

KROC

July - Sept
2021

AQUATICS PROGRAM GUIDE



YOU BELONG HERE.



KROC AQUATICS

Want to swim? Not a member? No problem!
Make a splash at our indoor aquatics center!

SWIM SESSION HOURS



MONDAY - FRIDAY
 10:00AM - 12:00PM
 12:30PM - 2:30PM
 3:00PM - 5:00PM
 5:30PM - 7:30PM

SATURDAY
 8:00AM - 10:00AM
 10:30AM - 12:30PM
 1:00PM - 3:00PM
 3:30PM - 5:30PM

SUNDAY
 1:00PM - 3:00PM & 3:30PM - 5:30PM

\$10 PER PERSON
Children 2 & under FREE!
PRIVATE SWIM LESSONS

ONE-ON-ONE SESSIONS

Private Swim Lessons are great for those looking for more focused instruction to work on a targeted area, or to just improve your swimming in a family-friendly setting.

Lessons may be scheduled at the convenience of the student, as long as the aquatics department can accommodate the time.

PRIVATE SWIM LESSON PACKAGE

Take advantage of our affordable private swim lesson package which includes a total of 8 half-hour swim sessions.

COST:

\$80 for Members
\$95 for Non-Members



WATER FITNESS

Enjoy all the benefits of a land workout without the impact on your joints while improving cardiovascular fitness, muscular strength, and flexibility. Various types of equipment will be introduced as participants work at their own pace to advance their skills. All swimming levels welcome, ages 13+. Expect to get a great workout! No matter where you start you will finish strong!

LIFE GUARD CERTIFICATIONS

Ask about how you can become a Certified Red Cross Shallow Water Lifeguarding.

SWIM PASSES

Swim sessions are available for purchase online at our website KrocMSCoast.org or by scanning the QR code on your smartphone below. Sessions are non-refundable unless the pool is closed by the Kroc Center.

Guests are required to rinse off prior to entering pool area. A height requirement of 48" tall is needed to ride 2 story slide. Swim credit is given if the pool is closed with 30 minutes or more left in your session time.

Transactions via-phone call are not available. Multiple sessions may be purchased to extend your pool time. Guests may reserve a pool session up to 4 days in advance.

OUR PROGRAM

We have developed swimming lessons for kids that allows everyone the opportunity to learn in a safe environment, at their own pace. Our classes are taught by certified, knowledgeable, and caring instructors who can help swimmers at every level feel comfortable in the water and progress to the next level. The program is both goal driven and technique oriented. Participants must be older than three, and will be instructed by an encouraging member of the Kroc Aquatics team. Classes are 30-45 minutes in length, and run for the duration of the year. Our instructors will place your student in the appropriate skill level (1-4).



For more information on pool rules, private lessons, swim lesson, enrollment forms, water fitness schedule, & more visit:

krocmscoast.org/aquatics
or scan the QR code above for info.

QUESTIONS?

AQUATICS MANAGER: 228-374-9129
EMAIL: Chere.stevenson@uss.salvationarmy.org
ONLINE AT: www.krocmscoast.org

TEXT KROC TO 484848

Stay up-to-date on all Kroc information, including delays, closures, and more!