



KROC CENTER

Dayton, Ohio

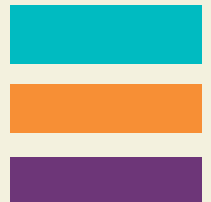
PROGRAM GUIDE

SPRING 2019



**KROC
CENTER**
DAYTON

REVISED: 04/03/19



HOURS OF OPERATION & CLOSURES

WORSHIP & ARTS BUILDING

MONDAY-THURSDAY 6 AM to 9 PM
FRIDAY 6 AM to 7 PM
SATURDAY 9 AM to 5 PM

TECH CAFÉ

MONDAY - THURSDAY 12 PM to 8 PM
FRIDAY 12 PM to 7 PM
SATURDAY 12 PM to 5 PM

FITNESS CENTER

MONDAY-THURSDAY 6 AM to 9 PM
FRIDAY 6 AM to 7 PM
SATURDAY 9 AM to 5 PM

CLOSURES

FRIDAY, APRIL 19, 2019
GOOD FRIDAY

PARTIAL CLOSURES

MONDAY, MAY 27, 2019
MEMORIAL DAY
(REC OPEN 8:00 AM - NOON)

INCLEMENT WEATHER POLICY

If Montgomery County is under a Level 2 Emergency, the Kroc Campus will close. All offices & buildings will be closed, and all programs will be cancelled for the rest of the day.

CONTACT THE KROC

WELCOME DESK: 937-528-5100

ADMINISTRATION

MAJOR STANLEY SENAK ADMINISTRATOR / CORPS OFFICER
937-528-5200

MAJOR GAYLE SENAK ASSOCIATE ADMINISTRATOR / CORPS OFFICER
937-528-5200

WORSHIP & ARTS

LIEUTENANT BRITTANY BENDER ASSISTANT CORPS OFFICER
937-528-5113

LIEUTENANT BRYAN E. BENDER ASSISTANT CORPS OFFICER
937-528-5139

RACHEL WRIGHT MANAGER OF FOOD SERVICE & EVENTS
937-528-5131

KIP MOORE PROGRAM MANAGER
937-528-5211

JANET FEDRICK SUPPORT SERVICES COORDINATOR
937-528-5120

STACIE KUBERA MEMBER SERVICES MANAGER
937-528-5112

FITNESS & RECREATION

ERIN MAY RECREATION MANAGER
937-528-5151

TAYLOR SENAK ASSISTANT RECREATION MANAGER
937-528-5157

DORIAN HOOVER BASKETBALL PROGRAM COORDINATOR
937-528-5155

EDUCATION & TECHNOLOGY

RANAE STREET EDUCATION DEPARTMENT MANAGER
937-528-5248

DAWN HARRISON LITERACY SPECIALIST
937-528-5245

LYDIA WARD EDUCATION-TECHNOLOGY SPECIALIST
937-528-5241

Have more questions about The Kroc? [Email us!](#)

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[FACEBOOK.COM/KROCDAYTON](https://www.facebook.com/krocdayton)



[@KROCDAYTON](https://www.instagram.com/krocdayton)



THE SALVATION ARMY MISSION STATEMENT

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.

Help yourself to our
complementary WiFi...

USERNAME: Red
PASSWORD: KETTLE



**KROC
CENTER**
DAYTON

KROC POLICIES

PAYMENT OPTIONS

We have yearly membership plans with the option of being paid on a monthly basis over a 12 consecutive month period. Please call or stop by the Welcome Desk to learn more.

FAMILY MEMBERSHIP

Up to four individuals living in a household. Please note additional charge for each additional member after 4. Verification of family status and residency may be required.

MEMBERSHIP RATES

BASIC MEMBERSHIP INDIVIDUAL RATES

\$84/year
\$8/month

BASIC MEMBERSHIP FAMILY RATES

\$168/year (up to 4 members)
\$15/month (up to 4 members)
\$42/year each additional person

KROC PERKS PROGRAM

KROC PERKS INDIVIDUAL RATES

\$156/year
\$14/month

KROC PERKS FAMILY RATES

\$312/year (up to 4 members)
\$28/month (up to 4 members)

KROC MEMBERSHIP

KROC*PERKS

THE DAYTON KROC CENTER'S PREMIER PERK PROGRAM

Visit our Welcome Desk for more details!

WHAT'S INCLUDED WITH THE KROC PERKS PROGRAM:

	KROC MEMBERSHIP	KROC PERKS PROGRAM
EARLY HOURS ACCESS TO FITNESS CENTER	✓	✓
ACCESS TO THE TECH CAFÉ	✓	✓
OPEN GYMS	✓	✓
COMPLIMENTARY GUEST PASSES (12)		✓
HALF-PRICE TICKETS TO ALL SPECIAL EVENTS		✓
KROC T-SHIRT		✓
10% DISCOUNT ON PERSONAL TRAINING (IF PAID IN FULL)		✓
12 COMPLIMENTARY FITNESS CLASSES (IF PAID IN FULL)		✓

*Any child younger than 16 must be accompanied by an adult at all times.

SUPPORT SERVICES

937-528-5120

Hours: Monday - Friday 9 AM to 4 PM

HOURS

Monday - Friday
9 AM to 4 PM

UTILITY ASSISTANCE

Assistance with disconnect notices for local Electric, Gas and Water bills.

Calls are accepted:

Monday - Thursday
9 AM to 12 PM

GIFT OF POWER

Gift of Power is a program sponsored by Dayton Power & Light to help with DP&L disconnection notices

January 22 - April 15, 2019

937-528-5145

For an appointment or questions please call 937-528-5145.



SCHOLARSHIPS

The Salvation Army Kroc Center is pleased to provide a comprehensive scholarship program to help provide access to this facility. It was Joan Kroc's vision and expectation that all individuals have equal opportunities to grow their natural gifts and talents. Friends and supporters of The Salvation Army Ray and Joan Kroc Corps Community Center have created a Scholarship Fund which helps low-income families to afford Kroc Center activities and programs by providing a discount. Our aim is to aid people in having positive life-changing experiences through arts, athletics, personal development, spiritual discovery, and community service

REQUIRED DOCUMENTS

Verification for all members living in the household

Photo ID required for all adults

Shot record, birth certificate, or school IDs will serve as proof for children

Current proof of income or lack of income for all members living in the household

2 current pay stubs, TANF Notice of Action (OWF Statement), Child Support/Alimony, Social Security, Food Stamp statements, Unemployment documents, Student Loan records, first two pages of your Federal Tax Return

Address Verification

Copy of lease, listing all members living in the household

HUD/Section 8 documents

3rd Party Statement will be required for applicants who own their residence

Barb Hartley

Scholarship Coordinator

barb.hartley@use.salvationarmy.org

937-528-5125 (office)

937-528-5180 (fax)



WORSHIP AT THE KROC

Worship With Us!

9 AM
PRAYER MEETING

9:30 AM
SUNDAY SCHOOL

10:45 AM
MORNING WORSHIP

SMALL GROUPS

Kroc Recovery Cafe
Mondays 6:30 PM
W&A Conference Room

Adult Small Group
Wednesday 6:30 PM
Kroc Center

Mom's Bible Study
Wednesdays 5:30 PM
Kroc Center

Women's Small Group
Wednesdays 6:30 PM
W&A Conference Room

UPCOMING EVENTS



VACATION BIBLE SCHOOL

AT THE KROC CENTER

Grades: K-8

Dates: March 25-29, 2019

Times: 10:00AM-2:00PM

Register online at <https://www.myvbs.org/daytonkroc19>

Contact; Lt. Brittany Bender @ 937-528-5113



WORTH IT - TEEN GIRLS EVENT

AT THE KROC CENTER

Dates: March 1, 2019

Times: 7:00 PM - 9:00 PM

RSVP to Lt. Brittany Bender @ 937-528-5113

TROOPS

Troops program runs in conjunction with SK2

The Salvation Army's Character Building Program
Wednesdays at 4:00 PM

MOONBEAMS

BOYS & GIRLS; PRE K & KINDERGARTEN

SUNBEAMS

GIRLS; GRADES 1-5

EXPLORERS

BOYS; GRADES 1-5

GEMS

GIRLS; GRADES 6-8

RANGERS

BOYS; GRADES 6-8



WEEKLY CORPS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM Prayer Meeting	4:15 PM YP Singing Co.	6:30 PM Women's Ministries	4:00 PM Troops Program (see pg. 8)	5:00 PM Christian Yoga	7:00 PM Teen Night
9:30 AM Sunday School	5:00 PM Dinner with SK2		5:00 PM Dinner with SK2	5:30 PM Praise Band Rehearsals	
10:45 AM Morning Worship	5:30 PM Women's Christian Zumba		5:30 PM Junior Soldiers 7 yrs - 6th grade	6:30 PM Bible Study	
	5:30 PM Dance Levels 1 & 2		5:30 PM Corps Cadets Grades 7-12		
	5:30 PM Youth Brass		5:30 PM Mom's Bible Study (nursery available)		
	5:30 PM Drumline		6:30 PM Beginner Brass		
	6:30 PM Kroc Recovery Cafe				



Private Music Lessons

Piano
Guitar
Violin
Cello
Singing
Trumpet
Trombone
Drums

\$15 per 30 mins.

Call 937-528-5111
for more info



KROC
CENTER
DAYTON

BADGE & PATCH DAYS

The Dayton Kroc Center is offering special badge days to local Girl Scouts. Girl Scouts can choose from both official badges and fun patch events.

COST

\$5.00 Per Girl
Cost includes all supplies needed and badge earned.

REGISTRATION

To register your troop for a Girl Scouts at the Kroc event, visit: kroc.salvationarmy.org/
DaytonKroc/girlscouts

The deadline to register for each event is listed in the event description.

LOOKING AHEAD

Dance the Day Way

Brownies
September 7, 2019

Archery

Cadettes
September 17, 2019

Field Day

Cadettes
October 5 & 12, 2019

Field Day Fun Patch

Daisy, Brownie, Junior
October 12, 2019

Daisy Dance Off

Daisy
October 19, 2019

GIRL SCOUTS

AT THE KROC CENTER

DANCE THE DAY AWAY

GIRL SCOUT LEVEL: BROWNIES
DATE: APRIL 27, 2019
TIME: 1:30 PM - 3:00 PMV
COST: \$5

DAISY DANCE OFF

GIRL SCOUT LEVEL: DAISIES
DATE: MAY 11, 2019
TIME: 1:30 PM - 3:00 PM
COST: \$5

DANCE THE DAY AWAY

GIRL SCOUT LEVEL: BROWNIES
DATE: JUNE 1, 2019
TIME: 1:30 PM - 3:00 PM
COST: \$5

PERSONAL SAFETY FUN PATCH

GIRL SCOUT LEVEL: BROWNIES, JUNIORS, CSA
DATE: JULY 13, 2019
TIME: 1:30 PM - 3:00 PM
COST: \$5

MAKING GAMES

GIRL SCOUT LEVEL: BROWNIES
DATE: JULY 20, 2019
TIME: 1:30 PM - 3:00 PM
COST: \$5

STAYING FIT

GIRL SCOUT LEVEL: JUNIORS
DATE: AUGUST 3, 2019
TIME: 1:30 PM - 3:00 PM
COST: \$5

PICKLEBALL FUN PATCH

GIRL SCOUT LEVEL: BROWNIES, JUNIORS, CSA
DATE: AUGUST 17, 2019
TIME: 1:30 PM - 3:00 PM
COST: \$5



REGISTRATION

CAMP REGISTRATION FEE

\$15/CHILD FOR ANNUAL KROC MEMBERS

\$20/CHILD FOR NON-MEMBERS

*\$30 MAX PER FAMILY FOR ANNUAL KROC MEMBERS;
\$40 MAX PER FAMILY FOR NON-MEMBERS
ALL REGISTRATION FEES ARE NON-REFUNDABLE*

EARLY BIRD: MARCH 1-30

\$120/WEEK PER CHILD FOR ANNUAL KROC MEMBERS

\$140/WEEK PER CHILD FOR NON-MEMBERS

GENERAL: APRIL 1 - MAY 24

\$140/WEEK PER CHILD FOR ANNUAL KROC MEMBERS

\$160/WEEK PER CHILD NON-MEMBERS

*SCHOLARSHIPS AVAILABLE FOR THOSE WHO QUALIFY
*PAYMENT PLANS AVAILABLE FOR EVERYONE UNTIL THE
END OF APRIL
*REGISTRATION ONLINE THIS YEAR.

VISIT OUR WEBPAGE FOR MORE INFORMATION:

KROC.SALVATIONARMY.ORG/DAYTONKROC/DAYCAMP

REGISTER FOR CAMP KROC TODAY!

DATES

Week 1: June 3-7

Week 2: June 10-14

Week 3: June 17-22

Week 4: June 24-28

Break: July 1-5

Week 5: July 8-12

Week 6: July 15-19

Week 7: July 22-26

HOURS

8:00 AM - 3:00 PM

AGES

6 - 12

FIELD TRIPS

CAMP SWONEKY
YOUNG'S DAIRY FARM
CINCINNATI ZOO
SKATE WORLD
ISLAND PARK
CAPRI BOWLING

QUESTIONS? CONTACT:

RaNae Street
Education Dept Manager
ranae.street@use.salvationarmy.org
937-528-5248

FITNESS MISSION STATEMENT

"I can do all things through him who strengthens me." Philippians 4:13

At The Salvation Army Ray & Joan Kroc Center, we want to give you every opportunity to learn about fitness and change your life. We strive to enhance healthy lifestyles and well-being on the lives that we touch through the fitness center. We will provide a safe and welcoming environment and have staff available to answer questions or to help you out. *Fitness is a journey, not a destination, you must continue for the rest of your life.*

OPEN FITNESS CENTER

Monday - Thursday 6 AM to 9 PM
Friday 6 AM to 7 PM
Saturday 9 AM to 5 PM

FITNESS RATES

Members must be 16 years or older to work out in the Fitness Center or the Dance Studio, unless they complete the Kroc Teen Programs (for ages 12-15 only).

DROP IN CLASSES

Daily fitness classes offered at the Kroc Center. See Drop-in class schedule.
Cost: \$3/members; \$5/guests

PUNCH CARDS

Purchase a punch card and use it on any 12 classes any day! Good for Aerobic or TRX classes. You must have the punch card present.
\$30 Members, \$50 Non-Members

KROC PERKS PUNCH CARD

Get 15 fitness classes for the low price of \$30.

ERIN MAY DIRECTOR OF RECREATION
erin.may@use.salvationarmy.org
937.528.5151

PERSONAL TRAINING

The Kroc Center's nationally-certified personal trainers are passionate about health and fitness. Whether you're just starting out, taking your workout to the next level, or training for your next athletic event, our trainers will be able to help you with the following: *develop fitness routines to meet your needs, help maximize the efficiency of your work out, provide basic nutrition and weight loss tips, identify problem areas and help you overcome mental obstacles, track your progress and keep you encouraged.*

INDIVIDUAL TRAINING

A 30/60 minute, one on one session with a certified personal trainer includes body fat testing and a specialized program designed to meet your needs and personal goals.

Single 30-minute Session: \$18/members, \$25/guests
Five 30-minute Sessions: \$70/members, \$105/guests
Ten 30-minute Sessions: \$125/members, \$200/guests
Single 60-minute Session: \$30/members, \$50/guests
Five 60-minute Sessions: \$135/members, \$210/guests
Ten 60-minute Sessions: \$250/members, \$400/guests

TRAIN WITH A FRIEND

Bring a friend and get personalized guidance complete with tips and techniques in a 60 minute training session.

Single Session: \$40/members, \$60/guests
5 Sessions Save 13%: \$174/members, \$261/guests
10 Sessions save 17%: \$332/members, \$498/guests

BRIDE / GROOM BOOT CAMP

Are you looking to get in shape for your upcoming wedding? With this bride or groom boot camp package let us help you get to your wedding weight goal. This is a one on one specialized program that will be designed to help meet your needs and personal goals. Each session will last 60-minutes and will specialize on cardio and strength training.

Three Session Package: \$85/members, \$170/guests
Six Session Package: \$125/members, \$210/guests
Twelve Session Package: \$290/members, \$480/guests

Want to bring your wedding party along?

Bride or Groom with 1 or 2 friends: \$30
Bride or Groom with 3 friends: \$40
Bride or Groom with 4 friends: \$50

KROC FITNESS CENTER

Interested in Fitness Classes?

Visit the Fitness page at daytonkroc.com to see the class schedule.

FREE CLASS THURSDAYS!

FIRST THURSDAY OF EVERY MONTH

Intro to TRX

By appointment only

For up-to-date class information, visit us on Facebook:



**Dayton Kroc Center
Fitness Page**

MILLION REP CHALLENGE

For the New Year, help us help you!

The goal is to hit 1 million reps of either push-ups, crunches, and body-weight squats over the course of a year. Anyone can contribute reps to the bank. Participants who contribute at least 5000 reps will be eligible for the program prize. Program will run **January 14 - December 21, 2019**. Winner will be announced January 2020.

PUSH-PULL COMPETITION

May 31-June 1, 2019

This event is a test of strength! Participants will have three attempts to establish their one-rep max deadlift and bench press! Prizes will be awarded for top 3 open and masters male and female. Sign-ups will begin in May!

Free Event

SOCCER CLINIC AT ACTION SPORTS

May 18, 2019

Learn the basics of soccer in this intensive clinic. Located at Action Sports Soccer Fields, 1103 Gateway Drive, Dayton, OH.

[Visit our website for more information.](#)

CANCELLATIONS

Classes are subject to cancellation if they do not fill. Refunds will be issued if the class is cancelled.

KROC TEEN PROGRAMS

FIGHTING BACK: KID'S SELF-DEFENSE

Ages 7-17; Tuesdays and Thursdays, 7:00 PM. This class will teach basic and advanced kid-safe self-defense, martial arts, easy to learn responses to typical self-defense situations for youth. Kids will learn how to be safe on the playground at school, what to do in the event of a home invasion, how to be safe at school (ALICE PROGRAM), and much more. Essential points will be to empower students to have self-confidence and build self-esteem through mixed martial arts training. **Cost for this class is \$5/class for members, and \$10/class for guests. Class Pass with 12 classes available for \$60.00**

KROC TEEN CARDIO

Ages 12 to 15. To schedule your sessions with a trainer, please visit the Fitness desk. This class will introduce teens how to add cardiovascular exercise to their daily lives. Teens will receive instruction on different types of class exercise options, rules and proper use and care of equipment in the fitness studio. Teens who attend all classes and successfully complete the program will receive special permission to attend Fitness Studio classes. ***Must be present with a parent**

KROC TEEN I.E. (INTO EXERCISE)

Ages 12 to 15. To schedule your sessions with a trainer, please visit the Fitness desk. This class will introduce teens to strength training and use of the cardio machines in the fitness center. Teens will receive instruction on proper use of equipment, basic human movement, and exercise form. After completion of the class, teens that attend all classes and successfully complete the program will receive special permission to use the Fitness Center. ***Must be present with a parent**

KROC TEEN STRENGTH

Ages 12 to 15. To schedule your sessions with a trainer, please visit the Fitness desk. This class will further educate teens on strength training. Teens will receive instruction on more machines in fitness center, including an introduction to free weight form and safety. Participants need to have taken Kroc Teen I.E.. ***Must also be present with a parent.**

PICKLEBALL PRIVATE LESSONS

SINGLE 60-MINUTE SESSION:
\$30/MEMBERS \$50/GUESTS

FIVE 60-MINUTE SESSIONS:
\$135/MEMBERS \$210/GUESTS

1. One court will be set aside for private lessons (ratings 1.0-4.0) should anyone choose to do so.
2. Lessons will be 1-hour in duration and begin on the hour.
3. 4 person max per time slot
4. To reserve your day and time slot, contact John Grimley at 937-528-5150.
5. When calling in for a reservation, you must give your rating as an effort will be made to ensure that equal level ability players will be in the same lesson.
6. You may sign up as an individual, with a partner, or in a group of three or four.

PERSONAL SAFETY

Personal Safety Self Defense Class

"Don't be a victim of crime!"

This class will teach awareness and empowerment, robbery awareness prevention, Alice training, active shooter, surviving an abduction, surviving home invasion, surviving carjacking, women's self-defense, weapon retention, street survival training, and more!

**April 6, 2019 &
June 1, 2019**

1:30 - 3:00 PM

Cost: \$1/members \$5/guests

PICKLEBALL AT THE KROC

PICKLEBALL LADDER LEAGUE

3.0-3.5 MONDAY 8:30-10:30 AM (12 SPOTS)
3.0-3.5 WEDNESDAY 8:30-10:30 AM (16 SPOTS)

COST: \$5/MONTH

Pickleball Ladder leagues are now forming at the Kroc Community Center. Each league will start the first week of the month and run for four weeks at which time new leagues will start for the following month... and so on through each month.

PICKLEBALL LESSONS

Instructor: John Grimley

Drop-In Lessons (30-minutes):

- **Adults (19+) - Members \$5/ Non-members \$8**
- **Youth (10-18) - Members \$3/ Non-members \$5**

Dedicated Court Lessons:

Price per court for 1 hour per week for 4 weeks.

- **Adults (19+) - Members \$40/ Non-members \$50**
- **Youth (10-18) - Members \$30/ Non-members \$40**

Drop-In Lessons and Dedicated Court Lessons are to be scheduled IN PERSON through the Kroc Pickleball Instructor during the following days/times:

Mondays - 10:30-12pm / 6-9pm

Tuesdays - 10:00-12pm

Wednesdays - 10:30-12pm / 6-9pm

Fridays - 10:30-12pm

Saturday - 9:00-1:00pm

PICKLEBALL TOURNAMENTS

SENIOR SPRING FLING TOURNAMENT

APRIL 12-13, 2019

AGES 50 & UP

\$25/PERSON

ADVANCED (4.0-5.0) TOURNAMENT

APRIL 26-27, 2019

\$25/PERSON

INTERMEDIATE (3.0-3.5) TOURNAMENT

MAY 3, 2019

\$25/PERSON

PICKLEBALL CLINICS

SATURDAY, JUNE 1, 2019

BEGINNER: 9:30 - 11:30 AM

INTERMEDIATE: 11:30 AM - 1:30 PM

ADVANCED: 2:00 - 4:30 PM

24 PEOPLE PER CLINIC

COST: \$20

PICKLEBALL & PIZZA NIGHT

FRIDAY, MAY 17, 2019

6:00 - 10:00 PM

COST: \$15

Please call or email Erin May at 937-528-5151 or erin.may@use.salvationarmy.org for questions and how to register.

BASKETBALL AT THE KROC

AAU BASKETBALL

AAU at the Kroc is back. New for 2019 we will be offering girls and boys AAU Basketball teams. Each member of the team will get individualized and team training, will learn how to watch and analyse game film, they will have access to our fitness center which includes TRX training, and speed, agility training, and will use our education building to maintain excellence in the classroom.

AAU tryouts February 12 & 14

Girls Grades 5-6: 5 to 7 PM

Boys Grades 6-7: 7 to 9 PM

YOUTH TRAINING SESSIONS

More information coming soon!

HIGH SCHOOL BOYS & GIRLS SUMMER LEAGUE

More information coming soon!

Please call or email Dorian Hoover at 937-528-5155 or dorian.hoover@use.salvationarmy.org for all basketball questions and how to register.



SPEED, AGILITY, AND QUICKNESS TRAINING

The game is changing. Modern youth sports are more competitive than ever. Unfortunately, the rate of childhood obesity is at an all time high and overuse injuries and postural syndromes are also on the rise. Funding issues and increased pressure on schools and students to perform on standardized testing has resulted in a dramatic decrease in the depth and breadth of physical education exposures available to today's students compared to just one generation ago.

The importance of early, appropriate, and regular motor learning exposures is critical and can mean the difference between good performance and bad, wellness or injury, and satisfaction or disappointment for the developing athlete later in life. For these reasons and more, the time could not be better to implement a comprehensive program to help athletes of all developmental levels to grow and improve basic motor skills essential for success in becoming faster and more agile. Not only can such training result in a better athlete in the long run, but a happier, more productive, and healthier individual decades down the road.

Athletes will work on speed, agility, and quickness. We will use the speed ladder, plyometric boxes, and cones to help work all the key areas!

**Cost: 1 Hour Session:
\$30/members \$45/guests**

**5 one hour sessions:
\$135/members \$210/guests**

**10 one hour sessions:
\$250/members \$400/guests**

YogaFit® Seniors

This amazingly beneficial workout is designed to increase muscular strength, flexibility and improve a sense of balance and confidence for all active seniors. A daily YogaFit practice for older adults may prevent falls and other debilitating conditions such as high blood pressure or obesity, and improves mental clarity, joint health and your sense of overall wellness. The program includes variety and offers modifications of all poses, with individualized safe and effective workout tips for seniors at any fitness level. A daily Yogafit practice will keep aging at bay, and transform a negative approach to life about aging into a positive one - leading to good health habits, feelings of vitality and energy, and a renewed zest for life!

- Two Class Formats, Restorative and Energizing
- Based on YogaFit's Three Mountain Format of warm up, work & cool down all of which incorporate the safety principles of alignment.
- Simplifies yoga movements so ALL participants can practice successfully.
- Offers the use of props and offers participants the opportunity to enjoy all the benefits of yoga.
- Includes modifications for added protection of the knees, back, shoulders and neck.
- All postures demonstrated by instructors so you can follow along and perform accurately.

Zumba Gold®

Perfect For

Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

How It Works

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Benefits

Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance.

FITNESS FOR SENIORS

Insurance Benefit Programs: The Kroc Center is a participating facility of the Silver&Fit®, Healthways SilverSneakers®, and Renew Active insurance benefit programs for active older adults. Members of these programs are eligible for a FREE adult membership and FREE classes at the Kroc Center! To learn more, call 937-528-5100

SilverSneakers® Classic

Move to the music through a variety of exercises designed to increase strength and range of motion. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for support.

SilverSneakers® Circuit

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

SilverSneakers® CardioFit

SilverSneakers CardioFit is an advanced group exercise class designed for active adults who desire a safe and effective low-impact cardiovascular workout. Energizing and easy-to-follow movements promote heart-healthy, total-body conditioning to increase cardiovascular and muscular endurance. In addition, a variety of strength training options are offered to provide a well-rounded workout.

SilverSneakers® Yoga

Move through a whole-body series of seated and standing yoga poses and breathing exercises. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SilverSneakers® Stability

Get stronger and improve your balance through exercises that strengthen the ankle, knee and hip joints all in a fun and social setting. Agility drills and timed exercises will help to improve balance and reactionary movements over time.

BOOM® MUSCLE

Muscle incorporates athletic based moves that improve upper body conditioning. Muscle conditioning blocks at all different levels are used to offer many different levels and varieties to choose from. The focus of this class is on toning muscles and building overall body strength.

BOOM® MIND

Mind is a unique class as it takes the best from Yoga and Pilates and combines it into one fusion class. Designed to relax the body and mind with peaceful music and rhythmic body movements. The focus of this class is on core, lower body strength and balance.

PRIME TIME

For Seniors

AT THE KROC CENTER, WE'VE SET APART A SPECIAL TIME FOR SENIORS ONLY, AGES 55 & UP!

COST: \$40/ANNUALLY OR \$10/QUARTER

TUESDAYS AT THE KROC CENTER

10:00 AM - ENJOY KROC FACILITIES

11:00 AM - GROUP ACTIVITIES & LUNCH

1:00 PM - CLASSIC MOVIE IN THE KROC CINEMA

Each week includes fun activities, unlimited **FREE** coffee, and **FREE** lunch for participants.

10 AM - 11 AM KROC ACTIVITIES

Use computers in the Technology Center, get moving in the Fitness Center, or just relax over a cup of coffee with friends. The Choice is up to you!

11 AM - 1 PM FRIENDS, FELLOWSHIP, & FOOD

Enjoy a new activity each week, including games, discussion, trips, & more. Then enjoy a **FREE** lunch in the Banquet Center!

1 PM - 3 PM CLASSIC MOVIE

Relax & enjoy your favorites! Movie classics return to the big screen in the Kroc Cinema!

ACTIVITIES FOR SENIORS AROUND CAMPUS

PRIME TIME STRENGTH

Ages 55 & Up. During Prime Time Strength you will work on balance as well as different exercises that will strengthen your body to help improve movements of everyday living. *Mondays at 10 AM.*

SENIOR TECH-TIME

Ages 55 & Up. A time just for our senior citizens! Learn how to create your own cards, slide shows, and manage your technical devices or enjoy some bowling with good friends on the Kinect. *Senior Tech Time is paired with the Prime Time program. Seniors meet in the Tech Cafe in the Education building on Prime Time dates. Tuesdays at 10 AM.*

YOGA FOR PRIME TIME

This class is for anyone ages 55 & Up. The very basics, adapted to your present mental and physical abilities. You can practice yoga using a chair, wheelchair, and/or a padded mat. We will focus on core strengthening, stretching, balance awareness, breathing, and mindfulness to improve vitality, clarity, flexibility, overall well-being and peace of mind, body, and heart. *Tuesdays at 9:30 AM.*

These are the only classes included with the Prime Time for Seniors program. All other aerobic classes may be attended for \$3 per class.

EDUCATION & TECH WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12 to 8 PM <i>Open Tech Café</i>	10 to 11 AM <i>Prime Time for Seniors</i>	12 to 8 PM <i>Open Tech Café</i>	12 to 8 PM <i>Open Tech Café</i>	12 to 7 PM <i>Open Tech Café</i>	12 to 5 PM <i>Open Tech Café</i>
10 AM to 12 PM <i>Tech Talk</i> by appointment	12 to 8 PM <i>Open Tech Café</i>	12 to 1 PM or 5 to 6 PM <i>Access, Practical Productive, Success</i>	10 AM to 12 PM <i>Tech Talk</i> by appointment	12 to 1:30 PM <i>Career Resources for Seniors</i>	By Appointment <i>Search and Research</i>

DAWN HARRISON

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PRINTING PRICING

We now have new pricing for our printing services:

Printing: Black & White: \$0.10/page

Color: \$0.35/page

Photo Color: \$0.50/page

TECH CAFE RULES & GUIDELINES

1. No food or drink may be consumed in the Tech Café
2. Tech equipment must be used within the Tech Café and/or Tech Studio.
3. Children 9 and under **MUST** have an adult chaperone supervising them in the Tech Café.
4. Children 10-15 years old may be unsupervised in the Tech Café, but adult guardian (16 years & up) must sign child in at the Tech Café and remain on campus
5. Inappropriate and/or misuse of tech equipment may result in loss of privileges.



TECH CAFE CLASSES

Prime Time for Seniors *Ages 55 & Up.*

Join us for beginner level technology classes that will cover basic computer functions, E-mail, search engines, and more! 10:00-10:30 will be a more structured "how-to" session on the topic of the day and 10:30-11:00 will be an open question time.

Not interested in computer classes? Starting March 22, our Kinect video games will be up and running as well. Grab a friend and come bowl, box or dance all in the comfort of our Technology Café! Feel free to bring personal devices during this time.

Vision Board Technology Party *Ages 13 & Up*

Wednesday March 20, 2019 • 5:30 - 7:00PM

Celebrate the first day of Spring by Exploring, Creating, Breathing and Healing. Become the vision you imagine to be. The Lord said, "Record the vision and inscribe it on tablets, that the one who reads it may run." - Habakkuk 2:2. Using the gifts God has given you, create your visual path of success using a variety of technology and art tools. **We will provide: Poster Boards, Markers/pens and stencils, Glue and Magazines, Tablets Provided, access to printing (pricing will vary).**

Seating is limited to 15 people light refreshments will be offered this event will fill up fast so secure your spot, by registering at the Member Services desk or by calling (937)528-5243

Career Resources for Senior Citizens *Ages 55 & Up*

Every Friday, beginning March 7, 2019 • 12:00 - 1:30 PM

As a member you can schedule an appointment with our Technology-Education Specialists or one of the Technology Assistants and receive one on one assistance with anything technology related such as help with resumes, cover letters and editing documents. Please call the Tech Cafe to set up an appointment. See an associate in the Technology Cafe for more information. Small groups are encouraged to participate in Tech Talk as well.

Search and Research *Ages 16 & Up*

Saturdays by appointment - Call Lydia Ward, Education-Technology Specialist.

Explore the rich and diverse range of information available to you on-line, learn how to use search tools effectively while navigating the internet. Using a wide range of learning activities, you will be challenged to dig deeper and think critically and use credible sources about the information that you find online. This course will help any high school or college student become a more effective researcher. You will also learn the difference between Quantitative Research and Qualitative Research. Small groups including those who are home schooled are encouraged to participate as well.

Tech Talk *Ages 16 & Up*

Mondays and Thursdays, 10:00 AM - 12:00 PM by appointment only.

As a Kroc member you can schedule an appointment with our Technology-Education Specialist to receive one on one assistance with anything technology related such as help with resumes, cover letters and editing documents. Small groups including those who are home schooled are encouraged to participate in Tech Talk as well.

Access, Practical, Productive, Success - Job Grooming *Ages 16 & Up*

Wednesdays 12:00 - 1:00 PM or 5:00 - 6:00 PM

Do you need access to opportunities to advance your career goals? At The Salvation Army we can meet your needs in our state of the art technology center. The program is defined and designed to give the structure you need to become successful. We fully focus on job grooming which is developed to ensure you are a confident interviewee. In addition, this course will emphasize the importance of having technology soft skills necessary to successfully thrive in today's job market. We will also cover resume guidance, email etiquette, as well develop clear concise communication skills using the four most common types of communication strategies. Small groups including those who are home schooled are encouraged to participate as well.

Kroc Cinema

Tuesday Classics 12:30 PM



MARCH

March 5: Wonder Woman

March 12: The Chronicles of Narnia:

The Lion, The Witch, and the Wardrobe

March 19: The Amazing Spider-Man

March 26: The Pirates of the Carribbean:

The Curse of the Black Pearl

APRIL

April 2: The Proposal

April 9: The Social Network

April 16: Pearl Harbour

April 23: The Way

April 30: Slumdog Millionaire

MAY

May 7: The Phantom of the Opera

May 14: The Lord of the Rings:

Return of the King

May 21: Field of Dreams

May 28: The Dark Knight

Saturday Cinema 1 PM

MARCH

- March 2: Hotel for Dogs
- March 9: NO MOVIE - Private Event
- March 16: G-Force
- March 23: Igor
- March 30: Moana

APRIL

- April 6: Gnomeo and Juliet
- April 13: The Boss Baby
- April 20: Madagascar: Escape 2 Africa
- April 27: NO MOVIE - Private Event

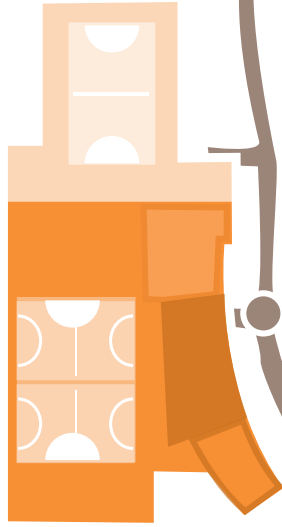
MAY

- May 4: Alice in Wonderland
- May 11: Big Hero 6
- May 18: Mary Poppins Returns
- May 25: The Good Dinosaur



1000 N. KEOWEE ST.
DAYTON, OH 45404

Recreation and Fitness



Worship Arts



Duncarrick (Administration)



The Plaza



Walking Trails



Education

