

# REGISTRATION GUIDE



JUNE 23 – AUGUST 17

SESSION 4 - 2025

REGISTRATION OPEN

MEMBER MAY 12 | PUBLIC MAY 19

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 CLOSES 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.**

**JULY 4** CLOSED - INDEPENDENCE 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



# Adventure



## A WEEK AT THE LAKE **NEW!**

90 MINUTES | 5 DAYS | LAP POOL

AGES: 7-13 | MEMBER: \$100 | PUBLIC: \$140

Get ready for a splash of summer fun—no travel required! Each day begins with a water or nature-based skill, followed by exciting “Up North” inspired adventures that bring the lake life to you. Perfect for young adventurers who love the water and the outdoors—this is the ultimate camp week for summer vibes, right here at The Kroc!

**Highlights:** Kayaking & Tube Steering, Jump-In Contests & Lazy River Floats, Life Jacket & Water Safety Skills, Diving Challenges & “Lake Raft” Jumps, Nature Walks & Folk Tales by the “Campfire”

CLASS#	START	DAY & TIME
254L1	7/07/25	Monday - Friday 4:30 pm
254L2	7/14/25	Monday - Friday 4:30 pm
254L3	7/21/25	Monday - Friday 4:30 pm

# FITNESS

## Wellness

## PREVEA PARKINSON'S WELLNESS **NEW!**

60 MINUTES | 8 WEEKS | DANCE STUDIO

MEMBER: \$120 | PUBLIC: \$200

Our Prevea Parkinson's Wellness program offers a fitness regimen designed to enhance functional movement. Each class includes 30 min of walking (treadmill, track, or other cardio modification) and 30 min of functional exercise led by trained Kroc Center staff.

We place an emphasis on managing symptoms and improving quality of life, while creating a space to manage individual needs and abilities. Quarterly assessments will help participants and instructors track progress and make adjustments as needed.

*\*Please note--until the instructors become familiar with participants, we do require caregivers to observe and assist with class as needed. Thank you for your understanding.*

CLASS#	START	DAY & TIME
254PPW	6/24/25	Tuesday & Thursday 11:00 am

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

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](https://networkhealth.com/diabetesprevention)  
There is no cost to you for this program.



Call **920-628-7677** for more information or email **Sam Van Nuys** at [svannuys@networkhealth.com](mailto:svannuys@networkhealth.com).



Register online.  
Scan this code.



**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.

# SENIOR LIFE

## Stay Active

### HEALTHY AGING

45 MINUTES | 8 WEEKS | PINE

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

CLASS#	START	DAY & TIME
254F03	6/23/25	Monday 11:00 am
254F09	6/24/25	Tuesday 10:00 am



**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.gbkcroccenter.org/guides](https://www.gbkcroccenter.org/guides)

**SCAN QR CODE TO DOWNLOAD**



# 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.**

### PARENT AND TOT SWIM

#### PARENT WITH CHILD 6-36 MONTHS

**30 MINUTES | 7 WEEKS | SLIDE PIT**

**MEMBER: \$64 | PUBLIC: \$105**

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.**

CLASS#	START	REG. BY	DAY & TIME
254APT1	6/23/25	6/18/25	Monday 4:30 pm
254APT2	6/23/25	6/18/25	Monday 5:15 pm

### PARENT AND TOT SWIM (SUPER SWIM) NEW

#### PARENT WITH CHILD 6-36 MONTHS

**45 MINUTES | 1 WEEK | SLIDE PIT**

**MEMBER: \$64 | PUBLIC: \$105**

This one-week long class meets every day Monday through Friday, and is designed to introduce your little ones to the water in a safe, fun, and supportive environment. With a parent/guardian in the water alongside each child, participants will explore basic water skills and build confidence in the water through the use of songs, dances, and games. This format covers the same content as our traditional 7-week classes.

CLASS#	START	REG. BY	DAY & TIME
254APT3	6/23/25	6/18/25	Monday-Friday 11:00 am
254APT4	7/14/25	7/09/25	
254APT5	8/11/25	8/06/25	
254APT6	6/23/25	6/18/25	Monday-Friday 12:00 pm
254APT7	7/14/25	7/09/25	
254APT8	8/11/25	8/06/25	

### PRESCHOOL LEVEL 1, 2, 3

**35 MINUTES | 7 WEEKS | LAP POOL**

**AGES: 2.5-5 | MEMBER: \$64 | PUBLIC: \$105**

**REGISTRATION DEADLINE: JUNE 18**

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
254APS1	6/25/25	Wednesday 4:30 pm
254APS2	6/25/25	Wednesday 5:15 pm
254APS3	6/25/25	Wednesday 6:00 pm
254APS4	6/26/25	Thursday 4:30 pm
254APS5	6/26/25	Thursday 5:15 pm
254APS6	6/26/25	Thursday 6:00 pm
254APS7	6/28/25	Saturday 9:00 am
254APS8	6/28/25	Saturday 10:30 am

### YOUTH LEVEL 1, 2, 3

**35 MINUTES | 7 WEEKS | LAP POOL**

**AGES: 6-14 | MEMBER: \$64 | PUBLIC: \$105**

**REGISTRATION DEADLINE: JUNE 18**

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.

CLASS#	START	DAY & TIME
254AY1	6/23/25	Monday 4:30 pm
254AY2	6/23/25	Monday 5:15 pm
254AY3	6/24/25	Tuesday 4:30 pm
254AY4	6/24/25	Tuesday 5:15 pm
254AY5	6/28/25	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: JUNE 18**

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.**

CLASS#	START	DAY & TIME
254AY6	6/23/25	Monday 6:00 pm
254AY7	6/24/25	Tuesday 6:00 pm
254AY8	6/28/25	Saturday 11:15 am

## 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



### PRESCHOOL LEVEL 1, 2, 3 (SUPER SWIM) **NEW**

30 MINUTES | 5 DAYS | LAP POOL

AGES: 2.5-5 | MEMBER: \$64 | PUBLIC: \$105

Continuing on with last summer's very successful week long Super Swim lessons, we offer several weeks in which you can sign your child up for our Preschool Levels 1-3 classes. Sign up for as many weeks as you would like, as each day your child will build off the skills from the day before. We 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 1/2 years old by the first class to participate.

CLASS#	START	REG. BY	DAY & TIME
254SSP1	6/23/25	6/18/25	Monday-Friday 11:00 am
254SSP2	7/07//25	7/02/25	
254SSP3	7/14/25	7/09/25	
254SSP4	7/21/25	7/16/25	
254SSP5	7/28/25	7/23/25	
254SSP6	8/04/25	7/30/25	
254SSP7	8/11/25	8/06/25	

### YOUTH LEVEL 1, 2, 3 (SUPER SWIM) **NEW**

30 MINUTES | 5 DAYS | LAP POOL

AGES: 6-14 | MEMBER: \$64 | PUBLIC: \$105

Continuing on with last summer's very successful week long Super Swim lessons, we offer several weeks in which you can sign your child up for our Youth Levels 1-3 classes. Sign up for as many weeks as you would like, as each day your child will build off the skills from the day before. We start with a skill evaluation on the first day for any child that has never taken Kroc Swim Lessons. Your child must be at least 6 years old by the first class to participate.

CLASS#	START	REG. BY	DAY & TIME
254SSY1	6/23/25	6/18/25	Monday-Friday 11:40 am
254SSY2	7/07//25	7/02/25	
254SSY3	7/14/25	7/09/25	
254SSY4	7/21/25	7/16/25	
254SSY5	7/28/25	7/23/25	
254SSY6	8/04/25	7/30/25	
254SSY7	8/11/25	8/06/25	

### YOUTH LEVEL 2, 3, 4, 5 (SUPER SWIM) **NEW**

30 MINUTES | 5 DAYS | LAP POOL

AGES: 6-14 | MEMBER: \$64 | PUBLIC: \$105

Continuing on with last summer's very successful week long Super Swim lessons, we offer several weeks in which you can sign your child up for our Youth Levels 2-5 classes. Sign up for as many weeks as you would like, as each day your child will build off the skills from the day before. We start with a skill evaluation on the first day for any child that has never taken Kroc Swim Lessons. Your child must be at least 6 years old by the first class to participate.

CLASS#	START	REG. BY	DAY & TIME
254SSHY1	6/23/25	6/18/25	Monday-Friday 12:20 pm
254SSHY2	7/07//25	7/02/25	
254SSHY3	7/14/25	7/09/25	
254SSHY4	7/21/25	7/16/25	
254SSHY5	7/28/25	7/23/25	
254SSHY6	8/04/25	7/30/25	
254SSHY7	8/11/25	8/06/25	

### AMERICAN RED CROSS LIFEGUARD COURSE (CERTIFICATIONS)

24 HOURS | 3 DAYS | GAME ROOM/AQUATICS CENTER

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

REGISTRATION DEADLINE: AUGUST 1

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 **2 WEEKS** 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
254LG1	8/15/25	Friday 4:00 pm-8:00 pm Saturday & Sunday 8:00 am-6:00 pm

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

2 HOURS 30 MINUTES | 1 DAY | PINE ROOM

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

REGISTRATION DEADLINE: AUGUST 1

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
254ARC1	8/14/25	Thursday 4:00 pm
254ARC2	8/15/25	Friday 12:00 pm





4<sup>TH</sup> ANNUAL



Uncle Mike's Donut5K starts & ends at Allouez's scenic Green Isle Park.  
Enjoy live entertainment, the Sprinkle Sprint, and of course,  
**DONUTS!**

**June 7th, 2025**

## DAY-OF SCHEDULE

8:30am: Sprinkle Sprint

8:30-11:00am: Live Music

9:00am: 5K Start

*Bounce house, yard games,  
refreshments, and additional  
Uncle Mike's donuts for  
purchase.*

## LOCATION

Green Isle Park  
900 Greene Ave  
Allouez, Wis.

**This family-fun filled day includes  
all of the following & more:**

- A COMPLIMENTARY  
UNCLE MIKE'S DONUT
- FINISHER MEDAL
- COMMEMORATIVE  
T-SHIRT
- SPRINKLE SPRINT  
(Ages 2- 12)



*The*  
**Sprinkle  
Sprint**  
*for ages 2-12*

**YOU DONUT  
WANT TO MISS IT!**



**KROC**  
COMMUNITY CENTER

**Registration  
Now Open!**



### 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 to "Ceramics: Throwing For Kids".*

CLASS#	START	DAY & TIME
254A01	6/23/25	Monday 5:00 pm
254A02	6/24/25	Tuesday 2:00 pm
254A03	6/25/25	Wednesday 4:00 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
254A04	6/24/25	Tuesday 4:00 pm
254A05	6/26/25	Thursday 2:00 pm

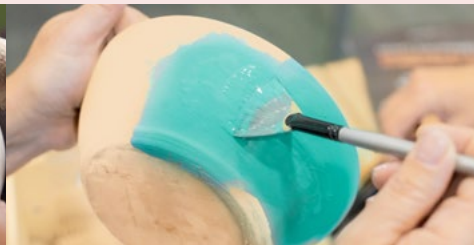
### CERAMICS: HAND BUILDING

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.

CLASS#	START	DAY & TIME
254A06	6/23/25	Monday 4:00 pm
254A07	6/25/25	Wednesday 5:15 pm



### MAGIC WITH PASTELS

45 MINUTES | 7 WEEKS | FINE ARTS ROOM

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

Get ready to have fun with color! In this exciting art class, kids will explore the magic of soft and oil pastels while learning to draw, blend, and create beautiful pictures. We'll play with shapes, textures, and lots of bright colors as we make animals, landscapes, and imaginative scenes. Perfect for young artists of all skill levels—no experience needed, just a love for art! All supplies are included.

CLASS#	START	DAY & TIME
254A12	6/26/25	Thursday 5:00 pm

### 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 to "Ceramics: Throwing".*

CLASS#	START	DAY & TIME
254A08	6/24/25	Tuesday 5:15 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
254A09	6/26/25	Thursday 10:30 am
254A10	6/26/25	Thursday 6:00 pm

### CERAMICS: MY ADULT AND ME

30 MINUTES | 6 WEEKS | FINE ARTS ROOM

AGES: 1.5-3 | MEMBER: \$26 | PUBLIC: \$43

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! *\*No class Friday 7/4.*

CLASS#	START	DAY & TIME
254A11	6/27/25	Friday 10:00 am

### LITTLE PICASSOS

45 MINUTES | 7 WEEKS | FINE ARTS ROOM

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

Let your child's creativity shine in this fun-filled painting class designed just for kids! Young artists will explore a variety of painting techniques using acrylic paint. Each week, they'll create colorful masterpieces inspired by their own imaginations. We focus on building confidence, having fun, and expressing ideas through art. No experience needed—just a love for painting! All materials are provided.

CLASS#	START	DAY & TIME
254A13	6/26/25	Thursday 4:00 pm

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

These classes are great for home schooled students!



# ONE DAY Workshops

We post **POP-UP**  
One Day Workshops  
on our socials Monthly!  
f i /KrocCenterGB



## PIE & PAINTING

2 HOURS | 1 DAY | FINE ARTS ROOM

AGES: 18+ | MEMBER: \$20 | PUBLIC: \$35

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

CLASS#	START	DAY & TIME
254A16	7/16/25	Wednesday 10:00 am
254A17	8/13/25	Wednesday 10:00 am

## PAINT ALONG WITH ME

2 HOURS | 1 DAY | FINE ARTS ROOM

AGES: 6-12 | MEMBER: \$20 | PUBLIC: \$35

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! Each month's painting will be **TBD**.

CLASS#	START	DAY & TIME
254A18	7/26/25	Saturday 10:00 am
254A19	8/23/25	Saturday 10:00 am

## Music

Ensuring the success of youth in our music program is a priority for this facility. Your student may need to participate in the same class over the course of multiple sessions depending on their progress and learning style. Our instructors will provide feedback and encouragement as well as evaluations to make sure each student is placed appropriately for their skill and age.

Students enrolling in piano classes should have a piano/keyboard at home to practice: the Kroc Center has keyboards available for rent for those without one available. If you are new to the program and unsure of what class to sign-up for, please reach out to [stephanie.hartley@usc.salvationarmy.org](mailto:stephanie.hartley@usc.salvationarmy.org) to discuss or set up an evaluation.

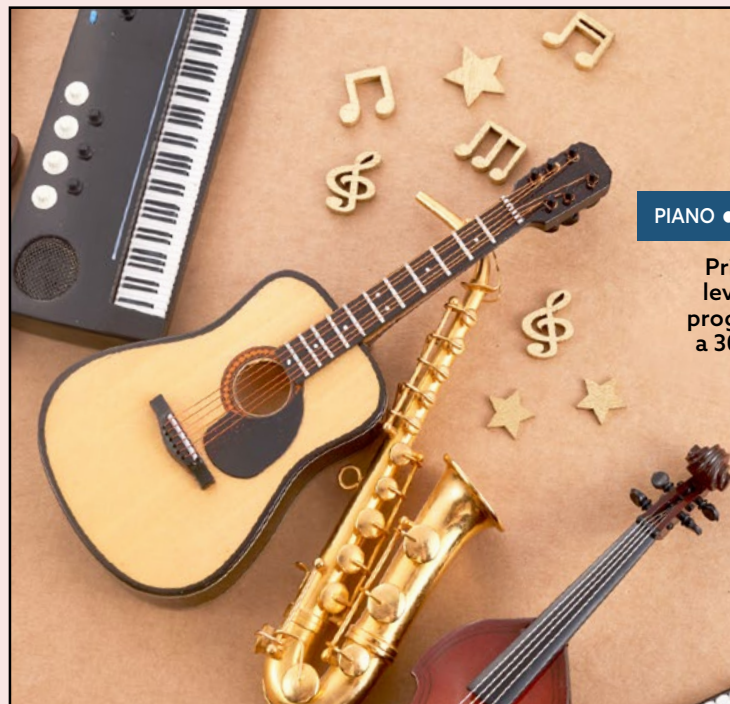
## PIANO 101-A

45 MINUTES | 7 WEEKS | PIANO LAB

AGES: 6-11 | 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.

CLASS#	START	DAY & TIME
254M01	6/23/25	Monday 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!



### TINY COMBO

45 MINUTES | 7 WEEKS | DANCE STUDIO

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

Want a little bit of everything? Join our Tiny Combo class! Dancers begin the introductory work for ballet (Vaganova), tap, and tumbling. This class teaches the framework necessary for safe and effective learning in the performing arts. Skills we focus on include: flexibility, rhythm, barre work, across the floor movements, counting music, and more! *This class is a prerequisite to "Ballet I" or "Tap I".*

CLASS#	START	DAY & TIME
254D01	6/23/25	Monday 4:00 pm
254D02	6/25/25	Wednesday 5:00 pm

### ACTING I

60 MINUTES | 7 WEEKS | DANCE STUDIO

AGES: 7-9 | MEMBER: \$75 | PUBLIC: \$120

Want to express yourself—come join Acting I! We provide students with well-rounded methods to explore their dramatic side. This session focuses on basic improvisation, camera techniques, vocal techniques, stage direction, and tons of theatre games! With Acting I, you can explore your speech patterns, elocution, and create a pathway to move forward into Acting II.

CLASS#	START	DAY & TIME
254D03	6/23/25	Monday 5:00 pm

### ACTING II

60 MINUTES | 7 WEEKS | DANCE STUDIO

AGES: 10-12 | MEMBER: \$75 | PUBLIC: \$120

Want to expand your acting technique—join Acting II! With all of the techniques studied in Acting I, students apply improvisation, scene study, character development, the use of props, blocking, basic stage combat, and more! Acting II helps students create a versatile use of their skills not just in the theatre, but throughout their lifetime. \*If younger than 10 years old, enrollment in Acting II is permissible upon completion of a successful personal assessment by the instructor or after completing Acting I class.

CLASS#	START	DAY & TIME
254D06	6/24/25	Tuesday 6:30 pm

### BALLET I

45 MINUTES | 7 WEEKS | DANCE STUDIO

AGES: 6-8 | MEMBER: \$60 | PUBLIC: \$95

Ballet I focuses on the training and motor skill development of students looking to continue developing their ballet skills. This session teaches basic Vaganova technique, focusing on learning all positions of the arms and feet, barre work, jumps, leaps, basic turns, combinations, across the floor, and more! This class builds technique for moving forward into Ballet II. *This class is a prerequisite to "Ballet II".*

CLASS#	START	DAY & TIME
254D04	6/24/25	Tuesday 4:00 pm

### BALLET II

1 HOUR 15 MINUTES | 7 WEEKS | DANCE STUDIO

AGES: 9-12 | MEMBER: \$90 | PUBLIC: \$140

Want more Ballet? Join Ballet II! This course lays the groundwork for all dance techniques including tap, jazz, musical theatre, contemporary, and more. Ballet II provides a comprehensive focus on expanding your ballet skills and knowledge. We continue building on techniques learned in Ballet I, plus preparation for pointe, turns, center work, across the floor, variations, and more! This session is designed for dancers who want to strengthen their ballet skills and engage in an in-depth study of the Vaganova technique. *Must have taken "Ballet I" before enrolling (or evaluation of skills).*

CLASS#	START	DAY & TIME
254D05	6/24/25	Tuesday 5:00 pm

### TAP I

45 MINUTES | 7 WEEKS | DANCE STUDIO

AGES: 5-7 | MEMBER: \$60 | PUBLIC: \$95

Let's get loose! Join Tap I to learn tap technique! Students learn basic tap warm-ups, rhythm, syncopation, across the floor, basic combinations, and more! The best part? No tap shoes required! Tap I focuses on learning the proper alignment of the leg with the foot to ensure when tap shoes are introduced, the sounds are crisp, clear, and sharp! Learning the proper technique will help the tap sounds come much easier.

CLASS#	START	DAY & TIME
254D07	6/25/25	Wednesday 6:00 pm

### HIP HOP

45 MINUTES | 7 WEEKS | DANCE STUDIO

AGES: 7-9 | MEMBER: \$60 | PUBLIC: \$95

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
254D08	6/23/25	Monday 6:15 pm

### MY ADULT AND ME

30 MINUTES | 7 WEEKS | DANCE STUDIO

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! It is also an excellent dance class choice for children who may have difficulty separating from their parents or who exhibit challenging behaviors when trying something new. We're flexible with age—it's more about fit than a specific number.

CLASS#	START	DAY & TIME
254D09	6/25/25	Wednesday 4:00 pm



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

# GYM & SPORT

## Gymnastics

### PARENT AND TOT TUMBLING

30 MINUTES | 8 WEEKS | AUDITORIUM & CHERRY

AGES: 1-2 | MEMBER: \$35 | PUBLIC: \$55

Parent and Tot Tumbling is designed exploration through stations that focus on running, jumping, hanging, tumbling, and balancing while building trust with their guardian.

CLASS#	START	DAY & TIME
254PTT	6/24/25	Tuesday 3:30 pm

### TUMBLING I

30 MINUTES | 8 WEEKS | AUDITORIUM & CHERRY

AGES: 3-4 | MEMBER: \$45 | PUBLIC: \$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.

CLASS#	START	DAY & TIME
254T1	6/23/25	Monday 4:00 pm
254T3	6/25/25	Wednesday 4:00 pm

### TUMBLING II

30 MINUTES | 8 WEEKS | AUDITORIUM & CHERRY

AGES: 4-5 | MEMBER: \$45 | PUBLIC: \$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.

CLASS#	START	DAY & TIME
254T2	6/23/25	Monday 4:30 pm
254T4	6/25/25	Wednesday 4:30 pm

### GYMNASTICS: BEGINNER

60 MINUTES | 8 WEEKS | AUDITORIUM & CHERRY

AGES: 6-16 | MEMBER: \$75 | PUBLIC: \$120

Learn gymnastic stretching and conditioning, as well as skills on the vault, bars, beam, and floor.

CLASS#	START	DAY & TIME
254GB1	6/23/25	Monday 5:00 pm
254GB2	6/24/25	Tuesday 4:00 pm
254GB3	6/25/25	Wednesday 5:00 pm
254GB4	6/26/25	Thursday 3:00 pm
254GB5	6/26/25	Thursday 5:00 pm

### GYMNASTICS: INTERMEDIATE

60 MINUTES | 8 WEEKS | AUDITORIUM & CHERRY

AGES: 6-16 | MEMBER: \$80 | PUBLIC: \$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".

CLASS#	START	DAY & TIME
254GI1	6/23/25	Monday 4:00 pm
254GI2	6/24/25	Tuesday 5:00 pm
254GI3	6/26/25	Thursday 4:00 pm

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

### CHEERLEADING 101 NEW!

60 MINUTES | 8 WEEKS | AUDITORIUM & CHERRY

AGES: 8-14 | MEMBER: \$75 | PUBLIC: \$125

Cheerleading 101 is an introductory class designed for beginners to explore the dynamic world of cheerleading. In this course, students will learn the fundamentals of cheerleading; including stunts, tumbling, jumps, and chants.

CLASS#	START	DAY & TIME
254CH1	6/25/25	Wednesday 6:00 pm

### GYMNASTICS: ADVANCED 1

1 HOUR 15 MINUTES | 8 WEEKS | AUDITORIUM & CHERRY

AGES: 6-16 | MEMBER: \$105 | PUBLIC: \$160

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".

CLASS#	START	DAY & TIME
254GA1	6/24/25	Tuesday & Wednesday 4:00 pm

### GYMNASTICS: ADVANCED 2

1 HOUR 15 MINUTES | 8 WEEKS | AUDITORIUM & CHERRY

AGES: 6-16 | MEMBER: \$110 | PUBLIC: \$165

This class is structured for students who have graduated from "Gymnastics: Advanced 1", or new students who have demonstrated they can safely perform advanced skills. This class is similar to "Gymnastics: Level 2 Team". Any gymnast that has not taken gymnastics at the Kroc needs to be evaluated before entering anything higher than "Gymnastics: Beginner".

CLASS#	START	DAY & TIME
254GA2	6/25/25	Wednesday 5:30 pm & Thursday 4:00 pm

### GYMNASTICS: PRE TEAM

1 HOUR 15 MINUTES | 8 WEEKS | AUDITORIUM & CHERRY

AGES: 6-16 | MEMBER: \$90 | PUBLIC: \$140

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.

CLASS#	START	DAY & TIME
254GPT	6/24/25	Tuesday 5:30 pm

### GYMNASTICS: LEVEL 2 TEAM

2 HOURS | 8 WEEKS | AUDITORIUM & CHERRY

AGES: 6-16 | MEMBER: \$150 | PUBLIC: \$205

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.

CLASS#	START	DAY & TIME
254GL2	6/23/25	Monday 5:00 pm


### GYMNASTICS: LEVEL 3 TEAM

2 HOURS 30 MINUTES | 8 WEEKS | AUDITORIUM & CHERRY

AGES: 6-16 | MEMBER: \$170 | PUBLIC: \$230

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.

CLASS#	START	DAY & TIME
254GL3	6/26/25	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
254T1*	6/24/25	Tuesday & Thursday 6:15 pm
254T2	6/24/25	Tuesday & Thursday 6:15 pm/ **Saturday 2:00 pm
254T3*	6/26/25	Thursday 6:15 pm/ **Saturday 2:00 pm

## LIL' NINJA

30 MINUTES | 7 WEEKS | MAPLE

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

Introduction to a fun and engaging sport inspired by gymnastics, obstacles course training, and freestyle movement. Lil' Ninjas will develop strength, stamina, agility, and confidence in a fun and safe environment.

CLASS#	START	DAY & TIME
254LN1	6/24/25	Tuesday 4:00 pm
254LN2	6/26/25	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 developing your ninja skills and strength. This class will expand upon the "Lil' Ninja" curriculum and introduce new skills, or is the starting level for those aged out of the "Lil' Ninja" class.

**RED LEOPARD:** Continue developing your ninja skills and strength. This class will expand upon the "White Crane" curriculum and introduce new skills.

**BLUE DRAGON:** Continue developing your ninja skills and strength. This class will expand upon the "Red Leopard" curriculum and introduce new skills.

CLASS#	START	DAY & TIME
<b>WHITE CRANE   AGES: 5-8</b>		
254NW1	6/24/25	Tuesday 4:45 pm
254NW2	6/26/25	Thursday 4:45 pm
<b>RED LEOPARD   AGES: 6-9</b>		
254NR1	6/24/25	Tuesday 5:45 pm
254NR2	6/26/25	Thursday 5:45 pm
<b>BLUE DRAGON   AGES: 7-10</b>		
254NB2	6/24/25	Tuesday 6:45 pm

# GYM & SPORT

## Kroc Kids & Family Fun

## 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.

CLASS#	START	DAY & TIME
254A	6/23/25	Monday 6:15 pm

## 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
254F05	6/25/25	Wednesday 4:15 pm
254F06	6/26/25	Thursday 4:15 pm

## PARENT AND TOT SOCCER **NEW!**

30 MINUTES | 7 WEEKS | SOCCER FIELD/GYM B

AGES: 2-4 | MEMBER: \$35 | PUBLIC: \$60

Parent and Tot Soccer is designed for both parents and their child to interact. Your tot will learn and practice soccer skills such as dribbling, passing, and shooting into a goal, in addition to working on agility and coordination.

CLASS#	START	DAY & TIME
254PTS	6/23/25	Monday 4:15 pm

## RJ'S SOCCER **NEW!**

45 MINUTES | 7 WEEKS | SOCCER FIELD/GYM B

AGES: 5-8 | MEMBER: \$40 | PUBLIC: \$65

RJ's soccer is designed for 5 to 8 years olds new to soccer or who respond better to a low-key environment. Class will introduce basic soccer skills (dribbling, passing, trapping, scoring) and develop a sense of confidence on the field. Players will also learn sportsmanship and team play. Some small-sided, yet non-competitive, soccer games are played to enhance learning how to apply skills in game situations.

CLASS#	START	DAY & TIME
254RJS	6/23/25	Monday 5:00 pm

## CO-ED YOUTH SOCCER LEAGUE **NEW!**

1 HOUR/2 HOURS (SATURDAY) | 8 WEEKS | SOCCER FIELD/GYM B

AGES: 7-9 | MEMBER: \$65 | PUBLIC: \$100

Athletes will be introduced to game rules, develop and improve soccer skills (dribbling, passing, trapping, scoring), and discover a passion for soccer. We encourage and develop sportsmanship to improve interactions with peers, teammates, and others in the community. Registration deadline of 6/23/25 ensures jerseys will be received in time for games starting 7/12/2025. Saturday games will start at 9:00 and 10:00. \*Game schedule may be condensed or expanded depending on enrollment. **\*\*No game on Saturday 7/5.**

CLASS#	START	DAY & TIME
254SL	6/23/25	Monday 6:00 pm/ Saturday 9:00 am

# CHURCH

## Faith and Community

### 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 study on the book of Joshua and starting the book of Judges in July. Come join us and discover the history, meaning, connection, and love of God for us!

CLASS#

254PRCP

DAY & TIME

Thursday 9:00 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.



### Piano Recital

Saturday | May 24<sup>th</sup>  
10:00 am

Save The Date



# Worship with us!

## SUNDAYS AT 10:00 AM

USE THE NORTH ENTRANCE.



Saturday, August 16<sup>th</sup>  
**FREE EVENT!**

# CHALK FEST

920.884.5007  
GBKROCCENTER.ORG  
1315 LIME KILN ROAD, GREEN BAY



**KROC**  
COMMUNITY CENTER