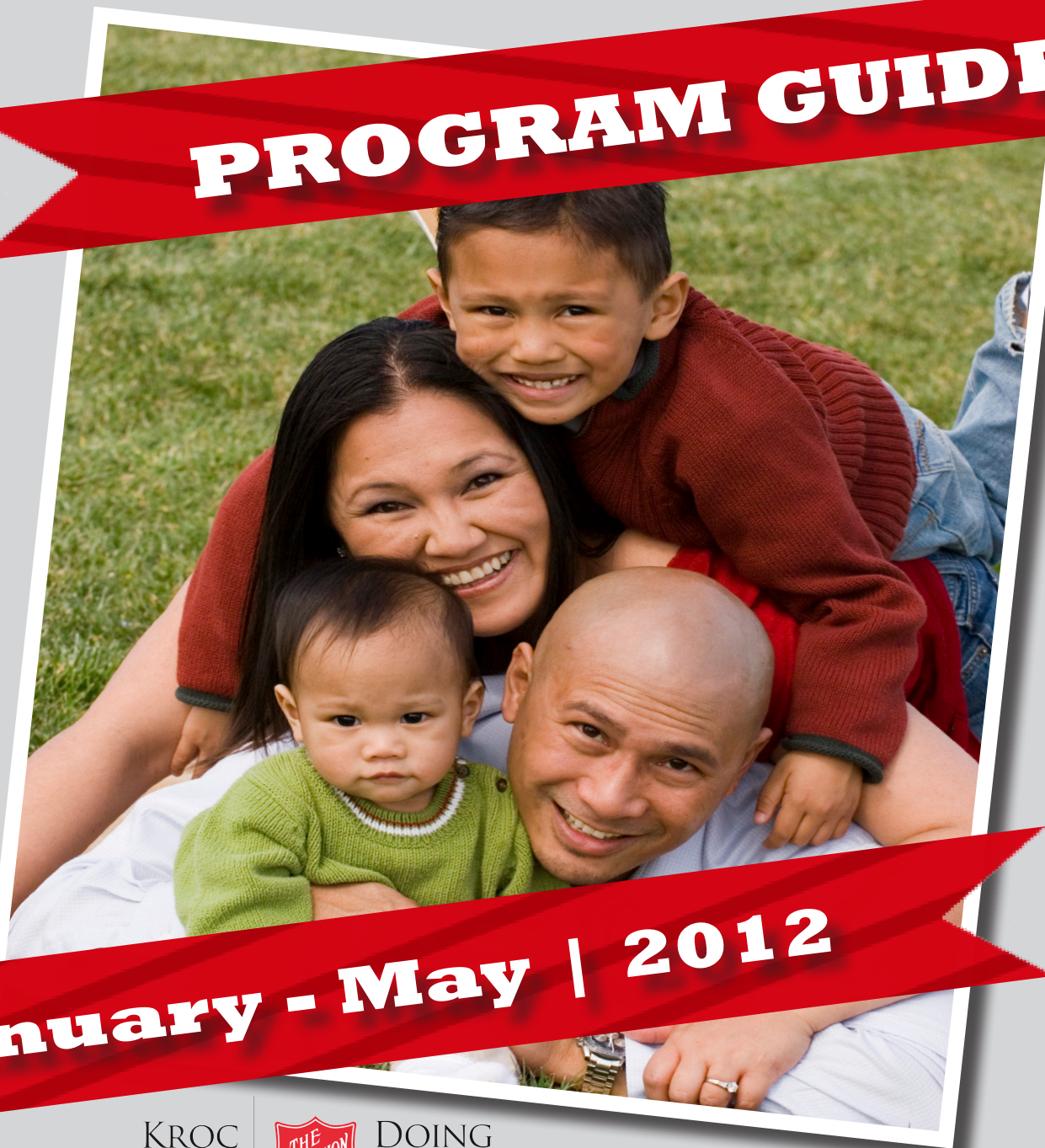


The KROC Center

PROGRAM GUIDE



January - May | 2012

KROC
CENTER
AUGUSTA



DOING
THE MOST
GOOD

General Information

Hours of Operation:

MON.-FRI. 5am-10pm
 SATURDAY 7am-6pm
 SUNDAY 1pm-6pm

Contact Information:

Telephone: 706.364.KROC (5762)
 Visit us at: 1833 Broad Street
 Augusta, Ga 30904
 Online at: www.KrocAugusta.org

Aquatics Hours:

MON.-FRI. 5am-3pm
 3:30pm-8pm
 SATURDAY 7am-5:30pm
 SUNDAY 1pm-5:30pm

Member Referral Program:

Someone wants to see **YOU** at the Kroc Center! Our NEW member referral program is designed to reward our members when you recommend a friend for membership! Every successful referral gets you one month of FREE membership. Terms apply. Inquire at the Welcome Desk.

Group Tours:

Have a group you want to share the Kroc Center with? Ask the Welcome Desk for a Group Tour Form or call the Sales Department at 706.364.KROC. Your personal tour guide will show you around and answer any questions. Don't forget to stay for lunch after your tour!

Events:

We would love to host your next conference, play, wedding or any type of special event! Call our events department at 706.922.1527 to set up an appointment. Rental rates and menus are available at the Welcome Desk and online.

Birthday Parties:

Party like a Kroc Star! Plan your child's next birthday party at the Kroc Center! Splash around in our indoor water park, play and tumble in our gym, try out your culinary skills with a cooking class, or create your own art project. We have something for everyone. Visit the Welcome Desk or online for a Birthday Party Application with pricing and further details.

Gold Member Perks:

- | 10% off most Classes, Programs, Merchandise & Food!
- | 10% off all Kroc Birthday Packages!
- | FREE Child Watch & Jr. Kroc Stars- up to 2hrs!
- | FREE Towel Service!
- | FREE Member Appreciation Events!
- | GOLD Kroc Center Card & Key Fobs!
- | Discounted Tickets to Global Spectrum Performances at James Brown Arena and the Bell Auditorium!

Monthly Membership Specials

January - Ready, set, go! Get ready for a year of healthy living! Stop by the Fitness Desk to get a FREE personalized fitness and nutrition plan that will guarantee success in 2012!

February - Fall in love with the Kroc Center! Sign up for a 3 Month Membership with a partner and you will each receive a 4th month free!

March - March into Healthy Living! In honor of National Nutrition Month, we will have free healthy cooking demonstrations, healthful snacks, and more!

April - Spring into the Kroc Center! Every Friday in April, members can bring 1 guest free of charge.

May - May is for Mother Members! Free 10 minute massages for all members who are moms. Sign up at the Welcome Desk.

Membership Rates

Type	Standard	Gold
Youth Individual Monthly (3-17)	\$15.00	\$20.00
Youth Individual 3 Month (3-17)	\$42.00	\$57.00
Youth Annually (3-17)	\$162.00	\$216.00
Youth Registration Fee	\$ --	\$ --
Single Adult Monthly (18-61)	\$30.00	\$45.00
Single Adult 3 Month (18-61)	\$85.00	\$128.00
Single Adult Annually (18-61)	\$324.00	\$486.00
Single Adult Registration Fee	\$60.00	\$60.00
Family Monthly (Up to 6 People)	\$50.00	\$65.00
Family 3 Month (Up to 6 People)	\$142.00	\$185.00
Family Annually (Up to 6 People)	\$540.00	\$702.00
Family Registration Fee	\$60.00	\$60.00
Senior Individual Monthly (62+)	\$25.00	\$31.00
Senior Individual 3 Month (62+)	\$71.00	\$88.00
Senior Individual Annually (62+)	\$270.00	\$334.00
Senior Individual Registration Fee	\$60.00	\$60.00
Senior Family Monthly (62+)	\$35.00	\$48.00
Senior Family Monthly (62+)	\$99.00	\$136.00
Senior Family Annually (62+)	\$378.00	\$518.00
Senior Family Registration Fee	\$60.00	\$60.00

* Student & Military Discounts available as low as \$25.50 per month!

For more information regarding financial aid or social services please visit www.Krocaugusta.org or visit the Welcome Desk for a brochure.

Aquatics Group Fitness Schedule

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Member	Nonmember
Hydrofit & Treck	9am		9am		9am			FREE	\$10 Day Pass
Deep Water X	10am		10am		10am			FREE	\$10 Day Pass
Aqua Senior		10am		10am				FREE	\$10 Day Pass
Yoga Afloat	10:30am		10:30am		10:30am			FREE	\$10 Day Pass
Aqua Zumba	5:30pm		5:30pm	9am				FREE	\$10 Day Pass
River Trek		9am & 5:30pm		5:30pm				FREE	\$10 Day Pass

Kroc Swimming Lessons

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Member	Nonmember
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Session 1: January 2nd - January 25th or March 5th - March 29th (4 Weeks, 8 Lessons)

Kroclets 1&2 (Age 3-6)	9-9:45am		9-9:45am					\$48	\$88
		5:30-6:15pm		5:30-6:15pm				\$48	\$88
Kroclets 3 (Age 3-6)		6:15-7pm		6:15-7pm				\$48	\$88
Kroclets 1&2 (Age 6-15)		5:30-6:15pm		5:30-6:15pm				\$48	\$88
Kroclets 3&4 (Age 6-15)		6:15-7pm		6:15-7pm				\$48	\$88
Senior Learn To Swim		11-11:45am		11-11:45am				\$40	\$68

Session 2: January 30th - February 22nd or April 9th - May 5th (4 Weeks, 8 Lessons)

Kroclets 1&2 (Age 3-6)	9-9:45am		9-9:45am					\$48	\$88
		5:30-6:15pm		5:30-6:15pm				\$48	\$88
Kroclets 3 (Age 3-6)		6:15-7pm		6:15-7pm				\$48	\$88
Kroclets 1&2 (Age 6-15)		5:30-6:15pm		5:30-6:15pm				\$48	\$88
Kroclets 3&4 (Age 6-15)		6:15-7pm		6:15-7pm				\$48	\$88
Senior Learn To Swim		11-11:45am		11-11:45am				\$40	\$68

Session 3: January 7th - February 25th or March 10th - May 5th (4 Weeks, 8 Lessons)

Parent/Child Hatchlings (6mo-3yrs)						9-9:30am		\$44	\$84
Kroclets 1&2 (Age 3-6)						9:30-10:15am		\$48	\$88
Kroclets 3 (Age 3-6)						10:15-11am		\$48	\$88
Kroclets 1&2 (Age 6-15)						9:30-10:15am		\$48	\$88
Kroclets 3&4 (Age 6-15)						10:15-11am		\$48	\$88
Still Krocin' It (Age 16+)				6:45-7:30pm				\$48	\$88

Private (30 Minute) & Semi-Private (45 Minute) Lessons are Available at \$15/half hour for Private and \$10 per person, per lesson for Semi-Private. For more information please stop by the Lifeguard Station.

Lifeguarding Course

Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Member	Nonmember
April 2nd-6th	9am-4pm	11am-4pm	9am-4pm	11am-4pm	9am-4pm			\$150	\$175
L.G. Revision Class April 23rd-27th			4-8pm	4-8pm	4-8pm	4-8pm	4-8pm	\$85	\$95
May 7th-17th	4:30-8:30pm	4:30-8:30pm		4:30-8:30pm		9am-12pm & 1-4pm		\$150	\$175

Crash Course Swim Lessons

Session	Day & Time
May 7th - 10th	M/W or T/TH 5:30-6:15 & 6:15-7:30
May 14th - 17th	M/W or T/TH 5:30-6:15 & 6:15-7:30

Members - \$20

Nonmembers - \$35

Free Water Safety Class

Date	Times
January 21	10:30am-12:30pm
February 18	10:30am-12:30pm
March 17	10:30am-12:30pm
April 21	10:30am-12:30pm
May 19	10:30am-12:30pm

CPR for the Professional Rescuer & Oxygen Admin.

Date	Times
January 14	9am-12pm & 1-4pm
February 11	9am-12pm & 1-4pm
March 10	9am-12pm & 1-4pm
April 4	9am-12pm & 1-4pm
April 25	4pm-8pm
May 12	9am-12pm & 1-4pm

Members - \$45

Nonmembers - \$50

* The schedule & prices are subject to change without notice. For more information, stop by the Welcome Desk or visit www.KrocAugusta.org

Sports & Recreation Schedule

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Member	Nonmember
Open Gym	5am-5pm	5am-5pm	5am-5pm	5am-5pm	5am-5pm	7am-6pm	1pm-6pm	FREE	\$10 Day Pass
Youth Leagues - Upward Sports		5-6pm		5-6pm		9-11am		\$70	\$70
Home School	9-11am	9-11am	9-11am	9-11am	9-11am			FREE	\$10 Day Pass
Champions Made From Adversity	6-10pm							--	--
Volleyball League		6-10pm						\$40	\$50
Basketball League			6-10pm					\$50	\$60
Futsal League				6-10pm				\$50	\$60

Children & Youth Weekly Events

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Member	Nonmember
Craft Corner (Age 3-10)			9-10am					\$5	\$5
Story Hour					9-10am			FREE	\$1
Junior Fitness (Age 7-12)			5:30-6:30pm			9-10am		FREE	\$10 Day Pass

Children & Youth Camps

Aiken	Columbia	Richmond	Pre-K	Description
Ages 5-12	Ages 5-12	Ages 5-12	Ages 4-5	When school is out your child will be able to enjoy a day off at the Kroc Center. Students will have the opportunity to play games, swim, do arts and crafts and make wonderful memories while giving parents the chance to go to work without having a break in their schedule. Make sure to register early as spots are filled on a first-come first-served basis!
January 2	January 2	January 2	January 2	
January 13	January 16	January 3	January 3	
January 16	February 20	January 16	January 16	
February 20	April 2-6	February 20	February 20	
March 2		February 21	February 21	
March 23		March 16	March 16	
April 2-6		April 2-6	April 2-6	
May 28				

Camp Details

Time	9am-3pm
Member Price	\$30.00
Nonmember Price	\$40.00
Meals	Lunch & Snack
Early Drop Off	7am Nonmember Cost: \$5
Late Pick Up	5:30pm Nonmember Cost: \$5

Family Nights

Dates	Theme	Time & Pricing
January 27th	Focus on Fitness Group & water fitness will be offered so bring a bathing suit and towel!	6:30-9:30pm \$10 per family of 4 and \$2 per additional family member.
February 24th	Flick n' Float Grab your floats, bathing suits and bring your family to enjoy a movie IN the pool!	
March 30th	Family Scavenger Hunt Bring a digital camera and hunt the Kroc Center with your family.	
April 27th	Movie Night Enjoy eating popcorn and watching a family friendly movie in our state-of-the-art theater.	
May 25th	Camp Kroc Enjoy the great outdoors while playing games, eating s'mores and having a great time!	

Special Events

Dates	Theme	Time
January 13th	Teen Night Basketball Tournament	6-10 pm
March 10th	Cowboy and Princess Party Dress up and join us for Saturday brunch! Cost: \$5-Child \$10-Adult	9-11 am
April 1st	Easter Eggstravaganza Bring your family and celebrate Easter with games, crafts and easter egg hunt.	10am- 1pm
May 11th	Teen Night Everything 80s-Bring your friends and flash back to the 80's with dancing, games and lots of fun.	6-10 pm
May 12th	Mothers' Day Brunch Bring mom to a delicious brunch! Cost: \$7.50 per person, Mothers-FREE	9-11 am

Kids Night Out

Dates	Description	Member	Nonmember
January 6th February 3rd March 2nd April 6th May 4th	Parents enjoy a night out by bringing your kids, ages 2-12, to the Kroc Center the first Friday of each month! Kid's Night Out will last from 6:00-10:00 pm and dinner is included. Activities may include swimming, gym play, inflatables, and crafts.	\$15	\$20

Babysitting Courses

Time & Dates	Description
9am-4pm January 28th March 24th May 26th	A Red Cross course designed to provide youth with the knowledge and skills to safely and responsibly care for children and infants. For ages 11-15. Cost is \$50 for members and \$65 for nonmembers. Bring a sack lunch or bring \$5 for lunch. Registration ends the Wednesday before each class.

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Group Fitness Schedule

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Member	Nonmember
BODYPUMP	5:30pm	6am & 8:30am	9:30am & 5:30pm	6am, 8:30am & 4:30pm	9:30am	9am	3pm	FREE	\$10 Day Pass
BODYSTEP	8:30am & 4:30pm		10:30am					FREE	\$10 Day Pass
BODYFLOW	9:30am & 6:30pm	4:30pm		10:30am		10am		FREE	\$10 Day Pass
BODYCOMBAT		9:30am		9:30am	5:30pm			FREE	\$10 Day Pass
BODYVIVE	Express 12pm	5:30pm	8:30am					FREE	\$10 Day Pass
RPM	8:30am & 5:30pm	9:30am & 5:30pm	6am & 4:30pm	9:30am & 5:30pm	8:30am	8am	1:45pm	FREE	\$10 Day Pass
Zumba	10:30am		6:30pm			11am		FREE	\$10 Day Pass
Renewal Yoga		10:30am		5:30pm	10:30am			FREE	\$10 Day Pass
Introductory Tai Chi		12pm			12pm			FREE	\$10 Day Pass
Sit to be Fit					1pm			FREE	\$10 Day Pass
Junior Fitness			5:30pm			9am		FREE	\$10 Day Pass
Kroc Fit	5:30 - 6am	5 - 5:30pm	5:30 - 6am	5 - 5:30pm	5 - 5:30pm			FREE	\$10 Day Pass

Final Fitness Kroc-tacular

Date	Theme
Jan. 28	Indoor Winter Biathlon
Feb. 25	Cycle de Kroc
March 31	Indoor Triathlon
April 28	5K & 1 Mile Family Fun Run
May 26	Military PT

The last Saturday of each month the Fitness Center is offering a fun fitness event. Register at the fitness desk by the 15th of each month for training tips so that you're ready to perform! Members only – no cost.

Kroc Center Ultimate Loser

Registration	January 1-15
Orientation	January 16-22
Program Date	January 23 - April 15
Award Night	April 18

Each participant must attend a minimum of 3 provided weekly exercise classes & 2 monthly nutrition appointments which includes a weigh-in. Personal training will be available at a 25% discount.

All participants must be members.
One time registration fee of \$50

Free Nutritional Education Classes

Month	Date & Time
January	Mon 16, 5.30-6.30pm & Thurs 19, 11.30am-12.30pm
February	Mon 13, 5.30-6.30pm & Thurs 16, 11.30am-12.30pm
March	Mon 12, 5.30-6.30pm & Thurs 15, 11.30am-12.30pm
April	Mon 16, 5.30-6.30pm & Thurs 19, 11.30am-12.30pm
May	Mon 14, 5.30-6.30pm & Thurs 17, 11.30am-12.30pm

New Year Body Boot Camp

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Member	Nonmember
Session 1: (6 Weeks)									
Jan. 9th - Feb. 17th	6-7am				6-7am			\$15	\$45
Jan. 10th - Feb. 18th		6:30-7:30pm		6:30-7:30pm				\$15	\$45
Jan. 9th - Feb. 17th	6-7am	6:30-7:30pm		6:30-7:30pm	6-7am			\$20	\$60
Session 2: (6 Weeks)									
March 5th - April 13th	6-7am				6-7am			\$15	\$45
March 4th - April 12th		6:30-7:30pm		6:30-7:30pm				\$15	\$45
March 5th - April 13th	6-7am	6:30-7:30pm		6:30-7:30pm	6-7am			\$20	\$60
Session 3: (6 Weeks)									
May 7th - June 15th	6-7am				6-7am			\$15	\$45
May 8th - June 14th		6:30-7:30pm		6:30-7:30pm				\$15	\$45
May 7th - June 15th	6-7am	6:30-7:30pm		6:30-7:30pm	6-7am			\$20	\$60

Health & Fitness Events

Date	Event	Time	Member	Nonmember
Feb. 25th	Kroc Trotters Come to the first orientation meeting of the Kroc Center's running club.	7pm	--	--
May 19th	Armed Forces Day of Fitness Free day at the Kroc Center for ALL Active Duty & their families!	All Day	--	--
Coming in February!	Watch for our health & fitness expo! Free health testing, exercise tips, dietary suggestions, food sampling, family fun & more			
April 2nd - April 6th	Spring Break Sports Speed & Agility Camp Ages 7 – 18, designed for youth involved in athletics & sports to maintain sports specific fitness during season down time & prepare for spring sports.	1-3pm	\$10	\$40

Smart Start For Teens

Mondays 6pm-7.30pm & Saturdays 11am-12.30pm For teens ages 13-15, this class must be completed to work out in the fitness center & to participate in group fitness classes without the chaperone of a parent.

* The schedule & prices are subject to change without notice. For more information, stop by the Welcome Desk or visit www.KrocAugusta.org

Arts Schedule

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Pricing
*Kindermusik		11am-12pm Ages 2-4		5:45-6:45pm Ages 5-8				\$80
Exploring Visual Art: Ages 5-8	5:30-6:30pm							\$60
Intro to Ballroom: Ages 6-8						10-11am		\$60
West African Music & Dance: Ages 6-12						2:30-3:30pm		\$75
Little Davincis: Ages 7-12				5:30-6:30pm				\$40
Pottery Kids I: Ages 7-12	5:15-6pm							\$60
Pottery Kids II: Ages 7-12				5:15-6pm				\$60
Drawing & Painting: Ages 7-12						11am-12pm		\$60
Ballet for Kids: Ages 7-12						11am-12pm		\$50
Hip Hop: Ages 9-13 (Session II & III)						12-1pm		\$50
West African Dance: Ages 13+						1:30-2:30pm		\$75
Intro to Drawing & Painting: Ages 14+				6-7:30pm				\$60
Drama & Improv: Ages 14+	6:30-7:30pm							\$60
Pottery Adults I: Ages 14+	6:30-8:30pm							\$60
Pottery Adults II: Ages 14+				6:30-8pm				\$60
Intro to Ballroom: Ages 16+						11am-12pm		\$60
Line Dance: Ages 16+	6:30-7:30pm							\$50
Fundamental Digital Photography: Ages 16+ (Session III)			5:30-6:30pm					\$60
Intro to Drumming: Ages 16+	6:30-7:30pm							\$60

**Gold Members
Take 50% OFF**

**Standard
Members Take
25% OFF**



Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Pricing
Beginner Guitar II		5-5:50pm						\$60
Beginner Piano II		5-5:50pm						\$60
Beginner Drums II		5-5:50pm						\$60
Vocal Techniques II		5-5:50pm						\$60
Beginner Brass II		6-6:50pm						\$60
Intermediate Electric Brass		6-6:50pm						\$60
Intermediate Piano		6-6:50pm						\$60
Singing Seniors		6-6:50pm						\$60
Intermediate Guitar		7-7:50pm						\$60
Intermediate Study Piano		7-7:50pm						\$60
Advanced Trumpet		7-7:50pm						\$60

* Additional fee will be required for discounted class for Kinder Kits.

Education

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Pricing
GED Class	9:30-1:30pm	9:30-1:30pm	9:30-1:30pm	9:30-1:30pm				FREE
What Women Want: 1st Wed.			6:30-8pm					FREE
Crafters Night: 2nd Wed.			6:30-8pm					FREE
Philosophy Club: 3rd Wed.			7-8pm					FREE
Kroc Book Club: 4th Wed.			6:30-8pm					FREE
Business By The Book: 1st Thurs.				11:30am				\$8

Arts Sessions

	Dates
Session I	Jan. 9 - Feb. 13
Session II	Feb. 20 - March 26
Session III	April 9 - May 14

Sessions will break for Masters week.

Enopion Theatre Company's
"The Prince is Giving a Ball"
open auditions coming in
February!

Special Thanks to Our Partners:

The Art Factory, Area Agency on Aging & Enopion Theatre Company



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Seniors

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Pricing
Golden Agers	9am- Noon				12:30-4:30pm			FREE
Open Computer Time		All Day			All Day			FREE
Computers for Seniors				2-4pm				FREE
Computers For Seniors: Learning the Internet	2-4pm							FREE
Social Hour		1-2pm		1-2pm				FREE
Computer Lab			11am-12pm					FREE
Game Time					10-11:30am			FREE
Medicare & You			1-3pm	9am-12pm				FREE
Sit to be Fit					12:30-1:30pm			FREE
Powerful Tools for Caregivers		2-5pm						FREE

Seniors Special Events

Date	Class	Time	Pricing
1st Thursday of the Month	Alzheimer Support Group	10-11:30am	FREE
Mondays Jan. 9th & 30th	Living Well	9am- Noon	FREE-Registration Required
Saturday Jan. 14th - Feb. 18th	Living Well	9am- Noon	FREE-Registration Required
Mondays Feb. 13th & 27th	Living Well	9am- Noon	FREE-Registration Required
March 14th	Mental Health Resources for Seniors		FREE

The Salvation Army Corps

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Prayer Meeting		5:30pm					9am
Sunday School							9:45am
Worship Service							11am
Celebrate Recovery							6pm
Devotions	8am		10am		8am		
Golden Agers	9am - Noon						
Men's Ministries		6pm					
Women's Ministries		6pm					
Women's Coffee Club		6pm					
Songsters		7pm					
Band Practice		8pm					
Youth Programs			5:30pm				
Club 316			6pm				
Youth Praise Band			6pm				
Music Makers			7pm				
Junior Band			7pm				
Teen Youth Group			7pm				
Community Care Ministries					10am		

The Salvation Army Corps - Special Events

Date	Event	Time
January 28th	Crop-A-Latta Scrapbooking Event	9am-3pm
January 28th	Gospel Extravaganza	1-8pm
February 12th	Valentines Spaghetti Dinner: \$5-Adult \$3-Children	12:30pm
March 31st	Hip Hop Bunny Drop	11am-1pm
April 6th	Good Friday Service	6pm
April 8th	Easter Sunrise Service & Worship Service	8am & 10:30am

Our Partners:



American Red Cross



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