

REGISTRATION GUIDE



APRIL 28 – JUNE 22

SESSION 3 - 2025

REGISTRATION OPEN

MEMBER MARCH 17 | PUBLIC MARCH 24

CONNECT WITH US!



KROC
COMMUNITY CENTER

920.884.5007

GBKROCCENTER.ORG

1315 LIME KILN ROAD, GREEN BAY

 /kroccentergb

 /kroccentergb

Welcome to
**THE SALVATION ARMY RAY & JOAN KROC
 CORPS COMMUNITY CENTER!**

CONTACT US 920.884.5007 | 1315 LIME KILN RD. GREEN BAY

**OPERATING HOURS
 & CLOSURES**

REGULAR HOURS

MONDAY - THURSDAY
 5:00 AM-9:00 PM

FRIDAY
 5:00 AM-8:00 PM

SATURDAY
 6:00 AM-6:00 PM

SUNDAY

- CHURCH IS OPEN FOR WORSHIP AT 10:00 AM
- FACILITY CLOSED

- OPERATING HOURS ARE SUBJECT TO CHANGE
- GYM CLOSSES 15 MINUTES PRIOR TO FACILITY CLOSE

AQUATICS CENTER HOURS

MONDAY - THURSDAY
 5:30 AM-1:00 PM | 4:00-8:30 PM

FRIDAY
 5:30 AM-1:00 PM | 4:00-7:30 PM

SATURDAY
 6:30 AM-5:30 PM

Please Note: Non-Members should only be utilizing the Aquatic Center during their scheduled program times.

MAY 26 CLOSED - MEMORIAL DAY

MISSION/VISION

THE SALVATION ARMY INTERNATIONAL 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 RAY & JOAN KROC CORPS COMMUNITY CENTER OF GREATER GREEN BAY VISION:

To inspire people to realize their potential through experiences that transform lives.

**JOIN THE KROC
 COMMUNITY**

Becoming a member at the Kroc is much more than signing up for a health club or wellness center. This is a place where your family will feel welcomed and supported no matter your physical, educational, or spiritual goals.

**KROC MONTHLY
 MEMBERSHIP RATES***

YOUTH \$29.00
 (AGES 12-26)

ADULT \$52.00
 (AGES 27-61)

SENIOR \$35.00
 (AGES 62+)

FAMILY \$78.50

HOUSEHOLD \$98.50

+ GRANDCHILD \$7.00

+ GRANDPARENT \$15.00

*A \$40 processing fee is required with each membership type (youth processing fee is \$10).



**SCHOLARSHIPS
 AVAILABLE FOR
 MEMBERSHIP
 AND/OR CLASSES!**

MEMBERSHIP BENEFITS

- ACCESS TO THE GYM, POOL, FITNESS CENTER, AND PROGRAM CLASSROOMS
- 2 FREE HOURS OF CHILD WATCH DAILY, PER CHILD
- EARLY PROGRAM REGISTRATION
- 20% OFF CHILDREN'S BIRTHDAY PARTY PACKAGE
- 25% OFF DAY CAMPS
- DISCOUNTS UP TO 40% ON SELECT PROGRAMS
- FREE KROC START
- FREE WELLNESS CONSULTATION
- FREE DROP-IN CLASSES
- 4 GUEST PASSES PER YEAR (PER HOUSEHOLD)
- DAILY LAND & AQUA FITNESS CLASSES

TOURS AVAILABLE

Stop by the Membership Services Desk and a member of our staff will gladly show you around the center.

TO SIGN UP

Becoming a member is easy! Just visit the Membership Services Desk.

MEMBERSHIP

Prevent Type 2 Diabetes, join the MEDICARE DIABETES PREVENTION PROGRAM (MDPP)

Starting Weekly on July 15, 2025

Tuesdays @ 1:00pm-2:00pm

Location: Kroc Community Center

This program is presented by Network Health lifestyle coaches and is a part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). This class is available at no cost to participants.

You'll participate in a year-long program designed to help you make small changes that make a big difference to your health. According to the CDC, adults with prediabetes who participate in a structured lifestyle program can cut their risk of developing type 2 diabetes by 58 percent.

What are the criteria to enroll?

- Have Medicare Part B coverage through Original Medicare or a Medicare Advantage Plan.
- Have a body mass index of at least 25.
- Have prediabetes confirmed with a blood test (A1c 5.7-6.4% or fasting glucose value of 110-125 mg/dl) in the last year.

Registration Options:



Register online at
networkhealth.com/diabetesprevention
There is no cost to you for this program.



Register online.
Scan this code.



Call **920-628-7677** for more information or email Sam Van Nuys at svannuys@networkhealth.com.



Together, We Can Make a Difference

This Medicare Diabetes Prevention Program is available to eligible Medicare beneficiaries. Medicare beneficiaries do not need to be members of Network Health to participate in the Medicare Diabetes Prevention Program. 4821-02-0924.



**PICK UP A COPY OF THE
KROC CALENDAR FOR A
COMPLETE SCHEDULE OF ALL OF
THE DROP IN CLASSES AVAILABLE
WITH YOUR MEMBERSHIP!**

DIGITAL COPIES AVAILABLE
www.gbkcrccenter.org/guides

SCAN QR CODE TO DOWNLOAD >>>



SENIOR LIFE

Stay Active

HEALTHY AGING

45 MINUTES | 7*/8 WEEKS | PINE

AGES: 55+ | MEMBER: \$35*/\$40 | PUBLIC: \$48*/\$55

Attention 55+! Need help getting started at the Kroc? Start smart by joining our 8-week Healthy Aging Program. Each week in a small group setting, Wellness Coach Jane Birr, will guide you step-by-step through key components of a successful fitness program including:

Where are you?

Receive guidance in assessing your current condition in body, mind, and spirit.

Where do you want to be?

Learn to set a challenging, yet reasonable goal, and a way to track it.

How to get there:

Practice a time-efficient basic stretching, strengthening, and aerobic program.

Overcoming obstacles:

Try out a new strategy each week to help you stick with it and not quit.

Connect! Meet new members and be informed about other Kroc classes. Get fit and have fun! ****No class Monday 5/26.**

CLASS#	START	DAY & TIME
253F03*	4/28/25	Monday 11:00 am**
253F09	4/29/25	Tuesday 10:00 am

FITNESS

Small Group

F.A.S.T.

(FUNDAMENTAL AGILITY AND SPEED TRAINING)

45 MINUTES | 7 WEEKS | FITNESS STUDIO

AGES: 8-12 | MEMBER: \$40 | PUBLIC: \$55

Speed and agility training can improve your game no matter what you play! By learning the fundamentals of speed and agility, young athletes can continue to build sports-specific skills outside of practice. Participants will work with our certified strength and conditioning coach, Lexi Olinske, through fun and interactive drills designed to promote correct running technique, improve movement, and develop conditioning.

CLASS#	START	DAY & TIME
253F05	4/30/25	Wednesday 4:15 pm
253F06	5/01/25	Thursday 4:15 pm

TAI CHI

60 MINUTES | 7 WEEKS | DANCE STUDIO

AGES: 16+ | MEMBER: \$40 | PUBLIC: \$55

Tai Chi promotes physical and emotional wellness through the many styles of Tai Chi. This 1-hour course will focus on the Chen and Yang styles that are renowned for their fluidity and gracefulness. Come join us for a class that promotes an increased sense of well-being, mindfulness, and relaxation.

CLASS#	START	DAY & TIME
253F01	4/30/25	Wednesday 1:00 pm

FINE ARTS

Music

PIANO 101-A

45 MINUTES | 7 WEEKS | PIANO LAB
 AGES: 7-11 | MEMBER: \$50 PUBLIC: \$80

An introduction to our piano program and appropriate for beginner-level musicians. Students will study basic piano techniques, music theory, and performance etiquette. In addition, this course may require a minimal purchase of a music book. Those enrolled in piano courses should have a keyboard/piano at home to practice—the Kroc Center has keyboards to rent for those without one available. Waitlist eligible; please stop at Membership Services or call 920-884-5007. *This class is a prerequisite to "Piano 101-B".*
 *No class Monday 5/26.

CLASS#	START	DAY & TIME
253M01	4/28/25	Monday 4:00 pm*

PIANO 102-A

45 MINUTES | 7 WEEKS | PIANO LAB
 AGES: 7-11 | MEMBER: \$50 PUBLIC: \$80

An intermediate-beginner level class, structured for students who have graduated from "Piano 101-B". At this level, students will begin reading music with steps on the staff. They will also build piano techniques that develop fingertips, hand shape, and fluid movement across the keys. In addition, music theory knowledge and performance etiquette continue to build from previous classes. Those enrolled in piano courses should have a keyboard/piano at home to practice—the Kroc Center has keyboards to rent for those without one available. This course may require a minimal purchase of a music book. Waitlist eligible; please stop at Membership Services or call 920-884-5007. *This class is a prerequisite to "Piano 102-B".*
 *No class Monday 5/26.

CLASS#	START	DAY & TIME
253M03	4/28/25	Monday 6:00 pm*

We prioritize youth success in our music program. Students may need to repeat a class based on progress and learning style. Instructors provide feedback and evaluations to ensure proper placement. Piano students should have a keyboard at home; rentals are available. New to the music program? Contact stephanie.hartley@usc.salvationarmy.org for guidance or an evaluation.

PIANO 101-B

45 MINUTES | 7 WEEKS | PIANO LAB
 AGES: 7-11 | MEMBER: \$50 PUBLIC: \$80

A continuation of "Piano 101-A", students will resume building upon piano techniques, music theory, and performance etiquette learned in the previous class. This course ensures students have the required skills to advance to "Piano 102-A". In addition, this course may require a minimal purchase of a music book. Those enrolled in piano courses should have a keyboard/piano at home to practice—the Kroc Center has keyboards to rent for those without one available. Waitlist eligible; please stop at Membership Services or call 920-884-5007. *This class is a prerequisite to "Piano 102-A".*
 *No class Monday 5/26

CLASS#	START	DAY & TIME
253M02	4/28/25	Monday 5:00 pm*

PIANO 102-B

45 MINUTES | 7 WEEKS | PIANO LAB
 AGES: 7-11 | MEMBER: \$50 PUBLIC: \$80

An intermediate-beginner level class, structured for students who have graduated from "Piano 102-A". At this level, students will begin reading music with steps on the staff. They will also build piano techniques that develop fingertips, hand shape, and fluid movement across the keys. In addition, music theory knowledge and performance etiquette continue to build from previous classes. Those enrolled in piano courses should have a keyboard/piano at home to practice—the Kroc Center has keyboards to rent for those without one available. This course may require a minimal purchase of a music book. Waitlist eligible; please stop at Membership Services or call 920-884-5007. *This class is a prerequisite to "Piano 103".*

CLASS#	START	DAY & TIME
253M04	4/29/25	Tuesday 4:00 pm



PRIVATE LESSONS

PIANO • GUITAR • UKULELE • TRUMPET • LOW BRASS • BEGINNERS PERCUSSION

Private lessons are one-on-one instruction for students of all levels and abilities. This allows our instructors to customize a program to your specific needs and goals. Our program features a 30 minute lesson each week which combines learning proper technique, theory, and developing repertoire.

30-MINUTE LESSONS ONCE A WEEK
 AGES 6-ADULT

PRIVATE LESSONS SOLD IN PACKAGES OF 4
 MEMBERS: \$100 | PUBLIC: \$145

SEMI-PRIVATE LESSONS: MAX. 2 STUDENTS
 MEMBERS: \$75 | PUBLIC: \$110

Instrument rental available.

QUESTIONS?
 VISIT MEMBERSHIP SERVICES TO ENROLL AND GET STARTED!

ONCE UPON A TIME...

KROC CENTER DANCE
Spring Recital

2024-2025

Saturday, May 10 | 2:00pm

Each recital student will receive one complimentary recital ticket. Additional tickets will be for sale closer to the date.

MY ADULT AND ME

30 MINUTES | 7 WEEKS | DANCE STUDIO | MISS ALICIA

AGES: 1.5-3 | MEMBER: \$30 | PUBLIC: \$50

This class is a special time for parents or grandparents and their tots to bond and explore movement and music together!

CLASS#	START	DAY & TIME
253D03	5/01/25	Thursday 10:00 am

CREATIVE MOVEMENT

45 MINUTES | 7 WEEKS | DANCE STUDIO | MISS ALICIA

AGES: 3-6 | MEMBER: \$45 | PUBLIC: \$75

Does your little one love to move and dance? This class will give your dancer an introduction to ballet and tap steps and positions while enhancing their motor skills and coordination. Activities include fun exercises in music qualities and rhythms, story-telling with movement, and free dance with various props. *This class is a prerequisite to "Ballet Basics" or "Beginner Tap". *No class Monday 5/26.*

CLASS#	START	DAY & TIME
253D01	4/28/25	Monday 4:00 pm*

BEGINNER TAP

45 MINUTES | 7 WEEKS | DANCE STUDIO | MISS ALICIA

AGES: 4-6 | MEMBER: \$60 | PUBLIC: \$95

Students will learn proper technique in multiple tap steps and producing a clear tap sound. In addition, there is an introduction to rhythm, syncopation, and sound. They will build flexibility and coordination while learning a variety of tap styles and moves. This fun class will include warm-up, technique, combinations, and movement games. *This class is a prerequisite to "Elementary Tap". *No class Monday 5/26.*

CLASS#	START	DAY & TIME
253D05	4/28/25	Monday 5:00 pm*

Age at time of registration is a recommendation.
Subject to change based on skill level.

POMS

45 MINUTES | 6 WEEKS | DANCE STUDIO | MISS ALICIA

AGES: 7-12 | MEMBER: \$51 | PUBLIC: \$81

In this class, your child will learn a combination of jazz techniques and cheerleading steps, to create a unique visual dance using poms.

CLASS#	START	DAY & TIME
253D08	5/15/25	Thursday 4:00 pm

IT'S BROADWAY BABY

45 MINUTES | 6 WEEKS | DANCE STUDIO | MISS ALICIA

AGES: 7-13 | MEMBER: \$51 | PUBLIC: \$81

Wanna unleash your inner Broadway star? Here is your chance! Come on down and learn some amazing choreography from Broadway musicals! For six weeks, you'll learn a small portion of choreography from family friendly musicals! Bring the family and friends for a mini showcase at the end of the session!

CLASS#	START	DAY & TIME
253D09	5/14/25	Wednesday 4:00 pm

HIP HOP

45 MINUTES | 6 WEEKS | DANCE STUDIO | MISS ALICIA

AGES: 6-12 | MEMBER: \$51 | PUBLIC: \$81

This energetic class explores funky and exciting hip hop steps, such as back and bottom spins, pop n' lock, 6-step, freezes, floor work, and beginning dance combinations. Dancers will enjoy learning a fun street style that they can do to their favorite pop hits!

CLASS#	START	DAY & TIME
253D10	5/14/25	Wednesday 5:00 pm

BALLET BASICS

45 MINUTES | 6 WEEKS | DANCE STUDIO | MISS SYDNEY

AGES: 4-9 | MEMBER: \$51 | PUBLIC: \$81

The perfect class for your child's inner ballerina! This class lays the foundation for proper dance technique and includes: ballet basics, proper positions, beginning combinations, beginning turns, strengthening of the core, proper posture, and more! Dancers will gain confidence in movement, strengthen their body, and improve their posture and balance. *This class is a prerequisite to "Elementary Ballet".*

CLASS#	START	DAY & TIME
253D11	5/13/25	Tuesday 4:00 pm

ELEMENTARY BALLET

45 MINUTES | 6 WEEKS | DANCE STUDIO | MISS SYDNEY

AGES: 5-10 | MEMBER: \$51 | PUBLIC: \$81

A continuation from "Ballet Basics" will resume building techniques in flexibility, strength, poise, balance, and control, along with barre and center floor work. Dancers will also learn more advanced positions, combinations, and turns, to enhance confidence in movement, strengthen their body, and improve their posture and balance. *Must have taken "Ballet Basics" before taking this class (or evaluation of skills).*

CLASS#	START	DAY & TIME
253D12	5/13/25	Tuesday 5:00 pm

FINE ARTS

Fine Art

CERAMICS: BASICS FOR KIDS

60 MINUTES | 7 WEEKS | FINE ARTS ROOM

AGES: 8-15 | MEMBER: \$100 | PUBLIC: \$160

Led by a seasoned Ceramic Artist, this class will introduce you to the versatility of clay. You will learn the basics in hand building and pottery wheel, needed to create functional items such as cups, mugs, bowls, boxy shapes, and vases. You will also learn how to finish these items with traditional glazes, texture, and design. This class includes clay as well as glaze and kiln services. *This class is a prerequisite for "Ceramics: Throwing For Kids".* *No class Monday 5/26.

CLASS#	START	DAY & TIME
253A01	4/28/25	Monday 4:00 pm*
253A02	4/29/25	Tuesday 2:00 pm
253A03	4/30/25	Wednesday 5:00 pm

CERAMICS: THROWING FOR KIDS

60 MINUTES | 7 WEEKS | FINE ARTS ROOM

AGES: 8-15 | MEMBER: \$100 | PUBLIC: \$160

In this class, our well-versed Ceramic Instructor will help you continue your ceramic journey. Working on a pottery wheel, you will expand your knowledge from "Ceramics: Basics for Kids" by learning to throw more complex shapes and refine your abilities on the wheel. You will also learn finishing techniques to make your work, whether functional or decorative, uniquely yours. This class includes clay as well as glaze and kiln services. *Must have taken "Ceramics: Basics for Kids" before taking this class.*

CLASS#	START	DAY & TIME
253A04	4/29/25	Tuesday 5:00 pm

CERAMICS: HAND BUILDING

45 MINUTES | 7 WEEKS | FINE ARTS ROOM

AGES: 5-8 | MEMBER: \$70 | PUBLIC: \$125

In this class, you will work with our well-versed Ceramic Instructor to learn hand building techniques in clay, such as slab and coil, as well as other techniques. Each student will be supplied with clay and leave the class with several fired projects. *No class Monday 5/26.

CLASS#	START	DAY & TIME
253A05	4/28/25	Monday 5:15 pm*
253A06	4/30/25	Wednesday 4:15 pm

CERAMICS: MY ADULT AND ME

30 MINUTES | 7 WEEKS | FINE ARTS ROOM

AGES: 1.5-3 | MEMBER: \$30 | PUBLIC: \$50

Come with your little one and have fun playing with clay. Each half hour class will focus on improving your child's fine motor skills and encourage problem solving. You'll leave with a clay project to commemorate the class as well!

CLASS#	START	DAY & TIME
253A12	5/02/25	Friday 10:00 am

PAINTING WITH WATERCOLOR

45 MINUTES | 7 WEEKS | FINE ARTS ROOM

AGES: 6-12 | MEMBER: \$50 | PUBLIC: \$80

Your child will practice and learn the definitions of basic watercolor techniques such as wash, drybrush, wet on wet, and wet on dry. They will use these as well as other techniques to create paintings. Class fee includes all art supplies.

CLASS#	START	DAY & TIME
253A15	5/01/25	Thursday 5:00 pm

● These classes are great for home schooled students!



CERAMICS: BASICS

1 HOUR 30 MINUTES | 7 WEEKS | FINE ARTS ROOM

AGES: 16+ | MEMBER: \$110 | PUBLIC: \$180

Led by a seasoned Ceramic Artist, this class will introduce you to the versatility of clay. You will learn the basics in hand building and pottery wheel, needed to create functional items such as cups, mugs, bowls, boxy shapes, and vases. You will also learn how to finish these items with traditional glazes, texture, and design. This class includes 12.5 lbs of clay as well as glaze and kiln services. *This class is a prerequisite for "Ceramics: Throwing".* *No class Monday 5/26.

CLASS#	START	DAY & TIME
253A07	4/28/25	Monday 10:30 am*
253A08	4/29/25	Tuesday 6:15 pm

CERAMICS: THROWING

1 HOUR 30 MINUTES | 7 WEEKS | FINE ARTS ROOM

AGES: 16+ | MEMBER: \$110 | PUBLIC: \$180

In this class, our well-versed Ceramic Instructor will help you continue your ceramic journey. Working on a pottery wheel, you will expand your knowledge from "Ceramics: Basics" by learning to throw more complex shapes and refine your abilities on the wheel. You will also learn finishing techniques to make your work, whether functional or decorative, uniquely yours. This class includes 12.5 lbs of clay as well as glaze and kiln services. *Must have taken "Ceramics: Basics" before taking this class.*

CLASS#	START	DAY & TIME
253A10	4/29/25	Tuesday 10:30 am
253A11	4/30/25	Wednesday 6:15 pm

PAINTING WITH ACRYLIC

45 MINUTES | 7 WEEKS | FINE ARTS ROOM

AGES: 9-12 | MEMBER: \$50 | PUBLIC: \$80

In this class, your child will learn techniques working with acrylic paint to grow their painting skills. They will paint landscape, still life, and self-portrait to learn a variety of styles and techniques. Class fee includes all art supplies.

CLASS#	START	DAY & TIME
253A14	5/01/25	Thursday 4:00 pm

Age at time of registration is a recommendation. Subject to change based on skill level.

ONE DAY Workshops



PAINT ALONG WITH ME

2 HOURS | 1 DAY | FINE ARTS ROOM
 AGES: 6-12 | MEMBER: \$20 | PUBLIC: \$35
 REGISTRATION DEADLINE: MAY 9

This fun class will be a time for your child to paint along with an instructor. Supplies will be included in the cost of the class. Each student will leave with a painting they made! May's painting will be **TBD**.

CLASS#	START	DAY & TIME
253A18	5/10/25	Saturday 10:00 am

PAINT ALONG WITH ME

2 HOURS | 1 DAY | FINE ARTS ROOM
 AGES: 6-12 | MEMBER: \$20 | PUBLIC: \$35
 REGISTRATION DEADLINE: JUNE 13

This fun class will be a time for your child to paint along with an instructor. Supplies will be included in the cost of the class. Each student will leave with a painting they made! June's painting will be **TBD**.

CLASS#	START	DAY & TIME
253A19	6/14/25	Saturday 10:00 am

PIE & PAINTING

2 HOURS | 1 DAY | FINE ARTS ROOM
 AGES: 18+ | MEMBER: \$20 | PUBLIC: \$35
 REGISTRATION DEADLINE: MAY 13

Pie and Painting is back! Come enjoy a time of friendly chats, yummy snacks, and painting! May's painting will be **TBD**.

CLASS#	START	DAY & TIME
253A16	5/14/25	Wednesday 10:00 am

PIE & PAINTING

2 HOURS | 1 DAY | FINE ARTS ROOM
 AGES: 18+ | MEMBER: \$20 | PUBLIC: \$35
 REGISTRATION DEADLINE: JUNE 17

Pie and Painting is back! Come enjoy a time of friendly chats, yummy snacks, and painting! June's painting will be **TBD**.

CLASS#	START	DAY & TIME
253A17	6/18/25	Wednesday 10:00 am



Uncle Mike's donut5K

Benefiting the Kroc Center Scholarship Fund

AND

The Sprinkle Sprint

June 7th, 2025



DO NOT miss it!

Scan to Register



KROC
COMMUNITY CENTER

gbkroccenter.org/events

AQUATICS

Kroc Swim Lessons

Our swim lesson program takes the most important skills and benefits of the nation's top swim curriculums and combines them into our own hybrid system. Our aim is to limit gaps and provide the strongest, safest, and most thorough lessons for your child.

Swim Skill Evaluations

We want to make sure your child is enrolled in a class level that is appropriate for their current skills and allows them to grow their skills as they progress. But, it can be difficult for you as parents to determine your child's level.

So at the Kroc, all you need to do is pick the time and day that works in your schedule. Then, the first lesson of the session will include a swim skill evaluation. After the evaluation, students are assigned to their proper level and will begin working with their instructor.

Classes begin with a skill evaluation for any child that has never taken Kroc Swim Lessons.

PRESCHOOL LEVEL 1, 2, 3

35 MINUTES | 7 WEEKS | LAP POOL
AGES: 2.5-5 | MEMBER: \$64 | PUBLIC: \$105
REGISTRATION DEADLINE: APRIL 23

Our Preschool Levels 1-3 classes start with a skill evaluation on the first day for any child that has never taken Kroc Swim Lessons before. Your child must be at least 2.5 years old by the first class to participate.

CLASS#	START	DAY & TIME
253APS1	4/30/25	Wednesday 4:30 pm
253APS2	4/30/25	Wednesday 5:15 pm
253APS3	4/30/25	Wednesday 6:00 pm
253APS4	5/01/25	Thursday 4:30 pm
253APS5	5/01/25	Thursday 5:15 pm
253APS6	5/01/25	Thursday 6:00 pm
253APS7	5/03/25	Saturday 9:00 am
253APS8	5/03/25	Saturday 10:30 am

YOUTH LEVEL 1, 2, 3

35 MINUTES | 7 WEEKS | LAP POOL
AGES: 6-14 | MEMBER: \$64 | PUBLIC: \$105
REGISTRATION DEADLINE: APRIL 23

Our Youth Levels 1-3 classes start with a skill evaluation on the first day for any child that has never taken Kroc Swim Lessons before. Your child must be at least 6 years old by the first class to participate.
***No class Monday 5/26.**

CLASS#	START	DAY & TIME
253AY1	4/28/25	Monday 4:30 pm*
253AY2	4/28/25	Monday 5:15 pm*
253AY3	4/29/25	Tuesday 4:30 pm
253AY4	4/29/25	Tuesday 5:15 pm
253AY5	5/03/25	Saturday 9:45 am

YOUTH LEVEL 2, 3, 4, 5

35 MINUTES | 7 WEEKS | LAP POOL
AGES: 6-14 | MEMBER: \$64 | PUBLIC: \$105
REGISTRATION DEADLINE: APRIL 23

Our Youth Levels 2-5 classes start with a skill evaluation on the first day for any child that has never taken Kroc Swim Lessons before. Your child must be at least 6 years old by the first class to participate, as well as, have the skills and confidence needed to be in Level 2 or higher. **We do ask that you please not sign up your child for a Youth Level 2-5 class until your child has successfully passed Level 1. *No class Monday 5/26.**

CLASS#	START	DAY & TIME
253AY6	4/28/25	Monday 6:00 pm*
253AY7	4/29/25	Tuesday 6:00 pm
253AY8	5/03/25	Saturday 11:15 am

PARENT AND TOT SWIM

PARENT WITH CHILD 6-36 MONTHS
30 MINUTES | 7 WEEKS | SLIDE PIT
MEMBER: \$64 | PUBLIC: \$105
REGISTRATION DEADLINE: APRIL 23

Our Parent and Tot swim lessons are excellent for your little one to get comfortable in the water. With the inclusion of skills using songs, dances, and games, your child will get the confidence they need to succeed and be ready for our pre-school lessons. **These lessons are for infants 6 months - 36 months of age. *No class Monday 5/26.**

CLASS#	START	DAY & TIME
253APT1	4/28/25	Monday 4:30 pm*
253APT2	4/28/25	Monday 5:15 pm*

DAYTIME PRESCHOOL SWIM LESSONS

30 MINUTES | 7 WEEKS | LAP POOL
AGES: 2.5-5 | MEMBER: \$64 | PUBLIC: \$105
REGISTRATION DEADLINE: APRIL 23

Our Thursday Home School Swim Lessons are a great addition to our successful Swim Lesson Program. We start with a skill evaluation on the first day for any child that has never taken Kroc Swim Lessons. Sign up for either our Preschool (2.5 - 5) or Youth (6 and over) option, and we will take it from there!

CLASS#	START	DAY & TIME
253HPS1	5/01/25	Thursday 10:30 am
253HPS2	5/01/25	Thursday 11:10 am

DAYTIME YOUTH SWIM LESSONS

30 MINUTES | 7 WEEKS | LAP POOL
AGES: 6-14 | MEMBER: \$64 | PUBLIC: \$105
REGISTRATION DEADLINE: APRIL 23

Our Thursday Home School Swim Lessons are a great addition to our successful Swim Lesson Program. We start with a skill evaluation on the first day for any child that has never taken Kroc Swim Lessons. Sign up for either our Preschool (2.5 - 5) or Youth (6 and over) option, and we will take it from there!

CLASS#	START	DAY & TIME
253HY1	5/01/25	Thursday 11:50 am
253HY2	5/01/25	Thursday 12:30 pm

AQUATICS

Aqua Fun & Certifications

AMERICAN RED CROSS LIFEGUARD COURSE (CERTIFICATIONS)

24 HOURS | 3 DAYS | GAME ROOM/AQUATICS CENTER

AGES: 15+ | MEMBER: \$180 | PUBLIC: \$235

REGISTRATION DEADLINE: MAY 27

This blended learning course allows each participant the ability to complete the online portion (roughly 7.5 hours) on their own free time. The online work must be completed with a printed certificate and presented to the instructor at the beginning of the class, in order to continue with the in-class portion. Before the link can be sent to a course participant, said participant must prove that they can complete the prerequisite skills.

- 1) Swim-Tread-Swim Sequence: 150yd swim (front crawl and/or breaststroke), followed by a 2-min legs only treading water, finished with a 50yd swim
- 2) Timed brick test retrieval without goggles

A video of the prerequisites can be found at the following link:
<https://bit.ly/RedCrossLGC>

All participants who are successful in completing the prerequisites, online work, and in-class skills/tests, will be certified in American Red Cross Lifeguard/First Aid/CPR/AED and Waterpark Skills. Registration does close 10 days before the first night of class, so please sign up early! The class fee will include a \$50 non-refundable deposit.

CLASS#	START	DAY & TIME
253LG1	6/06/25	Fri 5:00 pm, Sat/Sun 8:00 am

AMERICAN RED CROSS CPR/AED/FIRST AID CLASS (CERTIFICATIONS)

2 HOURS 30 MINUTES | 1 DAY | GAME ROOM

AGES: 11+ | MEMBER: \$75 | PUBLIC: \$105

REGISTRATION DEADLINE: JUNE 5

This blended learning course allows each participant the ability to complete the online portion (roughly 3 hours) during their own free time. The online work must be completed with a printed certificate and presented to the instructor at the beginning of the class, in order to continue with the in-class portion. Each participant must sign up no later than two weeks beforehand, in order to receive the link that will direct them to the site to complete the online work. The link for the online portion will be emailed out approximately two weeks before the in-person portion. Please make sure the Kroc has an email address on file for the individual taking the class. The class fee will include a \$25 non-refundable deposit.

CLASS#	START	DAY & TIME
253ARC1	6/19/25	Thursday 4:00 pm
253ARC2	6/20/25	Friday 11:00 am



UNDERWATER HOCKEY

105 MINUTES | 8 WEEKS | LAP POOL

AGES: 10+ | MEMBER: \$40 | PUBLIC: \$64

REGISTRATION DEADLINE: APRIL 23

Having thoughts about trying another new aquatics program? Think Underwater Hockey. This sport has been around for over 70 years and is now at the Kroc Center! This safe sport does not involve any ice, but rather, the enjoyment and safe confines of our lap pool. Learn the finer points as a beginner, and then stay and play for some friendly competition. Purchasing of some equipment is necessary to grow into the sport, however, we will have equipment that may be used during your first session! Join professionals through the Green Bay Underwater Hockey program, including former world champion athletes and coaches, in this exciting new program!

Participants should be able to comfortably swim 25 yards continuously, as well as, be able to tread water in depths of 7+ feet.

CLASS#	START
253AUH1	4/29/25
DAY & TIME	
Tuesday 6:45 pm	

WATCH
A QUICK
VIDEO



NOW HIRING LIFEGUARDS & SWIM INSTRUCTORS*

Complete your American Red Cross Lifeguard training and jump right into your part-time job with **GREAT PAY AND FLEXIBLE HOURS**. Not only will you love your job and coworkers, you'll be able to take immediate advantage of your new **KROC CENTER MEMBERSHIP!**

* Lifeguard certification not required for Swim Instructors



GYM & SPORT

Gymnastics

PARENT AND TOT TUMBLING

30 MINUTES | 8 WEEKS | AUDITORIUM & CHERRY
 AGES: 1-2 | MEMBER: \$30 | PUBLIC: \$50

Parent and Tot Tumbling is designed exploration through stations that focus on running, jumping, hanging, tumbling, and balancing.

CLASS#	START	DAY & TIME
253PTT	4/29/25	Tuesday 3:30 pm

TUMBLING I

30 MINUTES | 7*/8 WEEKS | AUDITORIUM & CHERRY
 AGES: 3-4 | MEMBER: \$40*/\$45 | PUBLIC: \$62*/\$70

This class will introduce children to basic tumbling and gymnastic skills, in a fun-filled environment. Kids will participate in activities that teach forward rolling, balance, flexibility, and coordination. **This class will participate in recital. **No class Monday 5/26.**

CLASS#	START	DAY & TIME
253T1*	4/28/25	Monday 4:00 pm**
253T3	4/30/25	Wednesday 4:00 pm

TUMBLING II

30 MINUTES | 7*/8 WEEKS | AUDITORIUM & CHERRY
 AGES: 4-5 | MEMBER: \$40*/\$45 | PUBLIC: \$62*/\$70

This class continues to build skills in basic tumbling and gymnastics, in a fun-filled environment. Kids will participate in activities that teach balance, flexibility, and coordination. **This class will participate in recital. **No class Monday 5/26.**

CLASS#	START	DAY & TIME
253T2*	4/28/25	Monday 4:30 pm**
253T4	4/30/25	Wednesday 4:30 pm

GYMNASTICS: BEGINNER

60 MINUTES | 7*/8 WEEKS | AUDITORIUM & CHERRY
 AGES: 6-16 | MEMBER: \$66*/\$75 | PUBLIC: \$105*/\$120

Learn gymnastic stretching and conditioning, as well as skills on the vault, bars, beam, and floor. **This class will participate in recital. **No class Monday 5/26.**

CLASS#	START	DAY & TIME
253GB1*	4/28/25	Monday 4:00 pm**
253GB2	4/29/25	Tuesday 5:00 pm
253GB3	5/01/25	Thursday 2:00 pm
253GB4	5/01/25	Thursday 5:00 pm

GYMNASTICS: INTERMEDIATE

60 MINUTES | 7*/8 WEEKS | AUDITORIUM & CHERRY
 AGES: 6-16 | MEMBER: \$70*/\$80 | PUBLIC: \$114*/\$130

This class is structured for students who have graduated from "Gymnastics: Beginner", or new students who have demonstrated they can safely perform beginner skills and are prepared to learn intermediate skills. Any gymnast that has not taken gymnastics at the Kroc needs to be evaluated before entering anything higher than "Gymnastics: Beginner". **This class will participate in recital. **No class Monday 5/26.**

CLASS#	START	DAY & TIME
253GI1*	4/28/25	Monday 5:00 pm**
253GI2	5/01/25	Thursday 4:00 pm

The instructor may recommend class level based on your child's skill level, regardless of age.

Session 3 is always an exciting time for our Gymnastics program because it features our Spring Recital. Gymnasts from select classes will learn routines and showcase what they've been learning, right alongside their instructors and classmates. Gymnasts will receive a medal for participating. More information to come!

GYMNASTICS: ADVANCED 1

1 HOUR 15 MINUTES | 8 WEEKS | AUDITORIUM & CHERRY
 AGES: 6-16 | MEMBER: \$105 | PUBLIC: \$145

This class is structured for students who have graduated from "Gymnastics: Intermediate", or new students who have demonstrated they can safely perform advanced skills. Any gymnast that has not taken gymnastics at the Kroc needs to be evaluated before entering anything higher than "Gymnastics: Beginner". **This class will participate in recital.**

CLASS#	START	DAY & TIME
253GA1	4/29/25	Tuesday & Thursday 4:00 pm

GYMNASTICS: PRE TEAM

1 HOUR 15 MINUTES | 8 WEEKS | AUDITORIUM & CHERRY
 AGES: 6-16 | MEMBER: \$115 | PUBLIC: \$160

Not sure if you want to commit to a full gymnastics team yet? No worries. Join the Pre-Team class and get a taste of what it means to be a part of the full on gymnastics team. Athletes must try out with our lead coach in order to be placed on this team. Additional costs for extra practices throughout competition season. **This class will participate in recital.**

CLASS#	START	DAY & TIME
253GPT	4/29/25	Tuesday & Thursday 5:30 pm



GYMNASTICS: LEVEL 2 TEAM

2 HOURS | 8 WEEKS | AUDITORIUM & CHERRY
 AGES: 6-16 | MEMBER: \$185 | PUBLIC: \$257

This class is practice time for our TEAM. Gymnasts must try out for the team. Additional costs associated with TEAM participating in meets around Wisconsin. **This class will participate in recital.**

CLASS#	START	DAY & TIME
253GL2	4/29/25	Tuesday & Wednesday 4:00 pm

GYMNASTICS: LEVEL 3 TEAM

2 HOURS 30 MINUTES | 8 WEEKS | AUDITORIUM & CHERRY
 AGES: 6-16 | MEMBER: \$210 | PUBLIC: \$292

This class is practice time for our TEAM. Gymnasts must try out for the team. Additional costs associated with TEAM participating in meets around Wisconsin. **This class will participate in recital. *No class Monday 5/26. There will be a make-up class offered.**

CLASS#	START	DAY & TIME
253GL3	4/28/25	Monday* & Thursday 4:00 pm

● These classes are great for home schooled students!

TAEKWONDO

1 HOUR/1.5 HOURS (SATURDAY) | 7 WEEKS | FITNESS STUDIO

AGES: 7+ | MEMBER: \$75*/\$90 | PUBLIC: \$125*/\$150

This course will teach students discipline, focus, goal-setting, and achievement, through the learning of basic stances, strikes, and kicks, as well as patience. Training will be done for Olympic style sparring and in self-defense. Students will have the opportunity to earn belts.

****This class includes an invite only by the instructor on Saturday for additional training**

CLASS#	START	DAY & TIME
253T1*	4/29/25	Tuesday & Thursday 6:15 pm
253T2	4/29/25	Tuesday & Thursday 6:15 pm/ **Saturday 2:00 pm
253T3*	5/01/25	Thursday 6:15 pm/ **Saturday 2:00 pm

LIL' NINJA

30 MINUTES | 7 WEEKS | MAPLE

AGES: 4-5 | MEMBER: \$35 | PUBLIC: \$60

Introduction to all-new sport disciplines inspired by gymnastics and obstacles course training. Lil' Ninjas will develop strength, stamina, and agility, in a fun and safe environment.

CLASS#	START	DAY & TIME
253LN1	4/29/25	Tuesday 4:00 pm
253LN2	5/01/25	Thursday 4:00 pm

CLASSES ARE SUBJECT TO CHANGE DUE TO INSTRUCTOR AVAILABILITY.
INSTRUCTORS NEEDED!

KROC NINJA ACADEMY

Level up in our ninja program and continue training to develop your ninja skills and strength. 6 weeks of instruction and a family social day built-in to encourage community and lasting friendships.

NINJA ACADEMY

45 MINUTES | 7 WEEKS | MAPLE

MEMBER: \$40 | PUBLIC: \$65

WHITE CRANE: Level up in our ninja program and continue training to develop your ninja skills and strength. This class will further what ninjas learned in "Lil' Ninja" or is the starting level for those aged out of the "Lil' Ninja" class.

RED LEOPARD: Continue training to develop your ninja skills and strength. This class will further what ninjas learned in "White Crane".

BLUE DRAGON: Continue training to develop your ninja skills and strength. This class will further what ninjas learned in "Red Leopard".

CLASS#	START	DAY & TIME
WHITE CRANE AGES: 5-8		
253NW1	4/29/25	Tuesday 4:45 pm
253NW2	5/01/25	Thursday 4:45 pm
RED LEOPARD AGES: 6-9		
253NR1	4/29/25	Tuesday 5:45 pm
253NR2	5/01/25	Thursday 5:45 pm
BLUE DRAGON AGES: 7-10		
253NB2	4/29/25	Tuesday 6:45 pm

GYM & SPORT

Kroc Kids & Family Fun

BASKETBALL 101

45 MINUTES | 7 WEEKS | GYM B

AGES: 6-8 | MEMBER: \$40 | PUBLIC: \$65

Basketball 101 is the perfect introduction to basketball fundamentals. Learn skills to help get ready for our Youth Co-Ed league, including dribbling, passing, shooting, and much more! Our instructors utilize play and creativity to keep the class fun and educational. ***No class Monday 5/26.**

CLASS#	START	DAY & TIME
253B101	4/28/25	Monday 5:00 pm

ARCHERY

45 MINUTES | 7 WEEKS | FITNESS STUDIO

AGES: 10+ | MEMBER: \$40 | PUBLIC: \$65

This class provides a fun environment to learn archery skills. Students will build skills in archery through contests and games. ***No class Monday 5/26.**

CLASS#	START	DAY & TIME
253A	4/28/25	Monday 6:15 pm

HOME SCHOOL PHYSICAL EDUCATION

45 MINUTES | 7 WEEKS | GYM A

AGES: 7-14 | MEMBER: \$40 | PUBLIC: \$65

Home school PE is comprised of various physical activity for motor skills development such as: climbing, running, catching, throwing, and jumping. Participants will also learn the basics of health, fitness, and knowledge of team and individual sports alike. Each session will have a focus on 3-4 different sports-based activities.

CLASS#	START	DAY & TIME
253HSPE2	5/01/25	Thursday 1:15 pm

VOLLEYBALL 101

60 MINUTES | 7 WEEKS | GYM B

AGES: 7-11 | MEMBER: \$45 | PUBLIC: \$75

Players will learn the fundamentals of volleyball, including proper technique for passing, setting, attacking, blocking, and serving. Through practice drills and play, students will be able to improve their skills and enjoy the game of volleyball. Students will also be exposed to a variety of fitness activities, designed to improve their fitness level and performance.

CLASS#	START	DAY & TIME
253V101	5/01/25	Thursday 5:00 pm



CHURCH

Faith and Community

TUESDAY TOPICAL BIBLE STUDY

1 HOUR | PINE

AGES: 18+ | MEMBER: FREE | PUBLIC: FREE

Looking for an opportunity for Bible Study? We encourage you to join this bible study to grow in the Word of God and in your relationship with Him and to also fellowship with the Kroc faith community. ***Last day of class is 5/27.**

CLASS#	DAY & TIME
253TBS	Tuesday 9:00 am

COMMUNITY WIDE WOMEN'S BIBLE STUDY

2 HOURS | PINE

AGES: 18+ | MEMBER: FREE | PUBLIC: FREE

This Spring, the Women will be studying "*Psalm 23: The Shepherd with Me*" by Jennifer Rothschild. This study looks at how we all naturally long for someone to protect and care for us--someone to guide us when we are unsure of our next steps, provide rest when we are worn out, and walk with us when the valley is dark. God is the good Shepherd whose companionship provides the comfort and confidence every woman needs. This seven-week Bible study is free and includes small group discussion, worship, video teaching, and more. Members are responsible for purchasing their own participant book. ***Last day of class is 5/13.**

CLASS#	DAY & TIME
253CWWBS	Tuesday 6:00 pm

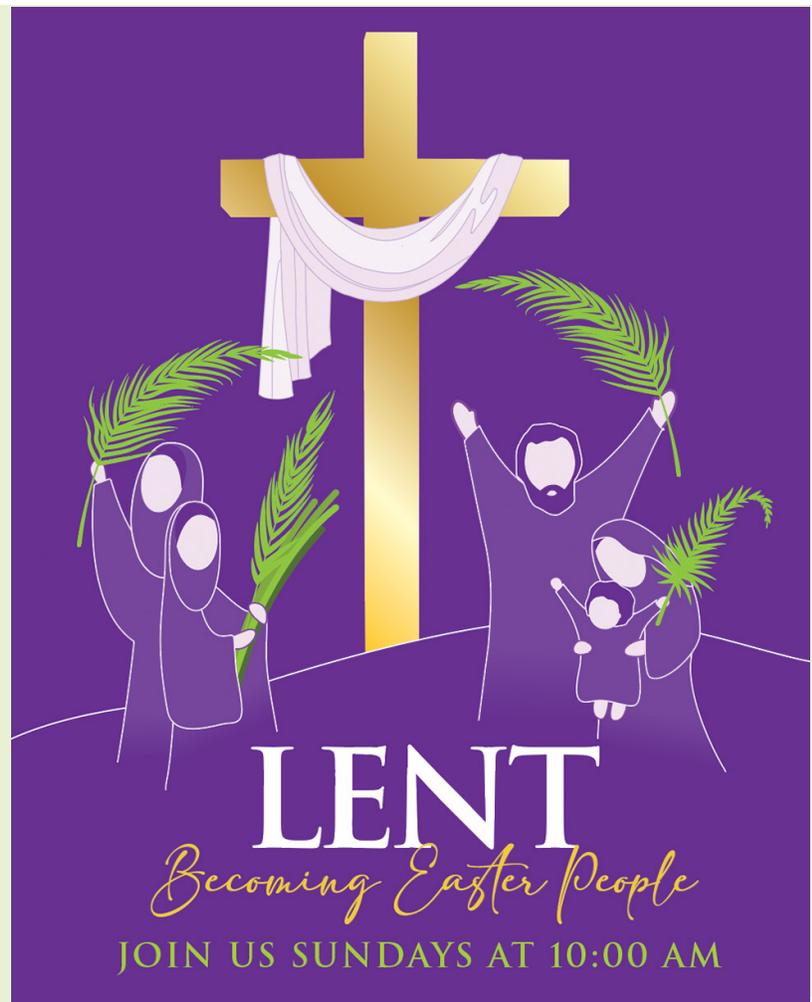
WOMEN'S PRECEPT BIBLE STUDY

2 HOURS | PINE

AGES: 18+ | MEMBER: FREE | PUBLIC: FREE

Welcome to our Women's bible study group, "*Precepts Bible Study*." We dig deep into each book of the bible and look into the details of God's word. The more we are rooted in a deeper understanding of God's purpose and love for us, the better we will be able to wrestle with the bigger questions in our lives. This session, we are ending our a study on the book of Deuteronomy and starting the book of Joshua in May. Come join us and discover the history, meaning, connection, and love of God for us!

CLASS#	DAY & TIME
253PRCP	Thursday 9:00 am



LENT
Becoming Easter People
JOIN US SUNDAYS AT 10:00 AM



Pastoral Care Counseling

One-on-one pastoral care counseling available on request. Talk to Membership Services about contacting Captain Stephanie Hartley to set up an appointment. Whether you are looking for someone to talk to or just need someone to pray with, we are here to walk alongside you.

Worship with us!

SUNDAYS AT 10:00 AM

USE THE NORTH ENTRANCE.



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