTH

Individuals under 18 years may attend a brief Teen Lap Swim Orientation in order to access the Comp Pool for lap swimming. The orientation consists of a swim test and overview of lap etiquette and guidelines. The orientation is free for members & $5 for guests.
>SWIM SESSIONS AT THE KROC
Learning how to swim is a critical component of every child’s development. At the Kroc Center, swim lesson students are moved through five progressive levels of lessons as they accomplish new skills and abilities. Our instructors make swimming lessons fun and help students develop both swimming skills and self-confidence.

>HOW TO ENROLL
1. Determine the level for your child based on listed prerequisites. IE: age and skills
2. Select a day and time that works for you.
3. Select a session that corresponds with day and time.
4. Register for class
   ONLINE: sd.kroccenter.org
   IN PERSON: Kroc Gymnasium
   Guest Services
Prerequisites and session dates/times listed on reverse.
Group Swim Lesson enrollments close 5 days prior to each session start date

>MEMBERS RECEIVE 10% OFF GROUP LESSONS

PARENT & CHILD SWIM LESSONS
6-36 MONTHS
LOCATION: THERAPY POOL
A swim class for infants and toddlers to introduce children to swimming with singing and games that focus on water comfort and basic skills such as water entry, bubble blowing, kicking, floating, and underwater exploration. Children must wear swim diapers/plastic pants to enter pool. At least one parent per child must be present for lesson.

US MASTERS ADULT LEARN TO SWIM
AGES 16+
LOCATION: RECREATION POOL
Beginning swimmers learn basic skills such as supported/unsupported floating, gliding, kicking on front/back, and freestyle. This introductory course will help you gain basic swimming skills and confidence in the water. Instructor to student ratio 1:3. Scholarships available!

Saturdays - 9:30-10AM & 10-10:30AM

MEMBERSHIPS

Questions? AQUATICS OFFICE: 619.269.1505 EMAIL: simonne.call@usw.salvationarmy.org REGISTER ONLINE AT: SD.KROCCENTER.ORG

The Salvation Army
Ray & Joan Kroc Corps Community Center
6753 University Avenue | San Diego, CA 92115

RETURNING JUNE 2020
Ages 16+
Location: Recreation Pool
Beginner - Thursday Class - 6-7PM
KROC LEARN TO SWIM

REQUIREMENTS

Pre-K Level 1 & Youth Level 1 Ages 3-5 & Ages 6-15
• Little to no swimming experience
• Not comfortable with putting face under water
• Not comfortable floating on back and stomach independently

Pre-K Level 2 & Youth Level 2 Ages 3-5 & Ages 6-15
• Comfortable with face under water
• Comfortable floating on back and stomach independently
• Not comfortable swimming freestyle independently
• Not comfortable jumping in pool and swimming back to wall on their own

Pre-K Level 3 & Youth Level 3 Ages 3-5 & Ages 6-15
• Comfortable with face under water
• Comfortable floating on back and stomach independently
• Comfortable swimming freestyle independently
• Not comfortable swimming backstroke and breaststroke independently.

Youth Level 4 Ages 6-15
• Comfortable swimming freestyle and backstroke 25 yards independently and proficiently.
• Comfortable treading in 7 ft of water

PRIVATE SWIM LESSONS

All levels/ Ages 3+ // All private lessons are 4 sessions.

1 Student: $160/ guest, $145/ member Partner sessions (ideal for siblings and close friends; must be of similar swimming ability): $110/ guest, $96/ member (Price per child) Enroll one child online and contact taylor.lynch@usw.salvationarmy.org to enroll second student.

THE PARENTS GUIDE TO SWIM LESSONS

• Arrive early to check-in and familiarize your child with the facility. Please have your child ready for class at the start of the lesson time.
• Group lessons are 25 minutes, followed by 5 minutes for transition and parent communication unless otherwise noted.
• Check-in at the swim lesson table when you first walk onto the pool deck.
• Have your child go to the bathroom before lessons. Children who are not potty trained must wear a swim diaper and plastic pants (available for purchase at the Front Desk) to prevent bathroom incidents in the pool.
• Classes will be cancelled and a refund issued if we experience lightning or mechanical issues. Make-up lessons are not available and no other refunds will be given.
• Each Preschool/Youth class has total of only six participants. The parent and child classes can have up to 12 participants.
• Classes will be held in our heated outdoor pools (unless otherwise noted). Please apply sunscreen to your child 15 minutes prior to getting in the pool.
• Parents/guardians need to stay on Kroc campus during the lesson in case of an emergency. To avoid class interruption, please observe from covered bleachers.
• Class levels are frequently repeated to allow students to master skills and feel successful before advancing. Patience is the key to learning how to swim.
• Students receive a mid-session report card so parents know what level to enroll in for the next session.
• Persons having active diarrhea or who have had active diarrhea within the previous 14 days shall not be allowed in the pool water.
Kroc Adventures explores every area of The Salvation Army Kroc Center and offers a variety of age-appropriate recreational activities. Daily outings may include recreational field and gymnasium activities, swimming, traditional sports, arts and crafts, and rock climbing.

IMPACT!
WEDNESDAYS FROM 2PM TO 3PM
Campers will have the time of their lives in this weekly gathering designed to share the love of Christ through high-energy music, fun activities, and a contemporary messages designed for youth. This is included for all camps and staffed by Kroc Center Ministries.

REGULAR CAMP HOURS
Monday–Friday 8am–4pm
Drop-off: 8–8:30am
Pick-up: 3:30–4pm
FREE Extended Care:
Drop off: 6:30am, Pickup: 6pm

QUESTIONs ABOUT CAMP?
Contact the Day Camp Office at 619.269.1470 or email sdkroc.camp@usw.salvationarmy.org

619.269.1438 Day Camp Manager
619.269.1460 Gymnasium Guest Services
619.269.1430 Scholarships & Family Resource Center

KROC ADVENTURES

PACKED WITH GAMES & ACTIVITIES!
The Kroc Center Day Camp program provides children of all ability levels the opportunity to play and grow in a positive and safe atmosphere. Motivated by God’s love, our program strives to develop the whole child- within their environment- to help them grow physically, mentally and socially.

TALK WITH THE STAFF
JORGE ANDRADE
Day Camp Manager
jorge.andrade@usw.salvationarmy.org
619.269.1438

CONNECT WITH DAY CAMP
## SIGN UP TODAY! SPACE IS LIMITED

<table>
<thead>
<tr>
<th>SESSONS</th>
<th>SESSION DATES</th>
<th>FULL-WEEK ENROLLMENTS</th>
<th>FULL WEEK FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>President’s Day Camp</td>
<td>February 14 &amp; 17</td>
<td>Kroc Adventures 5-14</td>
<td>$45 / Members, $50 / Guests per day</td>
</tr>
<tr>
<td>Spring Week 1</td>
<td>March 30- April 3</td>
<td>Kroc Adventures 5-14, Ice Camp 6-14</td>
<td>$200 / Members, $215 / Guests $210 / Members, $225 / Guests</td>
</tr>
<tr>
<td>Spring Week 2</td>
<td>April 6-10*</td>
<td>Kroc Adventures 5-14, Art in Action 8-14</td>
<td>$200 / Members, $215 / Guests $190 / Members, $205 / Guests</td>
</tr>
<tr>
<td>Spring Week 3</td>
<td>April 13-17</td>
<td>Kroc Adventures 5-14</td>
<td>$200 / Members $215 / Guests</td>
</tr>
<tr>
<td>Spring Week 4</td>
<td>April 20-24</td>
<td>Kroc Adventures 5-14</td>
<td>$200 Members / $215 Guests</td>
</tr>
</tbody>
</table>

*No PM extended care on Friday, April 10. Camps ends at 4PM

## ART IN ACTION

**AGES 8 – 14**
Campers will experience an artistic journey with creative and experimental hands on art projects unique to them. Through different mediums of art, campers will learn that God expresses His love for us through His creations.

## ICE SKATING - INTRODUCTION

**AGES 6 – 14**
Campers will have a 30-minute group lesson and an additional two hours of skating each day. Discover basic techniques such as: foot glides, two-foot turns, forward crossovers, T-stops, lunges and more. Please dress warmly.

## SCHOLARSHIPS ARE AVAILABLE

**Financial Assistance & Scholarship Program** Individuals, families, and seniors who cannot afford Kroc Center membership or fees for youth camps and/or group classes can apply for a discount. See page 10 for more information.

## KROC INCLUSION PROGRAMS

The Kroc Center offers many programs for children with special needs. To find out more about our Inclusion Swim Lessons, call 619.269.1506

## REALM OF INCLUSION

**REGISTRATION INFORMATION**

**SPACE IS LIMITED! SIGN UP FOR CAMP TODAY.**
Sign up early to guarantee a space for your child at camp.

**REGISTER ONLINE:**
SD.KROCCENTER.ORG/DAYCAMP
Or, fill out a registration form and return to the Gym front desk.

**STAY IN THE KNOW**
Text "CAMPS" to 844.947.6154 to stay up to date on all things Camp Kroc!
FREE EDUCATIONAL PROGRAMS

ENGLISH AS A SECOND LANGUAGE (ESL)
The Family Resource Center offers ESL classes in collaboration with Laubach Literacy. Free childcare is provided for participants and incentives are provided for course completion. This course is offered twice weekly. For more information about ESL classes, please call 619.269.1540.

PARENTING CLASS
Learn effective parenting skills that will help strengthen parent & school-aged child relationships. Babysitting is provided with reservation only; please call for availability. To register or for additional information, please call Home Start at 619.692.0727 Ext. 105.

BOOK ART CLASS
Introductory through advanced course in arts and crafts. Learn practical application, using diverse media and techniques. Explore principles of art and its place in various cultures. Instruction is focused for ages 55+; adults age 19+ are welcome.

ADULT ENRICHMENT
Please visit sdce.edu to register for all free adult education classes. Click on “Take A Class”, search “Kroc”, or call 619.388.4956. Classes start in Jan.

BRAIN FITNESS BASICS/TOPICS
Enhance your brain health using a brain-training program which targets cognitive functions like memory and processing speed and presents lessons that support a brain-healthy lifestyle. Brain Fitness Basics is for new students, Brain Fitness Topics is for returning students.

PRACTICAL THEATRE CLASS
AGES 18+
An adult theatre class taught by a professional through San Diego Community College Continuing Education. Students are given scripts, pair up, and do rehearsal homework. For beginning and intermediate level actors. For more information call 619.388.4956.

REDISCOVER SAN DIEGO
AGES 18+
Weekly field trips to explore cultural, historical, and educational resources in San Diego County. For more information call 619.388.4956.

SAFETY TRAINING CLASSES
Must be at least 15 years of age to register. Classes are offered four times a year. Sign up in the Education Building.

MEDIC FIRST AID INTERNATIONAL
Basic Plus Course (Adult CPR, AED, and first aid training and certification).

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAY / TIME</th>
<th>LOCATION</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESL</td>
<td>Fri, 9:30 – 11:30AM</td>
<td>Fireside Room</td>
<td></td>
</tr>
<tr>
<td>PRACTICAL THEATRE</td>
<td>Fri, 10AM – 1PM</td>
<td>Community Room</td>
<td></td>
</tr>
<tr>
<td>BOOK ART CLASS</td>
<td>Mon, 10AM – 12PM</td>
<td>Education Center Art Studio</td>
<td></td>
</tr>
<tr>
<td>BRAIN FITNESS BASICS</td>
<td>Mon, 9:30AM – 12PM</td>
<td>Community Room</td>
<td></td>
</tr>
<tr>
<td>BRAIN FITNESS TOPICS</td>
<td>Wed, 9:30AM - 12PM</td>
<td>Community Room</td>
<td></td>
</tr>
</tbody>
</table>

FREE FAMILY ARTS & LITERACY NIGHTS
The monthly themed events feature a performance by a performer or ensemble, an art project for the entire family to participate in, and a free book for each child to add to their home library.

6:30 PM
ROLANDO ROOM

FEBRUARY 27
GIANTS OF JAZZ
Featuring the Rob Thorsen Jazz Quartet

APRIL 30
THE LADY & THE LITTLE TRAMP
Mime, music and dance.
**Fitness Group Exercise**  
**Ages 16+**

**Strength, Tone, & Flex Series**

**Absolute Abs and Core**
A class designed to tone, build, and strengthen the abdominal muscles. The class uses various skills and techniques to target the core muscles, including floor routines, full body stretches, and fast-paced exercises.

**Circuit Training**
The ultimate total body workout. Ready to burn maximum amount of calories while also building strength? This class utilizes stations such as cardio, strength, plyometric, and core training to maximize calorie burn and total body training.

**Hiit**
High Intensity Interval Training, this class features classic moves set to fun and exciting intervals. This class is a great cardiovascular and muscular strength training workout.

**Kettle Bell**
Develop strength and flexibility. Build amazing cardiovascular health. Drop fat and get lean all while using awesome hand-held kettle bells. This class offers all of these benefits and so much more!

**Les Mills BodyPump®**
Using light to moderate weights with lots of repetition, instructors will coach you through scientifically proven moves and techniques.

**Les Mills CXWORX®**
A class that hones in on the torso and sling muscles that connect your upper to lower body. It’s ideal for improving strength and assisting in injury prevention. (30 min).

**On The Ball**
This muscles sculpting class utilizes the stability ball to help engage your core throughout every exercise you do. This class will challenge you while doing body weight and light weight exercises.

**Mat Pilates**
A medium-paced floor workout with an emphasis on posture, this class unites stretching and deep breathing to increase your flexibility, mobility, and strengthen core muscles.

**New For March**
**Revelation Fitness**
A class that will combine cardio, strength training, muscle toning, high intensity movements, and prayer into each class. This class will give participants an understanding of how to be healthy, be whole, love God, and love others.

**Total Body Toning**
Take the challenge and cross train for improved overall fitness! Total Body Toning is a mix of cardio, step and weights that will keep you coming back.

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**Group Exercise Fees**

<table>
<thead>
<tr>
<th></th>
<th>PER CLASS</th>
<th>10 Class Pass Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Members</td>
<td>FREE</td>
<td></td>
</tr>
<tr>
<td>Guests</td>
<td>$10</td>
<td>$90</td>
</tr>
</tbody>
</table>

Classes are 55 minutes in length, unless otherwise noted. Classes are offered on a first-come basis only. To reduce the risk of injury and prevent class disruptions, no admittance will be allowed ten minutes after the class is scheduled to begin.
TRX
With suspension training and gravity your body becomes the machine; building strength, flexibility and core all at the same time.

STRETCH AND TONE
This 30-minute total body toning class will leave you feeling limber and toned using light weights and your body weight to take your fitness up a notch at a comfortable pace.

CYCLE
KROC CYCLE
This class has solid cycling principles, top-notch coaching, and awesome tunes, all in our custom group cycling studio making this a workout to remember.

LES MILLS RPM
Indoor cycling workout where you take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.

VIRTUAL RPM
Join us for an Indoor virtual cycling workout on the big screen. Morning and evening classes, for your convenience! Join a master Les Mills instructor for the ultimate workout.

VIRTUAL SPRINT
Combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The thrill and motivation comes from pushing your physical and mental limits.

WHAT CLASS IS RIGHT FOR ME?
Our class activity guide helps you find the perfect class for your skill level.  GENTLE ACTIVE INTENSE

MOVEMENT & RHYTHM

DANCE FIT
Dance Fit is a cardio based class that focuses on several dance styles combined into one fun high energy class.

ZUMBA
Achieve long-term benefits while experiencing an absolute blast in this exciting calorie-burning, body-energizing, awe-inspiring workout meant to engage and captivate for life!

ZUMBA GOLD
This program is designed for the older active adult, a person who hasn’t been exercising in a long time or individuals who may be limited physically. Zumba Gold utilizes the same great Latin styles of music and dance as used in Zumba basic program.

SCRIPTURCIZE
More than just exercise, this goes right into the spirit! A mixture of poses, planks, and dancing. Prayers are encouraged. Chairs available for Seniors

YOGA

POWER YOGA
This class will focus on your stability as you hold poses that will focus on stabilizing your core muscles. Improve your flexibility, strength and balance with this challenging yoga class.

YOGA
A traditional yoga class, focusing on strength, flexibility and balance. Poses can be modified for all levels.

GENTLE YOGA
A mat-based yoga class with postures designed to improve balance, flexibility, muscle tone, and range of motion.

KROC SILVER SERIES
FOR MATURE ACTIVE ADULTS

SILVERSNEAKERS CARDIO
Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball are alternated with low-impact aerobic choreography.

SILVERSNEAKERS CIRCUIT
Combine fun and fitness to increase cardiovascular and muscular endurance and power with a standing circuit workout.

SILVERSNEAKERS CLASSIC
Have fun and move to music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills.

SILVERSNEAKERS YOGA STRETCH
Participants learn a variety of safe and effective options designed to increase flexibility and balance to improve well being, taught from seated and standing positions.

TAI CHI
Practice slow paced movements to increase energy, circulation, strength, and flexibility. Reduce stress and improve health. All levels welcome.

TEEN FITNESS CENTER ORIENTATION
MEMBERS ONLY
1ST & 3RD TUESDAY OF EACH MONTH AT 6PM

MEMBER FITNESS ORIENTATION
CONTACT TONY GRIZZLE TODAY AT 619.269.1464
MARTIAL ARTS $ Discount available for Kroc members

Unlike most fitness classes, Martial Arts courses are offered in monthly sessions. Martial Arts meet every week. Fees are due prior to attending the first lesson of each month.

KARATE AGES 5+
Led by Senseis Russ Eggleston and Victoria Johnson, Cuong Nhu is a martial art that blends the basic elements of a number of different styles. Monthly classes are pro-rated.

$10 daily drop in fee

MONTHLY SESSIONS

<table>
<thead>
<tr>
<th>DAY / TIME</th>
<th>LEVEL</th>
<th>FEE</th>
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<tbody>
<tr>
<td>Wed, 7-8PM</td>
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<tr>
<td>Wed, 8-9PM</td>
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<tr>
<td>Sat, 9-10AM</td>
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<tr>
<td>Sat, 10-11AM</td>
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<td>Wed &amp; Sat</td>
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TAE KWON DO
AGES 8+ (Beginner to advanced)

Monthly Sessions
A Traditional Tae Kwon Do Class. This class is designed to offer a challenging aerobic workout while learning traditional Tae Kwon Do techniques and forms. Self defense, long staff and short sticks are included in the workouts. Intended for people looking for a physically and mentally challenging experience. From beginner to advanced.

$10 daily drop in fee

TINY TIKES
AGES 2-5
Parents are welcomed as participants, and each day focuses on creating a safe, fun environment where children can learn vital developmental skills.

Free - Family Membership / $5 - Guest

TINY TIKES SPLASH *
AGES 6MO-5YRS
Morning rec pool time reserved for our littlest members. Some aqua toys welcome! Includes games and play led by Aquatics Staff.

TINY TIKES SPORTS @ AGES 2-5
Athletic based movement activities tailored for younger children.

TINY TIKES HOOPS @ AGES 2-5
RETURNING APRIL 2020.
Tiny Tikes Hoops is open gym time for our littlest members! Kroc Staff will set up the short (8') hoops and parents with children under 6 are invited to play ball!

TINY TIKES HOOPS @ AGES 2-5
NEW! MONDAY EVENING
5:30-8:30PM
MARCH 18-APRIL 6

It’s paddle sport rally time! Come and play America’s fastest growing sport. Pickleball is easy to pick-up for new players.

CLIMBING TOWER $5

ALL AGES (40 POUNDS & OVER)

The Salvation Army Kroc Center’s climbing tower is tucked away on the recreation field walkway and has six tracks of varying difficulty.

Climbing Tower Hours

<table>
<thead>
<tr>
<th>DAY / TIME</th>
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<tr>
<td>Thurs &amp; Fri</td>
<td>4-6PM</td>
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<td>Sat</td>
<td>10AM-1PM</td>
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<tr>
<td>Sun</td>
<td>1:3PM</td>
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</tbody>
</table>

Climbing Tower included in Kroc Day Pass admission / Membership

QUESTIONS?
FITNESS MANAGER: 619.269.1464
EMAIL: tony.grizzle@usw.salvationarmy.org
ONLINE AT: SD.KROCCENTER.ORG

DROP IN SPORTS AT THE KROC

MEMBERS/FREE GUESTS/$5

VOLLEYBALL
SATURDAYS 3-4:30PM
Dig it! Play Indoor Volleyball year-round for all skill levels in our Kroc Center Gymnasium. Must have at least 4 present to set net.

BASKETBALL
M-F 5:30AM-8AM / 10AM-2PM
MWF 7:30-8:30PM
SATURDAY 7-9:15AM / 3PM-4:45PM
SUNDAY 11AM-CLOSE

The floor is yours. Challenge friends and other members to a fast-paced workout on our courts through pickup games. February promo: BOGO Basketball! One free guest per member or paying guest

PICKLEBALL
TUESDAYS/THURSDAYS 11AM-2PM
SUNDAYS: 8AM – 11AM

NEW! PICKLEBALL LADDER PLAY
WEDNESDAYS, 5:30-8:30PM
MARCH 18 – APRIL 8

Warm-up @ 5:30, game play from 6:30-8:30pm* Pre-register/ roster class only, no drop-ins. Players are strongly encouraged to be available and attend all 4 dates for a successful Ladder Event.

MEMBERS/$8 GUESTS/$20
BENEFITS OF PERSONAL TRAINING

NEED MOTIVATION?
Set goals, create a plan to accomplish them and celebrate the day you reach them with your personal trainer.

NO EXCUSES
Holds you accountable and helps you overcome all the excuses you might use to avoid your commitment to exercise.

HAVE CONFIDENCE!
Working with a trainer allows you to become confident with how to perform exercises, use machines and navigate the facility.

AVOID INJURY
Take the time to learn proper exercise technique that can improve your results and prevent annoying injuries.

PERSONAL ATTENTION
Your unique body mechanics, experience, goals, fitness level, likes and dislikes can guide your trainer in creating a plan that is specific to your needs.

AGE GRACEFULLY
Helps you adjust or adapt your program as you age, which will allow you to maintain functionality and strength.

HAVE FUN
A savvy personal trainer can make exercise both effective and fun. Group or buddy training can be a great way to increase enjoyment, make exercise social and attain the services of a trainer for a cheaper rate.

QUESTIONS?
FITNESS MANAGER: 619.269.1464
EMAIL: tony.grizzle@usw.salvationarmy.org
ONLINE AT: SD.KROCCENTER.ORG

The Salvation Army
Ray & Joan Kroc Corps Community Center
6753 University Avenue | San Diego, CA 92115
ICE SKATING AT THE KROC

Our NHL regulation sized Ice Arena is the only year-round, centrally located arena in San Diego, and welcomes all levels of skaters. The Ice Arena offers public skating, Learn To Skate, Youth Hockey, Adult Hockey, Drop-In Hockey, Figure Skating, Parties, Special Events and more! The arena is also often the coolest place to have fun and beat the heat during San Diego’s warmest months.

GROUP SKATING

Discounted group ice skating available for 20 or more skaters*.

- 20 or more skaters, $10 per skater
- 60 or more $8 per skater.

Visit the public skating schedule online to see session times.

Call 619.269.1504 for group reservation.

SCHEDULE & PRICE

Includes admission and skate rental. All times subject to change without notice.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>General Public</th>
<th>Military and First Responders</th>
<th>Kroc Members</th>
</tr>
</thead>
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<tr>
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<td>3:30–5:00PM</td>
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<td>Sunday</td>
<td>1:30–3PM</td>
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</tbody>
</table>

*Groups skate during scheduled public ice skating sessions. Reservations require advanced payment at the minimum group number to secure the price point and session date/time. Skate rental is included.

DIY PARTY IN THE ICE ARENA!

$180 FOR 12 SKATING GUESTS
$360 FOR 24 SKATING GUESTS

Celebrate your next occasion at the Kroc Center Ice Arena, the only year round ice rink in central San Diego. Kroc ice skating parties include 3 hours in a party room with 1.5-2 hours of skating depending on the day you choose. All ice skating parties are held during public skate times.

For ice skating party reservations, please call 619.269.1504 or email info@kroccenterice.com
LEARN TO ICE SKATE

$108 per session, classes offered year round. Includes free public skating for current students. Please refer to sd.kroccenter.org/ice.html for session fees & current class session dates.

Kroc Center Ice offers ice skating, figure skating, and ice hockey skating classes for children and adults of all ability levels. Many classes are offered more than one day of the week, so learning to ice skate on a busy schedule is easy. Our curriculum is based on the Ice Skating Institute’s (ISI) weSkate program and is taught by professional ISI certified instructors. Each session consists of 6, 30-minute classes; one class each week. Class enrollment includes unlimited FREE Public Skating, FREE skate rental, progress report, and graduation certificate. Dress warmly; gloves or mittens are recommended.

FIGURE SKATING
AGES 6 – ADULT

Upon successful completion of a prerequisite Beginning Skate class, youth students will progress through figure skating class levels: Skate 1-10, Jump & Spin 1-10.

INTRO ICE SKATING CLASSES

Choose one class day/time for the entire session

PARENT & ME AGES 3 – 6

Toddlers will learn with assistance and on-ice encouragement of a parent. This class introduces the basics of ice skating to young children through fun and games. Fee includes both parent and child.

KINDER AGES 4 - 6

Developed for kindergartners, this class uses a fun approach to teaching skating fundamentals. Children master basics such as t-Position and push and glide stroking while also preparing for more involved maneuvers.

BEGINNING SKATE AGES 6 – 12

Skaters learn amongst their peers to become proficient in ice skating fundamentals, leaving this class with confidence, ready to move into either figure skating or hockey. This class fulfills the prerequisite to move on to Skate I or Hockey.

TEEN BEGINNING SKATE AGES 13+

An introduction to the basic fundamentals of ice just for teen skaters!

ADULT BEGINNING SKATE AGES 14+

An introduction to the basic fundamentals of ice skating specifically tailored to the adult skater.

CALL: 619.269.1484
EMAIL: skating@kroccenterice.com
ONLINE AT: KROCCENTERICE.COM
>THE SALVATION ARMY KROCS

The Salvation Army Youth Hockey team is known as the Krocs. The Krocs play in the Greater San Diego Metro Hockey League. A recreational in-house program played under the auspices of USA Hockey’s Rules & Regulations.

Our goal as a program is to assist in developing character through exposure to hockey. We strive to create an experience for young athletes that will positively affect them well beyond their playing days by developing the whole player – mind, body, and spirit.

The Krocs practice once a week with games on the weekends. Competitive balance will be sought while creating each team. Space is limited.

PLAYER UNIFORM FEE:

$35 new Mini Mite
$40 Mini to Mite transition
$80 new Mite/Squirt/PeeWee/Bantam

Team Verse

“Whatever you do, work at it with all your heart, as working for the Lord, not for men.”

Colossians 3:23

WEEKLY PRACTICE SCHEDULE

<table>
<thead>
<tr>
<th>CLASS</th>
<th>AGES</th>
<th>DAY/ TIME</th>
<th>FEE</th>
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<tbody>
<tr>
<td>MINI MITES</td>
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<td>8U MITES</td>
<td>6-8</td>
<td>Mon, 5:45–6:45PM</td>
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<tr>
<td>10U SQUIRTS</td>
<td>9-10</td>
<td>Tues, 5:45–6:45PM</td>
<td>$395</td>
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<tr>
<td>12U PEE WEEES</td>
<td>11-12</td>
<td>Mon, 7–8PM</td>
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<tr>
<td>9-13U NOVICE</td>
<td>9-13</td>
<td>Tues, 5:45–6:45PM</td>
<td>$395</td>
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</tbody>
</table>

All groups have weekend games. See online schedule for details.

TALK WITH THE STAFF

GRECIA BOCHAROV
Hockey & Mission Integration Manager
EMAIL: hockey@kroccenterice.com
CALL: 619.269.1491
SCHOLARSHIPS
Assistance is given to those with a proven financial need (documentation required) who live within San Diego County. Funding is limited and on a first come, first served basis. Please call the Family Resource Center at (619) 269-1430 or email sdkroc.frc@usw.salvationarmy.org for more information. Applications must be submitted at least four weeks before the start of the season.

HUDDLE
In an effort to develop the whole player – mind, body, and spirit – players will be introduced to positive age-appropriate character developmental lessons while incorporating examples from the Bible. We call this three to five-minute discussion time, “huddle.”

GAME LOCATIONS
Metro League games are played Saturdays and/or Sundays at rinks in San Diego county.

-ICE-PLEX ESCONDIDO
555 N Tulip St. Escondido, CA 92025

-ICE TOWN CARLSBAD
2283 Cosmos Ct. Carlsbad, CA 92011

-KROC CENTER ICE
6737 University Ave. San Diego, CA 92115

-POWAY ICE
12455 Kerran St #100 Poway, CA 92064

-SAN DIEGO ICE ARENA (SDIA)
11048 Ice Skate Pl. San Diego, CA. 92126

-UTC ICE LA JOLLA (UTC)
4545 La Jolla Village Dr. San Diego, CA 92122

HOCKEY POLICIES
• Check in at the front counter using your last name when you come in for practices and games.
• Full Equipment is required; helmet, mouth guard, shoulder pads, elbow pads, gloves, breezers/padded hockey shorts, protective jock/cup, and shin guards.
• All players must register annually with USAHockey before paying any league fees. - Register online at www.usahockeyregistration.com - The USAHockey annual term is Sept 1st to Aug 31st. Don’t forget to bring in a copy of your registration and provide to any of our cashiers at the Ice Arena front counter.
• Some new players may start one age level below and, when ready, move up to their appropriate age level.
• Players can only attend their team practice/game. Players cannot attend another team’s practice/game.

DROP-IN HOCKEY
SKATE & SHOOT
AGES 6+
Recreational drop-in stick time hockey. Full equipment is required.
DAY/TIME  FEE
FRI  6:45-7:45PM  $18 or 10 passes for $160

ADULT HOCKEY

ADULT PICK UP ICE HOCKEY
AGES 18+
Recreational drop-in stick time hockey. Full equipment is required. Goalies skate for free.
WED & FRI 12:30-2PM
FEE $20 or 10 passes for $160

ADULT HOCKEY LEAGUES
AGES 18+
With five leagues and six divisions (novice-advanced) adult hockey is available for almost anyone with some hockey experience. All games played under the auspices of USA Hockey Rules & Regulations. For days, times and fees visit sd.kroccenter.org/adult-hockey.html.
>FIND YOUR TALENTS!

From Dance and Gymnastics to Ballet, the Arts & Education programs are designed to develop skills in activity specific areas all under the direction of our professionally trained instructors. Recitals are held each Summer and Winter.

>SESSION DATES

- Mar 9 - May 2, 2020* (Prorated 4/10)
- May 4 - June 27, 2020* (Prorated 5/25)

>SESSION FEES

<table>
<thead>
<tr>
<th>Member</th>
<th>Guest</th>
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<tbody>
<tr>
<td>$100</td>
<td>$110</td>
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</table>

Sessions are 8 weeks in length. Classes are held weekly unless noted. No classes will be held on holidays, fees will be prorated accordingly. Sign up early. Classes are subject to cancellation or change due to low enrollment. Payments are due by the first class of each session. Classes go on sale 3 weeks prior to the start of the session.

BALLET

Ballet shoes, tights and leotards are required for Ballet II and above. Prerequisite classes and instructor approval required for all level II, III, and IV classes.

**BALLET I**

**AGES 3-5/5-8**
Students explore basic ballet steps while also learning rhythm and coordination.

**BALLET II / III**

**AGES 5-8/8-14**
Basic ballet steps and terminology while improving poise, rhythm, stretching and coordination through more advanced ballet combinations.

**BALLET IV**

**AGES 8-14**
Fundamentals of posture and technique while applying them to advanced turns, jumps, and balancing in specific performance choreography. Class meets twice a week.

**ADULT BALLET / MODERN**

**AGES 15+**
Class includes barre, adagio, and allegro at center, and floor stretch. Suitable for beginning and intermediate level dancers.

**DANCE WITH ME: BALLET**

**AGES 2-4**
Get up and move with the little ones; Moms, Dads and caregivers welcome. For the younger dancer who wants to move and get a feel for ballet. This class will have 10 minutes stretching and 35 minutes of active movement. Please wear fitness clothing and be prepared to sweat.

**OTHER DANCE STYLES**

**HIP HOP**

**AGES 8-14**
This class is designed for both beginner/intermediate dancers, covering upper and lower body movements that include popping, locking, breaking, and grooves.

**TAP**

**AGES 5-8**
Learn to brush, shuffle, and stomp in this beginning tap class. Skills include heel drops, toe taps, flaps and more. Tappers will have fun, while moving rhythmically to music.
GYMNASTICS
Prerequisites classes and instructor approval required for all level II, III classes.

GYMNASTICS I
AGES 8-14
Introductory gymnastics class for boys and girls on the basic fundamentals of tumbling. Skills include forward rolls, backward rolls, handstands, cartwheels, bridge, and bridge kick over.

GYMNASTICS II
AGES 8-14
Continue learning tumbling skills while improving strength and flexibility. Skills include hand-stands, backbends, cartwheels, and more advanced moves as students progress.

TOTS TUMBLING
AGES 1-3
MEMBER $65
GUEST $70
Introduces basic tumbling skills: coordination, flexibility, balance, strength and development of motor skills. Parent participation is required. Clothing should not be restrictive.
Class length: 30 min

TUMBLING I
AGES 3-5 / 5-8
This structured, high-energy class focuses on basic tumbling elements like somersaults and balancing.

TUMBLING II
AGES 5-8
This structured, high-energy class focuses on basic tumbling elements like somersaults and balancing. Previous experience or instructor approval required.

BALLET

<table>
<thead>
<tr>
<th>CLASS</th>
<th>AGES</th>
<th>DAY/ TIME</th>
<th>DANCE STUDIO</th>
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</thead>
<tbody>
<tr>
<td>BALLET I</td>
<td>3-5</td>
<td>Mon, 11AM–12PM</td>
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<td>Tues, 4–5PM</td>
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<td>5-8</td>
<td>Wed, 5–6PM</td>
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<td>Mon, 6PM–7PM</td>
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<td>Sat, 11AM–12PM</td>
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<td>BALLET II</td>
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<td>BALLET III</td>
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<td>BALLET IV</td>
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OTHER DANCE STYLES

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GYMNASTICS

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<tr>
<td>GYMNASTICS II</td>
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<td>TOTS TUMBLING</td>
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<td>TUMBLING I</td>
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<tr>
<td>TUMBLING II</td>
<td>5-8</td>
<td>Tues, 3–4PM</td>
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THEATRE DANCE

BEGINNING BROADWAY
AGES 5-8
Have fun learning techniques to improve natural acting ability. This is a great introduction into the world of singing, dancing and acting for stage, and is a wonderful place to learn self-expression!

<table>
<thead>
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<th>CLASS</th>
<th>AGES</th>
<th>DAY/ TIME</th>
<th>DANCE STUDIO</th>
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<td></td>
<td>5-8</td>
<td>Mon, 5–6PM</td>
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CHECK OUT SHOES & DANCE WEAR

DROP BY THE KROC LIBRARY
Dancewear and ballet shoes are now available for check out from our Kroc Center library. Stop by to check out items your dancer might need this session. Donations welcome.
MAKE A JOYFUL NOISE!
Tap into your right brain and make time for creativity and expression in the Music department. Whether the piano, the guitar, or your voice is your instrument of choice, the Kroc Center Music Department is here to offer affordable private and group classes.

SESSION DATES
• Mar 9 - May 2, 2020 (Prorated 4/10)
• May 4 - June 27, 2020* (Prorated 5/25)

SESSION FEES

<table>
<thead>
<tr>
<th>Member</th>
<th>Guest</th>
</tr>
</thead>
<tbody>
<tr>
<td>$115</td>
<td>$125</td>
</tr>
</tbody>
</table>

GROUP PIANO
AGES 6+
Class size is limited to ensure individual attention while students use state-of-the-art electronic pianos. Prerequisite classes and instructor approval are required for Intermediate and Advanced Piano classes.

BEGINNING PIANO
Students learn beginning piano skills and fundamentals of music such as introductory theory, note reading, some ear training, rhythm, time signatures, and music symbols and staffs. Parent participation required. After one session of Beginning Piano, students who wish to continue will enroll in Pre-Intermediate Piano.

PRE-INTERMEDIATE PIANO
A progression from Beginning Piano. Students receive further instruction on how to operate a guitar, read music and play songs.

INTERMEDIATE & ADVANCED PIANO
Prerequisite classes and instructor approval are required for intermediate and advanced piano classes. Students build upon skills such as improvisation, incorporating different styles of music, chord reading, rhythm, and developing repertoire.

GROUP GUITAR
AGES 8-14
Class size is limited to ensure individual attention. Instruments are available for use during class if needed. Prerequisite classes and instructor approval are required for Intermediate and Advanced Guitar classes.

BEGINNING GUITAR
Students learn beginning guitar skills and fundamentals of music such as the components of operating a guitar (strumming, picking, tuning), how to form chords and apply them to play countless sounds, as well as learning how to read music.

PRE-INTERMEDIATE GUITAR
A progression from Beginning Guitar. Students receive further instruction on how to operate a guitar, read music and play songs.

INTERMEDIATE & ADVANCED GUITAR
Prerequisite classes and instructor approval are required for intermediate and advanced guitar classes. Students receive advanced instruction on guitar techniques, reading music and playing songs.
GROUP MUSIC LESSONS

PRIVATE PIANO, GUITAR & VOICE LESSONS

AGES 6+

Private lessons are an opportunity for students to receive one on one instruction for piano, guitar, or voice. Our private lessons are offered for 30 minutes weekly and are taught by our talented instructors who have extensive teaching and performance experience. For older and/or more advanced students, 45 minute and hour long lessons weekly are also available. Please contact Catherine.grizzle@usw.salvationarmy.org for availability or more information.

GROUP GUITAR

<table>
<thead>
<tr>
<th>CLASS</th>
<th>AGES</th>
<th>DAY/TIME</th>
<th>ROOM/BLDG</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEGINNING GUITAR</td>
<td>8-14</td>
<td>Thurs, 6-7PM</td>
<td>Class Room 217 / Arts &amp; Ed</td>
</tr>
<tr>
<td>PRE INTERMEDIATE GUITAR</td>
<td></td>
<td>Thurs, 5-6PM</td>
<td></td>
</tr>
<tr>
<td>INTERMEDIATE GUITAR</td>
<td></td>
<td>Tues, 6-7PM</td>
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</tr>
<tr>
<td>ADVANCED GUITAR</td>
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<td>Tues, 5-6PM</td>
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GROUP PIANO

<table>
<thead>
<tr>
<th>CLASS</th>
<th>AGES</th>
<th>DAY/TIME</th>
<th>ROOM/BLDG</th>
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</thead>
<tbody>
<tr>
<td>BEGINNING PIANO</td>
<td>6-12</td>
<td>Wed, 5-6PM</td>
<td>Piano Lab 161</td>
</tr>
<tr>
<td>PRE INTERMEDIATE PIANO</td>
<td>6-8</td>
<td>Thur, 5-6PM</td>
<td>Piano Lab 215</td>
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<tr>
<td>INTERMEDIATE PIANO</td>
<td>8-14</td>
<td>Fri, 6-7PM</td>
<td>Piano Lab 215</td>
</tr>
<tr>
<td>ADVANCED PIANO</td>
<td>6+</td>
<td>Wed, 5-6PM</td>
<td>Piano Lab 161</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tues, 6-7PM</td>
<td>Piano Lab 215</td>
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<td>Fri, 5-6PM</td>
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<tr>
<td></td>
<td></td>
<td>Tues, 5:30-6:30PM</td>
<td>Piano Lab 161</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tues, 6:30-7:30PM</td>
<td>Piano Lab 215</td>
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GROUP VOICE LESSONS

<table>
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<tr>
<th>CLASS</th>
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<th>DAY/TIME</th>
<th>ROOM/BLDG</th>
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<tr>
<td>VOCAL TECHNIQUE</td>
<td>8-14</td>
<td>Tues, 6-7PM</td>
<td>Dance Studio 218</td>
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MUSIC LESSON BOOK POLICY

In consideration for keeping costs low for our musicians, new music students are given a lesson book at the beginning of the session. If a lesson book is lost or damaged, a $10 lesson book replacement fee will be incurred.

<table>
<thead>
<tr>
<th>MEMBERS</th>
<th>GUESTS</th>
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<tbody>
<tr>
<td>$240</td>
<td>$250</td>
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</table>

KROC MUSIC RECITAL

SATURDAY MAY 2
ROLANDO ROOM

Students must be enrolled in the March -May session to participate. Tickets will be sold at the Education Guest Service Desk.
YOUR CHILD CAN BE A STAR ON THE STAGE!

Your child can be a star at the Joan B. Kroc Theatre! Our theatre is home to Kroc Junior Theatre, a performing arts group that nurtures the aspiring actor in children 8-18. The goal of Kroc Junior Theatre is to promote strong leadership and character through the participation of students by producing professional quality productions and to learn every aspect of theatre arts in a positive Christ-centered community.

For children 5-8, we offer a beginning theatre experience to explore singing, movement, dance and self-expression. This is an excellent introduction to the stage before the workshops and spring musicals. See page 29 for our Beginning Broadway and Commercial Jazz dance classes.

KROC JUNIOR THEATRE SPRING 2020 MUSICAL

WE JUST CAN'T WAIT FOR LION KING JR!

Join us for the epic adventures of a curious cub named Simba as he struggles to accept the responsibilities of adulthood and his destiny as king. ... To claim his rightful place on the throne and save his beloved Pridelands, Simba must find his inner strength and confront his wicked Uncle Scar.

LION KING JR - Ages 8-18
Members $285 / Nonmembers $295

AUDITIONS
March 4th- Music: 4-7:30PM (by appointment)
March 5th- Dance: 5-7PM
March 7th: Callbacks: 10AM-12PM

SHOWDATES
May 21-24, 2020

REHEARSALS
Wednesday & Thursdays, 5-7PM
Saturdays 10AM-12PM

FOR MORE INFORMATION,
sean.boyd@usw.salvationarmy.org
619.269.1538

TICKETS
Tickets for the Memorial Day weekend performances will go on sale in March.
THE PERFECT PLACE TO HOST YOUR NEXT PARTY

We offer many unique venues for your celebration, so get ready to skate, swim, run, and climb your way into a fun-filled day at the Kroc Center. We welcome all party organizers to bring their own food, drinks, tableware, and decorations, to make each occasion truly your own.

PERFECT FOR:
- Kids Parties
- Family Reunions
- Birthday Celebrations
- Group Events
- Sports Teams

STRESS LESS. PLAN A PARTY AT THE KROC!

Let us help you to throw the best celebration ever at one of our multiple venue options.

ALL PARTIES INCLUDE:
- Three hours of select venue
- Kroc Party Host
- Access up to 45 minutes prior to the party & 30 minutes after for set-up and tear down

SWIMMING PARTY
Have the perfect pool party in one of our three year-round heated pools. From $250

CLIMBING TOWER PARTY
30’ outdoor auto-belaying climbing tower with 6 routes of varying challenges. From $175

GYMNASTIUM PARTY
NBA sized regulation court perfect for basketball, volleyball, badminton, and dodgeball. From $175

RECREATION FIELD
Our outdoor fields are perfect for soccer, flag football, or any outdoor sports. From $175

ICE PARTY
Bring your friends to ice skate and chill out in the party room. From $180

PRESCHOOL PLAYGROUND
Two separate playgrounds completely fenced in for safety. From $175

QUESTIONS ABOUT PARTIES?
CALL: 619.269.1414, for Ice Parties: 619.269.1531
EMAIL: diana.bribiesca@usw.salvationarmy.org, for Ice Parties: kyle.mayhugh@usw.salvationarmy.org
ONLINE AT: SD.KROCCENTER.ORG
**CORNER ZONE PARTY PACKAGES**

The Corner Zone is an exclusive 8,000 square foot party space! Parents have access 45 minutes prior to the party start time for set up, and 30 minutes after the party end time for clean up. Each party includes a helpful party attendant! Please note we will no longer provide extra tables or chairs with party fee.

**CORNER ZONE PARTY PACKAGE**

- 2 - 3 hours of playtime- Access for set-up & break-down (45 minutes before & 30 minutes after)
- A party host (responsible for ensuring room is set-up, greeting guests, ensuring waiver is completed & providing on-site support)
- **Four** - 7 ft x 3 1/2 ft tables with 32 adult chairs (for eating)
- **Four** - 5 ft x 3 ft tables for food buffet.
- Two - 6 ft. x 3 ft. tables for desserts / gifts
- **One** - 6 ft x 2 1/2 ft tables for desserts / gifts / photobooth
- **Three** - 4 ft x 2 ft toddler tables with 18 preschool height chairs
- **Three** square picnic tables w/ bench seating, (each fit 8 adults / 24 total or 12 children / 36 total)

**HOW MANY GUESTS ARE INCLUDED?**

- The price covers up to 50 total people (adults and children). Additional guests up to 90 total: $100
- Additional host to lead activities or games: $75

<table>
<thead>
<tr>
<th>Available Dates</th>
<th>Times</th>
<th>Fee</th>
<th>Other Details</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>3:00–5:00PM</td>
<td>Inquire</td>
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</tr>
<tr>
<td>Friday</td>
<td>5:00PM– 7:00PM</td>
<td>$250</td>
<td>Shared with drop in families</td>
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<tr>
<td>Saturday*/Sunday</td>
<td>10:00AM–12:00PM</td>
<td>$320</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1:30–4:30PM</td>
<td>$480</td>
<td></td>
</tr>
</tbody>
</table>

*Please note: after May 2020: Saturday parties will be available from 12pm – 2pm/ 3:30-6:30pm

**CORNER ZONE DROP IN HOURS**

Treat your family to a day of fun and come to the Corner Zone for open play hours or book your next party with us! Our venue offers tons of exciting things to do from games, bouncy houses, an indoor zip-line, and more!

**Drop In Hours & Fees**

<table>
<thead>
<tr>
<th>Days</th>
<th>Hours</th>
<th>Guest</th>
<th>Member</th>
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</thead>
<tbody>
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<td>Wed</td>
<td>10AM–12PM</td>
<td>$5</td>
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<tr>
<td>Friday</td>
<td>5PM–7PM</td>
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<td>10:00AM–12:00PM</td>
<td>$320</td>
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</tr>
<tr>
<td>Saturday*/Sunday</td>
<td>1:30–4:30PM</td>
<td>$480</td>
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</tr>
</tbody>
</table>

Available Dates Times Fee Other Details

Wednesday 3:00–5:00PM Inquire

Friday 5:00PM– 7:00PM $250 Shared with drop in families

Saturday*/Sunday 10:00AM–12:00PM $320

Saturday*/Sunday 1:30–4:30PM $480

*Please note: after May 2020: Saturday parties will be available from 12pm – 2pm/ 3:30-6:30pm
THEATRE & EVENTS

PLAN AN EVENT ON A STATE-OF-THE-ART CAMPUS.
Planning a corporate meeting, sales retreat, awards banquet, community event, party, shower, conference, seminar or fundraiser? Whether you want to entertain or educate, the Kroc Center’s expert staff will work to meet your needs and provide a truly memorable and cost-effective event. Whether your event requires simple classroom seating or banquet-style dining for 180, our events staff can accommodate.

JOAN B. KROC THEATRE
The Joan B. Kroc Theatre is fully equipped with seating for 540, a 2,732 square foot stage, optional orchestra pit, fly space, and support facilities including dressing rooms, adjacent meeting spaces. Theatre rental rates include technical staff.

COMMUNITY ROOM
Looking for a space you can make your own? Our Community Room is the perfect setting for your next special occasion, whether it be a baby shower, birthday party, or small community meeting. Create an unforgettable experience in this affordable and customizable room! Seating for 50 banquet-style, 80 theater-style, 60 classroom-style.

ROLANDO BANQUET ROOM
The centrally located San Diego Kroc Center is the perfect setting for your next special corporate occasion, business retreat, awards banquet or a simple group get-together. Capacity of the Banquet Room is 180 banquet-style, 250 theater-style, 100 classroom-style.

CLASSROOMS
Specifically designed for smaller groups, classrooms can host activities including arts, computer instruction, and other activities requiring white boards and other instructional tools.

For additional details and pricing, visit: sd.kroccenter.org/rentals

QUESTIONS?
THEATRE AND EVENTS DIRECTOR: 619.269.1551
EMAIL: cathie.hyatt@usw.salvationarmy.org
REGISTER ONLINE AT: SD.KROCCENTER.ORG
RJ’S PRESCHOOL ACADEMY

is a Christian Preschool dedicated to providing quality early childhood education to prepare children for Kindergarten and beyond.

PRESCHOOL
AGES 24 MONTHS TO 5 YEARS
RJ’s Preschool Academy offers innovative curriculum models generously provided by The Ellen Browning Scripps Foundation, that help children learn to read and write including the Handwriting Without Tears writing program and Zoo Phonics. Potty training and annual hearing and vision tests are also offered. With their membership, the unique preschool campus offers unparalleled opportunities for children to explore their skills and potential. Preschoolers receive an exclusive youth membership & discounts on other Kroc programs.

INFANT CARE
8 WEEKS TO 12 MONTHS
We understand the importance of a nurturing environment that promotes development and discovery for infants. With that in mind, our infant care program is focused on creating a warm, supportive relationship between caregiver and infant to promote sound emotional development. We focus on sensory development; tactile, audio/visual activities; singing and storytelling. Free play, manipulative toys and age-appropriate art activities promoting self-discovery, socialization, imagination and creativity. Our infant program allows for individual schedules, fashioned by the parents and infants themselves.

WADDLER CARE
12 MONTHS TO 24 MONTHS
Waddlers are transitioning from babies to toddlers. During this crucial time of brain development, amazing changes begin to happen including talking, walking and remembering. At RJ’s Preschool Academy, we have a curriculum designed to nurture and guide Waddler’s need for independence and safe exploration, as they begin to imitate and pretend play. At this age children understand 10 times more than they can speak, and our staff is sympathetic to the frustrations that come along with that. Waddlers are encouraged to free play, and structure is introduced with the inclusion of teacher directed art projects and themed lessons.

QUESTIONS?
PRESCHOOL DIRECTOR: 619.269.1580
EMAIL: janielle.wasser@usw.salvationarmy.org
ONLINE AT: SD.KROCCENTER.ORG/preschool

Each Student will receive a FREE Kroc Center Youth Membership while Enrolled
a $144 value

VISIT US ONLINE FOR RATE INFO
SD.KROCCENTER.ORG/preschool
TINY TOTS
PROGRAMS & CLASSES FOR: AGES: 0-5

FUN FOR OUR SMALLEST KROC KIDS
Everyone should have fun at the Kroc Center! We have many programs for our smallest kids aged 0-5. Your children can join you in a healthy activity here on campus whether it be a tumbling class on the west end of campus in our dance studios or learn to skate for the first time in our ice arena! The Kroc Center also specializes in learn to swim programs for our tiny tots.

PERFORMING ARTS
Explore tumbling, ballet, jazz, beginning broadway and more in our performing arts program exclusively for children under the age of 5. PAGE 26-30

ICE SKATING
Introduce ice skating basics such as falling, getting up, marching, and fun games designed by our instructors. PAGE 23-25

YOUTH & CHARACTER BUILDING
Moonbeams are members of a national character-building program sponsored by The Salvation Army for boys and girls in grades Preschool (age 4) through Kindergarten. PAGE 9

TINY TIKES ATHLETICS
Tiny Tikes is an innovative program that introduces children aged 2 to 5 years to the basic skills of sports. Our modules use fundamental sports activities, games and stories to develop their skills. PAGE 21

SWIM LESSONS
Introduce your tiny tot to the water in a safe and positive environment. We encourage all parents to support efforts to have all children learn to swim. PAGE 14-15

PLAY CARE
A safe environment for your child while you exercise. Space is limited with each session a maximum of 2 hours.

CALAENDBELOW

A TYPICAL DAY AT PLAYCARE

<table>
<thead>
<tr>
<th>8am-1:30pm</th>
<th>4pm-8pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00-9:00AM</td>
<td>Free Play</td>
</tr>
<tr>
<td>9:30-10:30AM</td>
<td>Court Time</td>
</tr>
<tr>
<td>10:30-11:00AM</td>
<td>Quiet Time</td>
</tr>
<tr>
<td>11:00-11:30AM</td>
<td>Outdoor Exploration</td>
</tr>
<tr>
<td>11:30AM-Noon</td>
<td>Playground</td>
</tr>
<tr>
<td>Noon-12:30PM</td>
<td>Story Time/Chapel* (Wednesday)</td>
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<tr>
<td>12:30-1:00PM</td>
<td>Free Play</td>
</tr>
<tr>
<td>1:00-1:20PM</td>
<td>Quiet Time</td>
</tr>
<tr>
<td>1:20-1:30PM</td>
<td>Clean Up</td>
</tr>
<tr>
<td>1:30PM</td>
<td>Closing</td>
</tr>
</tbody>
</table>

4:00-5:30PM | Free Play/Outdoor Exploration |

5:30-6:45PM | Art Time |

6:45-7:15PM | Story Time/Chapel* (Wednesday) |

7:15-7:35PM | Playground (when seasonally appropriate)/Active Play |

7:35-8:00PM | Quiet Time/ Clean Up |

*Please inform playcare staff if you do not want your child to participate in chapel. The second attendant always has activities available.
JOIN THE TEAM
The Kroc Youth Sports Instructional Leagues teach and drill the fundamental (foundational) skills, and basic team play. Each practice will be a mini-camp emphasizing skill building and how to play the game the right way. The leagues are designed for the players to have FUN, and also incorporate the Salvation Army sports character development program: We Are Second.

MEMBERS RECEIVE 10% OFF PROGRAMS

SPECIAL NOTES
• Parents vs. Kids Games will be announced 2 weeks prior
• Mandatory Parents Meeting the first week of team practices
  Basketball: Tuesday, 4/21/20 & Wednesday, 4/22/20
  Soccer: Thursday, 4/23/20
  Football: Monday, 4/20/20
• Picture Days are May 8 & 9 on designated game days.

IMPORTANT REGISTRATION INFORMATION
Registration open on Tuesday, March 10 and closes Wednesday, April 15. Late registrations will not be accepted.

AGE DIVISIONS
Register based on age on June 14. Players must be at least 4 years old to enroll in Kroc Youth Sports.

EVALUATION WEEK
Players will formally be accessed and scored during the first week (begins April 13). The scores will be used to form balanced teams. Players are required to attend the evaluations.

KROC SPORTS KICKOFF
Stay tuned for our Kroc Sports Kickoff date and time!

UNIFORM PURCHASE
The cost for a Jersey is $25. The Jersey can used for all Kroc Sports, and will only be purchased when needed. No need to purchase every season.

BECOME A FAN OF KROC YOUTH SPORTS
Become a fan on Facebook at facebook.com/krocyouthsportsleagues

VOLUNTEERS NEEDED
Visit sd.kroccenter/volunteer
>BASKETBALL
The basic fundamental skills of shooting, dribbling, passing, rebounding, and man to man defense, as well as team play concepts such as spacing, backdoor cuts, give and go, and pick and roll, will be taught and drilled at stations.

**JERSEY PRICE $25**

<table>
<thead>
<tr>
<th>4-6 YEAR OLD DIVISION</th>
<th>7-8 YEAR OLD DIVISION</th>
<th>8-9 YEAR OLD DIVISION</th>
<th>9-10 YEAR OLD DIVISION</th>
<th>10-12 YEAR OLD DIVISION</th>
<th>12-15 YEAR OLD DIVISION</th>
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</thead>
<tbody>
<tr>
<td>Practice</td>
<td>Wed, 4:30-5:30PM</td>
<td>Practice</td>
<td>Mon, 5:30-6:30PM</td>
<td>Practice</td>
<td>Mon, 6:45-7:45PM</td>
</tr>
<tr>
<td>Games</td>
<td>Fri, 4:45-5:45PM</td>
<td>Games</td>
<td>Fri, 5:45-6:45PM</td>
<td>Games</td>
<td>Fri, 7:45-8:45PM</td>
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<tr>
<td>Cost</td>
<td>$85</td>
<td>Cost</td>
<td>$125</td>
<td>Cost</td>
<td>$125</td>
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NEW! \nKROC CLUB BASKETBALL
Next level youth development sports program. Club Basketball will play against other area competitive teams. Most games to be held at the Kroc Center. Free tryouts on March 17 & 19 from 6-7pm. Team roster will be posted Saturday, March 21 at 4pm.

**AGES 10-12**
**COST: $200**

**SEASON: APRIL 13-JULY 2**

Practice or Games | T/TH, 7:30-8:30PM | Sat, 3-4:30PM

NEW! \nCOMPETITIVE HOMESCHOOL BASKETBALL TEAM
AGES: 14–18
**COST: $275**
(4 month Kroc Youth Membership included)

**8 GAME SCHEDULE**

| Tryouts | April 29, May 1, 12:30-2:00PM |
| Practices | MWF, 12:30-2:00PM |
| Weight Training | T/TH, 12:30-2:00PM |

We will try to schedule most games during practice time

**SCHEDULE YOUR TRYOUT TODAY!**

COACH KEITH LUBERTO
Sports & Recreation Manager.
Over 20 years of experience coaching varsity basketball
619.269.1461 or keith.luberto@usw.salvationarmy.org

PRIVATE 30 MINUTE COACHING

| Single Session | $30 |
| 4 Session Pack | $92 |
| 8 Session Pack | $168 |

FOR MORE INFO: 619.269.1461 or keith.luberto@usw.salvationarmy.org

SOCcer
Emphasis placed on dribbling, passing, ball control, and shooting. Special situations like throw-ins and penalty kicks worked on. Positioning is key in soccer, and is taught and reinforced.

**JERSEY PRICE $25**
**COST: $120**

<table>
<thead>
<tr>
<th>4-6 YEAR OLD DIVISION</th>
<th>7-9 YEAR OLD DIVISION</th>
<th>10-14 YEAR OLD DIVISION</th>
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<tbody>
<tr>
<td>Practice</td>
<td>T/TH, 4:30-5:30 PM</td>
<td>Practice</td>
</tr>
<tr>
<td>Games</td>
<td>Sat, 9AM</td>
<td>Games</td>
</tr>
</tbody>
</table>

NEW! \nCOMPETITIVE HOMESCHOOL BASKETBALL TEAM
AGES: 14–18
**COST: $275**
(4 month Kroc Youth Membership included)

**SEASON: MAY 4 - AUGUST 15**

| Practice | Mon, 6-7:30PM |
| Games | Sat, 3-4:30PM |

NEW! \nVOLLEYBALL LEAGUE
The first half of each workout will be dedicated to the development of the essential skills: Bump, Set, Spike; along with agility and speed drills. The second half of each workout will be devoted to game scenarios.

**AGES 10-14**
**COST: $100**

**SEASON: APRIL 25-JUNE 13**

| Practice | Sat, 8:30-9:45AM |
| Games | Sat, 10-11AM |
# Activities for Everyone!

## Kroc Center Activities by Age

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<th>15</th>
<th>16</th>
<th>17</th>
<th>18</th>
<th>18+</th>
<th>Senior</th>
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<td>Kroc Center Ministries</td>
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<tr>
<td>Dance Classes</td>
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<td>1 - Senior</td>
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KROC SAFETY INFORMATION

The Salvation Army is dedicated to keeping children and adults safe from physical, emotional and sexual harm. We refer to our safety efforts as “Protecting The Mission.” Protecting The Mission guidelines ensure The Kroc Corps Community Center emphasizes safety in the following ways:

- Salvation Army personnel (officers, employees and volunteers) are trained in child abuse prevention and are mandated reporters of suspected child/vulnerable adult abuse.
- Salvation Army personnel undergo criminal background checks.
- Children accessing the facility may be screened against public sexual offender registry.
- The Kroc Center maintains video surveillance of the facility 24 hours a day.
- Instructors are trained in appropriate interactions with Kroc members to enhance learning by creating a safe and inviting environment.
- Programs involving children are closely monitored to ensure adequate supervision and safe interactions between Kroc personnel and children.
- In order to promote a safe and secure environment, The Salvation Army Kroc Center has placed video cameras in various locations. As part of our commitment to the safety of children and vulnerable persons, The Salvation Army Kroc Center reserves the right to consult public sources to determine whether any member or guest of any member poses an unreasonable risk of harm to its patrons, staff, or visitors.
- The Kroc Center constantly adapts and enhances safety protocols to adjust to needs.
- All children over the age of 6 and all adults must use the same gender locker rooms and bathrooms. Family locker rooms are provided in the gym and single stall restrooms are available in the Education building.
- Members and guests are encouraged to report suspicious behavior. Forms for anonymous reporting, called Confidential Notices of Concern, are available at the Front Desk.
- The Salvation Army Kroc Center reserves the right to remove from the facility and terminate the membership of any member who fails to comply with any posted rules and regulation or otherwise breaches the Code of Conduct, in which case member will not be entitled to a refund of dues.

CODE OF CONDUCT

In order to facilitate positive life experiences while at the Kroc Center, mutual respect between members, guests, and staff is required at all times. Failure to observe these policies will result in disciplinary action and/or termination of membership privileges. Kroc Center personnel have the right to refuse service to anyone deemed disruptive or abusive.

- All visitors, guests and spectators must check-in at a Guest Services Desk.
- Children under the age of 12 must be accompanied and supervised by an adult (18 years and over) during all activities. Parents / guardians of children attending Playcare must remain on site.
- The fitness area is reserved for those ages 16 and older, unless participating in a Kroc Center program or class. Identification is required. Members ages 14 and 15 may use the Fitness Center after completing the free Teen Fitness Orientation, available on the 1st & 3rd Tuesday of each month.

Participants should refrain from:

- The use of profanity, vulgar or threatening language, abusive actions and inappropriate behavior including horseriding, excessive public displays of affection, or disorderly conduct.
- Playing music that is sexually explicit or contains inappropriate language.
- Possession or consumption of tobacco, and marijuana (including smoke free units), alcohol, or illegal drugs in or on Salvation Army property. No exceptions. The use of electronic cigarettes is also prohibited on Salvation Army property.
- Possession of weapons such as guns, knives, Tasers, laser pointers, etc., with the exception of on-duty or on-call law enforcement officials, whose weapon(s) must on their person at all times while at the Kroc Center.
- Physical or verbal contact that is deemed unwanted or inappropriate for our Christian, family-friendly facility.

DRESS CODE

- Shoes and shirt are required at all times at the Kroc Center with the exception of the pools and showers.
- Any logos or messages on clothing must be acceptable in a family setting. Individuals wearing gang-related attire will not be admitted to the facility.
- Appropriate family-friendly swim attire is required in the pool areas. No cotton clothing (t-shirts, cut-offs).
- Only athletic, non-marking, light colored, soft-soled, shoes are allowed on the gymnasium floor.
- In consideration of The Salvation Army mission and values, attire should be appropriate to the activity, yet not too form-fitting or expose excessive skin.

EQUIPMENT & FACILITY USAGE

- Use of bicycles, skateboards, rollerblades, or scooters are not allowed inside the facility, the internal walkway, or parking lot.
- Video and photo recording with any devices is not allowed at the Kroc Center without prior written approval from a Kroc administrator and the agreement of Kroc members and guests.
- Excessive loitering is not permitted at the Kroc Center.
- With the exception of service animals, pets of any kind are not allowed in any Kroc Center venue.
- Kroc Center is not responsible for lost or stolen items.
- To prevent damage and wear and tear, members, participants, and renters should not move any furniture.
- No portion of any passageway or exit shall be blocked or obstructed in any manner and no exit door shall be blocked, locked or bolted while the facility is in use. All designated exits shall be maintained in such manner as to be visible at all times.
- Decorative items cannot be taped, pinned, stapled, nailed or glued to the walls of the Kroc Center. Please ask for assistance with anything that needs to be hung. Nothing can be used that would damage the walls, carpet, or any other property of the Kroc Center.
- Only Kroc Center-related calls may be made on Kroc Center phones.
- Additional rules are posted in the fitness center, gymnasium, aquatic center/swimming pool, game room, ice arena, library, and other common areas. The Salvation Army Ray & Joan Kroc Center reserves the right to update its rules and conduct of conduct at any point deemed necessary. Additional code of conduct standards and parent/member/participant handbooks exist as they relate to specific programs. Additional rules for rental groups or community partners are included in contracts.

FAMILY CHANGING ROOM

Children must be accompanied by an adult. Please limit access to 20 minutes. Access is limited to 1 adult, unless second individual is a designated aid.

ATHLETICS, AQUATICS, KROC YOUTH SPORTS LEAGUES, MUSIC & ARTS POLICIES

CLASS & PROGRAM CANCELLATION

No cash or credit card refunds will be issued unless the class or program is cancelled by the Kroc Center. Cancellation credits will be issued via Kroc Center gift card and distributed directly to the participant or parent/guardian.

Cancellations at least one week prior to the start of the session: full credit on a Kroc Center Gift Card minus a $10 cancellation fee.

Cancellation requests made less than one week prior to the start of the session: no credit will be issued. Gift Card Request Forms are available at any venue Guest Services Desk.

The assigned program manager will contact the participant or parent/guardian within one week of receipt of the form. Gift cards must be obtained from Guest Services within 30 days of approval. Gift cards will not be mailed.

No prorated credits will be issued for partial attendance at a session or missed days due to illness, behavioral issues or any other reason. Credits are applicable toward any Kroc Center class or program, not redeemable for cash will not be put on any credit card, and do not expire.

Check with other venues for class and program cancellations.

LOST & FOUND

All items left in the Kroc Center will be collected and stored behind the Guest Services Desk in the venue in which they were found. Smaller items are kept in a box for safe keeping. Staff will attempt to contact
individuals in the case that a name is associated with the
lost item. Each Sunday, all items remaining will be bagged
with a label noting the week, stored for an additional
week, then donated.

LOCKERS
Lockers are for day use only. Members and guests may
bring their own lock each day and take their belongings
home after exercising. Items left in day use lockers will be
removed and stored, with the locker number noted, in a
similar fashion as lost and found items.
Members may also "rent" a locker for free, pending
space availability; see Gym Guest Services to reserve a
combination locker. Reserved lockers will be assigned
annually. Individuals with expired memberships will be
contacted to obtain their items from reserved lockers and
items will be stored for pick-up for one month following
contact. After this date the items will be donated.

RESERVED LOCKER ACKNOWLEDGMENT
1. Lockers are property of the “TSA-RJKCCC” and are
subject to inspection by the “TSA-RJKCCC” at any time.
2. Locker users should NOT provide the combination to
other members and guests. “TSA-RJKCCC” is not liable
to members and guests for any personal property that is
lost, damaged or stolen, including but not limited to theft
of personal property from any locker or vehicle parked on
the premises. Lockers should not store prohibited items.

ANIMALS
Animals are not permitted on the premises with the
exception of service animals required due to a disability.

EQUIPMENT USAGE
 Athletic equipment may be checked out by members and
guests from Gym Guest Services. Photo ID or membership
card required for check-out. Available equipment includes:
basketballs, volleyballs, soccer balls, and table tennis.

SAFETY/ID VERIFICATION AND PHOTO CAPTURE
 Facility users of all ages will have their photo captured. All
patrons ages 18+ are required to show photo ID at time
of entrance. You must remove hats and sunglasses.
The Kroc Center may use this information to consult
public sources to help determine whether a guest may
pose unreasonable harm to our patrons, staff or visitors.
Your safety is important to us. By showing your photo ID
at the front desk, you help The Kroc Center to provide
a quality facility where individuals and families can
work, play and grow together in a safe and nurturing
environment. Thank you for cooperating with this policy.
Please alert a Kroc Associate of any suspicious behavior.

FINANCIAL ASSISTANCE/SCHOLARSHIP
PROGRAM
Individuals, families, and seniors who cannot afford a
Kroc Center membership or class/program fees may apply
for financial assistance at the Family Resource Center.
Eligibility for this program is based on income level.
Scholarship applications are available online and at the
Family Resource Center. Scholarships are available to all
qualifying San Diego County Residents.

GIFT CARDS
Gift cards are available for purchase at the front desk
and can be used by recipient to pay for memberships,
class and program fees, facility rentals, merchandise,
and concession items. Gift cards cannot be used for
class materials, theater and performance tickets, vendor
events, or non-Kroc sponsored events.

LOCATION SERVICES
Some Kroc Center locations may utilize Google Beacon
technology to access the location information on your
mobile device. This allows us to deliver valuable and
relevant information directly to members and guests, as
well as provides Google with more accurate data about
‘popular times’ at the facility. If you choose to disable
Bluetooth and Location Sharing services in your device
settings, your device will not send data to the beacon.

THE COOLEST
PARTY PLACE IN
SAN DIEGO
Looking for a unique and fun
party idea in San Diego? Plan your
next event at the Kroc Center
Ice Arena. Party packages are
available Mondays, Wednesdays,
Fridays, Saturdays, and Sundays.

FOR PARTY RESERVATIONS CALL:
(619) 269-1504
FREQUENTLY ASKED QUESTIONS

GENERAL KROC CENTER FAQS

Q. Who can be a member of the Kroc Center?
A. Everyone is welcome! Guest passes are available for people who are not members, and the general public is encouraged to sign up for programs. We do offer discounted program rates for members.

Q. Can my child come to the Kroc Center alone?
A. Children must be at least 12 years of age to be onsite without an adult 18 years or older.

Q. Are Kroc Center programs affordable?
A. The Kroc Center strives to price all fee based programs fairly and accessibly. All programs are priced to cover the cost of providing them. For those in our community who cannot afford to pay, we offer scholarships. For scholarship information, please call 619.269.1430.

Q. Why does The Kroc Center need my money?
A. Mrs. Kroc’s investment in this community was structured in a way that requires ongoing community support. Her endowment covers 41% of the Kroc Center’s $12 million annual budget. That means The Salvation Army Kroc Center must raise $6 million each year through community engagement including program service fees, membership dues, and fundraising efforts.

MEMBERSHIP FAQS

Q. Can I change my membership type or level?
A. Yes. You can upgrade or downgrade your membership. A Membership Change Form indicating your change must be submitted. Autodraft plan members will see the new monthly amount reflected on their next funds transfer. Annual pay members will pay the difference in costs to upgrade; there are no refunds on downgraded memberships. All membership changes need to be done by the 10th of the month in order to affect that month’s charges.

Q. Can I cancel my membership?
A. Yes. Monthly memberships can be cancelled at any time with proper advance notice. Annual memberships may also be cancelled, however, no refunds will be provided. Cancellations need to be done by the 10th of the month in order for the member to not be charged for the next month.

Q. Can I get any of my membership costs refunded if I cancel?
A. No. All membership fees are non-refundable.

Q. Can I bring a guest?
A. Yes. All new members receive a coupon sheet, which includes free visits for a guest. Once these passes are used up, members also receive a Be My Guest card, entitling them to bring a guest once per month.

Q. What if I see a problem with my automatic payment?
A. If a membership payment discrepancy is found in your monthly financial statement, please call 619.269.1501.

Q. Can I put my membership on hold?
A. Monthly and Annual members can put their memberships on medical hold (must provide a doctor’s note) at any time and will be charged $1 for the months they remain on medical hold. A doctor’s note is required to for the medical hold to be removed. A $10 a month dormant hold is another option for annual and monthly members. All holds must be submitted by the 10th of the month to be processed without regular membership fees being charged. Membership fees are not prorated for partial months when the hold request is submitted.

Q. Can I have equipment to help me get in/out of pools?
A. Yes, we have multiple lifts.

Q. What is your policy for pool equipment?
A. Lifejackets & exercise belts are available for checkout through the Aquatics Office (ID or other collateral required). Pool noodles are available for use by members and guests during public session/water walking only.

Q. Are the pools still open when it rains?
A. Yes, unless there is lightening or the rain is so heavy that lifeguards are unable to see the bottom of the pool.

GYM & WELLNESS FAQS

Q. This is my first time attending a group exercise class; what do I need to do?
A. Stop at the gym guest services after scanning your membership card. The attendant will scan your card a second time to check you into the appropriate class and provide you with a class token that you’ll give to the instructor prior to the start of class.

Q. Do I always have to check-in for a class?
A. Yes. The check-in program ensures that we maintain class capacities based on room size and are able to monitor statistics.

Q. What if I’m running late to a group exercise class?
A. Members and guests must check-in to group exercise classes at gym guest services no later than 10 minutes after the designated start time. This decreases disruption of the class and also ensures that all participants are properly warmed up before engaging in activity.

AQUATICS FAQS

Q. What is the age requirement for the lap lanes?
A. Children should be at least 16 years old to lap swim and must be able to comfortably swim end to end. All lap lane users must be true lap swimmers and not play in the lanes.

Q. Can kids use the Therapy Pool?
A. Children 3 & under must wear swim diapers and may enter the Therapy Pool with an adult. Children over 3 may enter the water only with written permission from a health professional recommending the use of a warm water pool.

Q. Are food and drink allowed on deck?
A. Yes. Please help us keep the area safe and clean for all by disposing of waste properly. No glass.

Q. When are the diving boards and Aquaclimb available?
A. Both are available during the afternoon public session of summer months only.

Q. Do you have showers/locker rooms?
A. Yes. Children 6 years and over are asked to use gender appropriate locker rooms. Parents wishing to supervise older children of the opposite gender may request the key to the Family Changing Room from our Guest Services desk (ID card or other collateral required for check-out).
GOLF
Kids 9–14 will learn how to get a hole in one in our new specialty golf camp from July 20–24. This camp is suitable for all skill sets and will take place offsite with provided equipment.

BASEBALL/SOFTBALL
Make sure your child hits a home run this summer and sign up your 9–14 year-old for our baseball/softball camp from July 27–31!

SWIM
Go on and get your feet wet! 6–14 year olds can learn swimming techniques from certified swim instructors, while still getting the whole Camp Kroc experience all summer long!

WATER POLO
This non-competitive water polo sport camp is great for kids of all skill levels ages 8-14! Campers will learn fundamental skills both in and outside of the water, from July 6–10.

JUNIOR LIFEGUARDS
This camp for 13-16 year-olds will teach your teen life saving skills that can be applied in everyday life or act as helpful knowledge for aspiring lifeguards. We hope to see your child on the deck from June 22–26!

INTRO TO PERFORMING ARTS
Perfect for beginning performers, this camp for kids 7–12 allows them to learn more about performing in a no pressure environment!

MAGICAL FANTASYLAND
Make magic happen this summer and sign up your 5–8 year old for our most fantastical camp! Princess, unicorns, mermaids and more will all be incorporated in this camp from August 10–14.

ROBOTICS
Your child can spend July 27–31 exploring STEM skills to build robotics and learn coding at this camp for 7–10 year olds.

COMING SOON
NEW CAMPS FOR SUMMER 2020!
This year we’ve added multiple new camps to make sure your child has an exciting summer catered to their interests! Our new day camp offerings will include:

Written by: Belinda Mendoza
We would love for you to worship with us!

Come together to celebrate community, and strengthen family connections.

SUNDAYS 10-11AM
Rolando Room / Arts & Education Bldg.
The Salvation Army Kroc Center
6611 University Ave, San Diego, CA 92115

BRING THE FAMILY!
EASTER SUNDAY, APRIL 12!
10AM