

SPRING PROGRAM GUIDE

MARCH 2 - JUNE 28, 2026



Dive into
summer fun with
Lititz Springs Pool
season passes
available
March 1st!



www.lititzrec.com
717.626.5096



See page 14

**Summer camp
registrations
are here —
plan your kids'
ultimate adventure
now!**

See pages 12 & 13

MEMBERSHIP RATES*

One-year membership monthly EFT fees

	Resident	Nonresident
Family	\$114	\$134.50
Adult	\$68	\$80
Youth	\$31	\$38
Young Adult (ages 18 – 22)	\$51	\$61
Senior (60-64)	\$55	\$65
SeniorPlus (65+)	\$47	\$55

*\$100 Joiner Fee applies to all new membership plans, and is not reflected in the monthly rates above. *Rates valid until August 31, 2026.



Hey, Lititz
recCenter
Members!
Add on a
recROC monthly
membership
for ½ price!

Family: \$44.00/mo
Individual: \$26.50/mo
Youth: \$17.50/mo

SAVE 50% - Lititz recCenter
Members save on membership
at recROC & season passes at
Lititz Springs Pool.

Daily Guest Rate
\$20 Adults (23-59)
\$15 Senior/Student
**Flex Cards/
5 Visits:**
Adult \$80
**Senior/Youth/
Young Adult \$60**

Make the **MOST** of your **MEMBERSHIP!**

- ▶ 2 free Guest Passes for family & friends
- ▶ 2 Free Fitness Center Orientation Sessions
- ▶ Free kidZone babysitting while you visit
- ▶ Unlimited access to all pools, gyms, and fitness facilities
- ▶ Discounts for programs and events
- ▶ Exclusive use of Member-Only locker rooms and saunas
- ▶ Priority registration for programs and classes
- ▶ 130+ free live and virtual fitness & aquatics classes each week
- ▶ Free seasonal fitness & wellness incentives
- ▶ Discounts on parties and group rentals
- ▶ Discounts on Personal Training & Spa Services
- ▶ 50% off recROC add-on Memberships
- ▶ 50% off Lititz Springs Pool Season Passes
- ▶ and more....

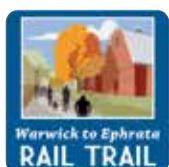
Warwick Regional Recreation Commission

Pavilion Rentals, Parks,
Playgrounds, and Trails
warwickregionalrec.org

Ron Stief
WRRC/LrC Regional Recreation Coordinator

717-626-5096 Ext. 229 • ronstief@lititzrec.com

The Warwick Regional Recreation Commission is an intergovernmental agency committed to providing information, knowledge, and direction for the development and enhancement of parks and recreation opportunities for residents of the Warwick School District.



Warwick to Ephrata
RAIL TRAIL

HOW TO REGISTER FOR PROGRAMS

- Register online at www.lititzrec.com!
- Call us to sign-up 717.626.5096
- Register in-person at Lititz recCenter or recROC
- **Members have priority registration and reduced fees!**

Spring I : March 2-April 26

Member Registration: February 9

Nonmember Registration: February 16

Spring II: May 4-June 28

Member Registration: April 6

Nonmember Registration: April 13

Bring Your Party to the Rec!

Birthday Packages

Group Rentals & Outings

Special Events & Celebrations

party@lititzrec.com

717-626-5096 ext 247

Make a Reservation!



OUR MISSION:

The mission of the Lititz recCenter, a non-profit organization, is to enrich the lives of the community by providing exceptional programs and facilities that promote the participation of individuals, families, businesses and groups from all backgrounds.

Support our
Mission!
Kids-in-need
benefit from
financially-assisted
memberships –
donate today!

SPRING FACILITY HOURS:



www.lititzrec.com

www.lititzrecROC.com

	Lititz recCenter	recROC
Monday-Friday	5am-9pm	5am-8pm
Saturday	6am-7pm	8am-6pm
Sunday	8am-7pm	8am-6pm

Indoor Pool Hours

Monday-Friday	Main Pool	5:30am-8:45pm
Monday-Friday	Splash Pool	6:00am-8:45pm
Saturday	Main Pool	6:00am-6:45pm
Saturday	Splash Pool	7:30am-6:45pm
Sunday	Main Pool	Noon-6:45pm
Sunday	Splash Pool	Noon-6:45pm

kidZone Babysitting

Monday-Saturday 8am-Noon

Monday-Thursday Evening 4-8pm

Free for members \$10 nonmembers

Limited capacity and 2 hour time limit.

Children 2 months-1 year -75 minutes.

Hours may vary on holidays.

Holiday Hours

	Lititz recCenter	recROC
Easter	CLOSED	CLOSED
Memorial Day	7am-noon	7am-noon

Check website for Indoor Pool & kidZone modified hours on holidays

FREE TO THE COMMUNITY!**LES MILLS LAUNCH CELEBRATION PARTY****Saturday, April 4****"NO FOOLIN" Free Classes**

Les Mills TONE	8:15am
GRIT STRENGTH	8:15am
Body Pump	9am
Body Balance	9:15am

Refreshment & Snacks will be provided!

ANNUAL PARKINSON'S MEET & MINGLE**Saturday, April 11 • 1-3pm**

April is Parkinson's Disease Awareness month. Learn all about our Parkinson's Wellness program and meet our in-house certified specialist. Try out our Rock Steady Boxing program and meet local professionals who can be part of your Parkinson's recovery team!

WORLD TAI-CHI & QIGONG DAY

For health, mindfulness, unity, creating a wave of peace and healing across time zones.

Free Class Saturday, April 25 • 10-11am**STROKE WARNING SIGNS**

BE FAST! Every minute matters. Attend this free stroke education session to learn the waning signs, prevention tips, and how quick action can save a life.

Presenters are: Maureen Potter MSN, stroke coordinator
Dr. Angela Montalvo, internal medicine

Dr. William Jens, neurologist

Katie Genovese M.S, CCC-SLP, speech therapist

Monday, May 18 (6:30-7:30pm)**CELEBRATE MAY NATIONAL SENIOR HEALTH & FITNESS MONTH****Wednesday, May 27****Membership Special LrC/ROC**

RISE UP FOR SENIORS! The LrC will take \$50 off the joiner fee when you sign up for a one-year membership to qualify! Get a membership at recROC that day and we will take \$50 off the joiner fee!

Silver Strong 8:15-9am

Silver Cardio & Strength 11:15am-12pm

OULA Dance 6-7pm

**MOTHER'S DAY PLANK COMPETITION****May 11****9-10am or 5:30-6:30pm**

The top male & female winners will receive a gift certificate to Saladworks!

FREE TO MEMBERS!**CELEBRATE MARCH NATIONAL NUTRITION MONTH "COLORFUL CHOICES CHALLENGE"****March 17-April 14**

A healthy goal is to eat 5 fruits and vegetables a day. The challenge is 100 servings in 20 days. The tracker will be provided in the fitness areas. When completed, please return to the fitness center staff to be entered in the raffle!

LITITZ SPRINGS POOL SEASON PASSES GO ON SALE MARCH 1, 2026!

Reserve your spot today at Lititz Springs Pool Pavilion rentals for memorable gatherings, enjoy year-round activities with the LSP Season Pass, and get an incredible 50% discount on passes for LrC & recROC members.

Ask us how!

	Rate
Adult	\$272
Family	\$526
Senior	\$233
Youth	\$212

**SPECIAL EVENTS****Philly Flower Show Bus Trip****Friday, March 6**

Travel to Philly with the recCenter to the Philly Flower show on March 6. 8am leave the rec- 4pm departure from Philly.

Tickets included for the Flower Show.

\$90 per person**Phillies at Mets****Saturday, September 19**Time: 4:10pm. Tickets are in Section 307
\$135 per person**MEMBERSHIP SPECIAL!****SAVE SOME GREEN!****March 17**

Celebrate St. Patrick's Day and the beginning of spring with fantastic savings from LrC!

On March 17th, save \$50 on joiner fee when you purchase a new one-year membership.

**SEASONAL EVENTS****EASTER EGG DYING****Wednesday, April 1 • 6-8pm**

Come spend the evening at the Lititz recCenter for an EGGravangza! Let us handle the mess while you spend time with your family dying eggs!

\$15 member \$25 nonmember**SPASH POOL EGG HUNT****Sunday, March 29 • 1-4pm**

Ages 3-10 years old. The event starts at 1pm. Watch for age swim times and registration details for this event or call us at 717.626.5096 ext. 227. **\$8 member \$12 nonmember**



WE ARE
HIRING!

recKids Child Care

Year-Round Fun & Learning at Lititz rec

Serving families with licensed school year and summer child care programs in K through 6, and recKids Preschool, for 3-5 years old. Multiple weekly rate plans are available. ELRC subsidy is accepted.

Before & After School recKids

We proudly Partner with Warwick School District to provide quality care for K-6 students at school locations(K-3) and at the Lititz recCenter (4-6). Busing for Older Kids Club(4-6) is provided by the Warwick School District to Lititz recCenter.

- Before School Care & Breakfast at Warwick Elementary Schools.
- After School Care At Warwick Elementary School's & Lititz recCenter

recKids Preschool EXTENDED DAYS

We now offer an extended day (8:15am-2:15pm) in which the children can enjoy lunch together and participate in enrichment activities. Enrichment activities include but are not limited to yoga, STEM, music, gross motor activities and swimming.

recKids Preschool is curriculum based using PA Early Learning Standards to create experiences that are fun and educational for children. Learning through play prepares children for entrance into kindergarten and promotes pro-social development as children learn to work in a group setting. Preschool has two-day and three-day schedule options. Weekly swim lessons and water play are included in tuition pricing.

Snowy/Special Day recKids

Students enrolled in our Before/After School recKids program may also register to attend optional camp days at the Lititz recCenter on scheduled days off

school, early dismissals, and snow days. Special activities may include arts and crafts, STEM, outdoors time, and board games among many other fun activities! New this year, Older Kids Club (4-6) students will be offered swimming, electronics time, walking trips, and sports lessons!

Registration Open

Registration opens for Kids K-6 April 1, 2026 for summer and the 2026/27 school year.

- Preschool recKids 2026-27 for kids from any school district turning ages 3-5 by September
- School-Year 26-27 recKids for Warwick School District students entering grades K-6

Families can register for recKids child care programs beginning in April. Spaces remain open until they are filled, at that time, waiting lists may form for some programs or sites. Tuition and registration information can be found at www.lititzrec.com/recKids or by requests sent to recKids@lititzrec.com. Call 717.626.5096 ext. 234 for details.

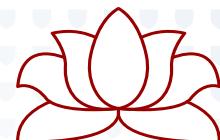
SUMMER CAMP

recKids Summer Camp

We offer full-day (7:00am-5:30pm) Summer Camp care starting Monday, June 8th. Fun Summer Camp Activities include outdoor play, arts and crafts, STEM activities, swimming, optional field trips, walking trips to local favorites in beautiful Downtown Lititz, and much more!

HOLISTIC THERAPY

Discover a Path to Whole-Body Wellness



Our holistic therapy services - massage and acupuncture - offer healing, balance, and whole-body wellness. Our services can help you:

- Improve daily wellness and self-care
- Manage stress and tension
- Relieve pain without medication
- Support recovery after surgery or childbirth
- Ease symptoms related to chronic conditions



Visit PennMedicine.org/Holistic-Therapy-LGH or scan the QR code to learn more.



Penn Medicine

KIDS DANCE PROGRAMS

March 2 - June 28

Kids Ballet 1 (Ages 3-4)

Saturday • 9:00-9:45am

Ballet basics, including classroom etiquette, dance vocabulary and technique. Creative movement used to tell stories, play games and go on dance adventures. member \$70 nonmember \$90

Kids Ballet 2 (Ages 5-7)

Saturday • 9:45-10:30am

A class to expand Ballet vocab and techniques in center floor and traveling across the room. Learn choreography and create movement sequences. member \$70 nonmember \$90

Kids Hip Hop (Ages 6-10)

Saturday • 10:35-11:20am

Learn fun movements in hip hop dance with jazz, funk, pop, and world influences. Wear comfortable work out clothing and shoes. member \$70 nonmember \$90

Preschool Kids Tap & Ballet (Ages 3-5)

Tuesday • 10:15-11am or Friday • 10:30-11:15am

This class will give the little dancers a basic introduction to ballet steps, taps moves and positions while enhancing motor skills and coordination. member \$70 nonmember \$90

CHANCE TO DANCE

Jan 12-April 8

Chance to Dance Recital Saturday April 11 at 2pm. This 13-week program will be offered again starting September 2026, See you soon!

CTD-1 Beginner Ballet & Tap

Learn basic ballet and tap technique using imaginative props, fun music, creative movement, and storytelling.

CTD 1A (Ages 3-4) Monday 5:30-6:15pm or 6:15-7:00pm

member \$155 nonmember \$175

CTD 1B (Ages 5-6) Tuesday 5:15-6:15pm

member \$155 nonmember \$175

CTD- Jazz & Tap (Ages 7-9)

This fun dance combo class will combine upbeat and stylized movements. Kids will learn the fundamentals of each dance be able to dance fun and intricate choreography. Dancers can wear black leggings and any colored shirt. Tap shoes and jazz shoes are needed for this class.

CTD-2 Tuesday 6:15-7:15pm

member \$215 nonmember \$235

Hip Hop & Jazz Funk Dance

Dancers will study hip hop and jazz funk movements and routines to upbeat music, moving from basics through advanced techniques and a choreographed showcase routine.

CTD 3A (Ages 7-9) Wednesday 5:15-6:15pm

member \$215 nonmember \$235

CTD 3B (Ages 10-13) Wednesday 6:15-7:15pm

member \$215 nonmember \$235

ADULT DANCE & ACTIVITY

March 2 - June 28

Ballroom Beginners

Thursday • 6-7pm

This class is designed to just get your feet with dancing and help you survive on dance floor. Learn two different social dances that you'll find anywhere from latin nights to weddings receptions to cruises in each class. You'll learn the basic steps of each dance and learn how to confidently dance it to the music. \$95 member \$115 nonmember

Ballroom Advanced

Thursday • 7-8pm

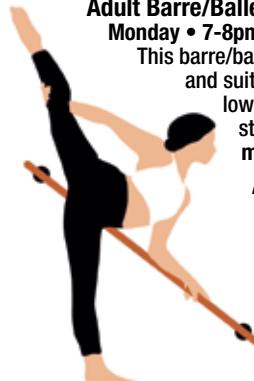
Each class will focus on one social dance and teach you more than one basic step in that dance. This class will help you learn the characteristics of the dance and how to navigate a crowded dance floor.

\$95 member \$115 nonmember

Adult Barre/Ballet

Monday • 7-8pm

This barre/ballet class will get you connected to your inner dancer and suited for all fitness levels. Full body workout that is low-impact and will focus on toning and stretching your body. member \$70 nonmember \$90



Adaptive Fit & Fun

Thursday • 5:30-6:30pm

Join friends to explore fitness fun designed with special needs in mind! Instructed by retired certified Special Ed teacher Sandy Morris. Targeted to persons 16+ or older desiring a special needs environment. member \$65 nonmember \$95

This is a scholarship eligible program

MARTIAL ARTS

YOUR FIRST TIME
TO CLASS IS FREE!

TAEKWONDO

Tuesday & Thursday

Junior Warriors (Ages 5-9) • 6:15-7:05

Teen Titans (Ages 10-15) • 7:15-8:05pm

This program offers advancement levels to learn traditional & Olympic style. Taekwondo, Hap Ki Do and Self-defense with discipline. Protective gear provided! The instructor Yosef can give all participants info about uniform and ranks.

A monthly fee of \$90 member \$105 nonmember.

Second family member is \$80 member \$100 nonmember.

Three + family members are a flat rate of \$260 member \$285 nonmember.

Private lessons in Taekwondo & Self Defense

Join our self-defense classes with our skilled instructor Yosef Endeshaw, who will guide you through a comprehensive range of techniques to effectively protect yourself in challenging situations. Single session - member \$50 nonmember \$68

Package of five sessions - member \$225 nonmember \$290

To book your session, email us at: SimonAbabou@lititzrec.com

YOUR FIRST TIME
TO CLASS IS FREE!

Fencing (Ages 6-Adult)

Monday & Wednesday • 6:15-7:15pm

Fencing is an organized sport, involving the use of

3 weapons: epee, foil, and sabre. In our fencing program you will learn from Romanian instructor, Nicusor Alexe who will demonstrate and teach on the use of epee and understanding the proper footwork for dueling such as guard position, advancing, retreating, and lunging.

Monthly Fee for Members (1st family member \$80,

2nd family member \$60, 3rd family member \$50.

Monthly Fee for Nonmembers (1st family member \$100,

2nd family member \$80, 3rd family nonmember \$70).

Private Lessons in Fencing

Coach Nic Alex offers personalized coaching that prioritizes the unique needs and abilities of each student.

Single 30-minute session - members \$32 nonmembers \$48

Package of eight 30-minute sessions - member \$225 nonmember \$290

To schedule an appointment, please contact SimonAbabou@lititzrec.com



ADULT SPORTS/LEAGUES

Pickleball Open Play

Free for members! Daily Guest Pass for nonmembers

Pickleball combines skills and rules of badminton, tennis, and ping-pong. Bring your own balls (BYOB).

Private Pickleball Lessons

One on one private lessons. Contact craigpersing@lititzrec.com, 717-626-5096, ext 237. member \$50 nonmember \$70

Pickleball Private Group Lessons

Classes for 2-4 players of similar skill level focused on the basic skills and strategies of the game. Classes by appointment - min of 2 players. Contact craigpersing@lititzrec.com, 717-626-5096, ext 237.

member \$25 each player nonmember \$50 each player

Pickleball Adult Beginner Class

Thursday • 6:20-7:05pm

This is an adult beginner class that meets 4 times.

Class will include learning the rules and skills needed to play Pickleball. This class will be taught by experienced coaches/instructors. The class is designed for ages 16+. If you have your own paddle, bring it, or borrow one of ours. Balls will be provided during class.

member \$60 nonmember \$90

Pickleball Court Rentals *ONE HOUR RENTAL*

Book a private pickleball court in our new upstairs gym! Members and guests are responsible for setting up and breaking down the pickleball nets. This is a rental for 1 court only. If you prefer Gym 7 or Gym 8, please email craigpersing@lititzrec.com to confirm. If not, we will schedule you for either of those gyms. Bring your own pickleballs and paddles. All available times can be found online using the Lititz recCenter Daxko Mobile App

member \$30 nonmember \$50

Pickleball Party Rentals

Want to host friends and family? Interested in multiple courts and extra space? Elevate your next gathering with our all-inclusive pickleball party rental service, featuring premium courts and equipment tailored for everyone. Enjoy hassle-free planning for an unforgettable day of fun and competition! Reach out to bernadettecsney@lititzrec.com for additional pickleball party information and get your party booked today!

Pickleball Spring Schedule

February 23 – June 8

All pickleball times will be in Gyms 5 & 6, unless otherwise noted.

Members: FREE

Nonmembers: Daily Guest Fee

Follow us on the TeamReach App for schedule changes/updates.
Group Name: Lititz Rec Pickleball Group Code: LRCPicklers1

Monday-Friday Open Play	5:30 am– 2:30pm
Tuesday Open Play	6:30pm– 9pm
Wednesday Through 5/7 Open Play	6:30pm-9pm
Friday Open Play	5:30pm-9pm
Saturday Open Play	6:00am-12pm 4pm-7pm
Sunday Open Play	8:00am-7pm

Contact CraigPersing@lititzrec.com for beginner classes, private lessons or to reserve private court time.

Pickleball Tournament

Participant must have a partner to register

June 27th & June 28th • 8am-4pm

All games will be played at the 12 indoor courts at the Lititz Rec Center. Play will be Round Robin format with a guarantee of 3 games. Each division will be separated by rating. Saturday is the men's and women's doubles divisions. Sunday is the mixed doubles division and the Senior doubles division (Ages 55). Exact times will be finalized after all teams have registered.

\$45 per member \$55 per nonmember (\$10 for additional events)

Men's Open Gym- Basketball Pick Up

Saturday • 8-10am - Weekly play for 16+ players

Free members; \$30 nonmembers

Women's Volleyball League

Tuesday • 6:30-9:30pm

Woman's Power and General Volleyball divisions will run Tuesday evenings at LrC from May through early August. League will be

10 matches plus playoffs.

Registration deadline is May 8th.

Limit of 12 Teams. Contact Ron Stief 626-5096 ext. 229 for more information.

\$300 Team + \$15 Ref Fee each match



Men's Summer Basketball League

Wednesdays • 6:30-10pm at the Lititz recCenter from May 13-August 12.

This is an adult, open league. Contact Ron Stief 717-626-5096 for more information. Registration forms are available online at www.lititzrec.com.

Fee: \$550 per Team

AMERICAN RED CROSS CLASSES

CPR/AED/FPR with First Aid

TBD • 9am-4pm

\$95 member \$130 nonmember



CPR/AED/FPR with First Aid Review

TBD • 8:30am-1pm

\$70 member \$100 nonmember

Lifeguard Certification

Includes CPR/FA/AED

Pre-Test water skills will be

Saturday, April 11 • 2:30-5:30pm

Course Dates: Saturdays 4/18 & 4/25 • 2:30pm-7pm

Sundays 4/19 & 4/26 • 8:30am-6pm

\$275 member \$325 nonmember

Hiring
lifeguards
and swim
instructors
for indoor
pools!

Lifeguard Re-Certification

TBD • 8:30am-3:00pm

\$130 member \$190 nonmember

American Red Cross Babysitting Class

3/14& 5/2

\$95 member \$125 nonmember



SAUDER
excavating

JEREMY PLASTINO, Owner/Operator
Lititz, PA

PA080576

Telephone: 717-333-4792
sauderexcavating@gmail.com
www.sauderexcavating.com

SPECIALTY FITNESS PROGRAMS

March 2 - June 28

Kickboxing Club

TuThurs • 6-7pm

member \$60 nonmember \$85

Boxing for weight loss, management and stress relief. Stimulate every muscle group as you punch and kick your way through a customized work-out. Train for cardiovascular endurance, coordination, balance, speed and agility.

Rock Steady Boxing

Level 1: Mon & Wed • 11am-Noon Level 2: Mon & Wed • 12:30-1:30pm

All levels: Fri • 11am-12pm

Fuel your fight with Parkinson's, get a good workout, improve quality of life, build power, strength, flexibility and speed.

Monthly Fee: member \$100 nonmember \$110

(Monday, Wednesday & Friday)

The Glute Room

Tuesday • 8:15-9am

Join our certified personal trainer Ashley Juarbe and step into The Glute Room — a 45-minute lower-body burner designed to build power, endurance, and serious strength through your legs and glutes. This class targets every major muscle from your glutes and hamstrings to your quads and calves with a mix of resistance training, bodyweight work, and functional movement.

member \$70 nonmember \$85

GET RACE READY!

LITITZ RecCENTER 12TH ANNUAL TRIATHLON & LITITZ RecCENTER 1ST ANNUAL BIKE/RUN

Sunday, August 9, 2026

Discounted Registrations before March 31, 2026

Triathlon: Swim 300 meters, Bike 15.8 miles, Run 3.1 miles

BIKE/RUN (Bike 15.8 miles, Run 3.1 miles)

Call 717-626-5096 ext. 221 or www.lititzrec.com to register.

For additional event details call us ext.239.

YOUTH FITNESS

March 2 - June 28

Kids Boxing & Youth Kickboxing Classes

Kids Boxing (Ages 7-12)

Thursday • 5:00-5:45pm

Junior Kickboxing (Ages 12-18)

Thursday • 4:00-4:45pm

These classes are a great way to introduce children to the sport of boxing & kickboxing while boosting their fitness and self-confidence. Each class teaches participants the basic skills like stance, guard & footwork while promoting strength, endurance, and self-discipline.

Each Class costs: \$55 member \$75 nonmember

StrongKids (Ages 7-12)

Mon & Wed • 5-5:45pm

Kids will use Pump Smart Bars & Small Weights for basic strength and form, muscle endurance, learning to use weights safely.

member \$70 nonmember \$90

SPEED, AGILITY & STRENGTH (Ages 9-14) Spring 1 Only

Tuesday & Thursday • 5-5:45pm

Sport performance type training for fitness, improved acceleration, control, foot speed & strength.

member \$75 nonmember \$90

GRIT & GRACE (Ages 9-14)

Thursday • 5-5:45pm

A perfect fitness class for girls only! You will start out easy and work your way to high levels of physical fitness by enjoying strength & bodyweight training sessions.

member \$55 nonmember \$75

FREE GROUP FITNESS CLASSES

STRENGTH & CORE

Les Mills Body Pump

Les Mills CORE

Pilates

CARDIO & STRENGTH

HIIT HAPPENS

Les Mills RPM

Les Mills SPRINT

Les Mills TRIP

SPIN

CYCLING

Bosu Circuit

Les Mills GRIT

(Strength/Plyo/Cardio)

CARDIO

Les Mills Body Combat

DANCE FITNESS

Zumba

Oula

LOW IMPACT

Les Mills Tone

POUND

BODY & MIND

Les Mills Body Balance

Gentle Yoga

Hatha Yoga

Vinyasa Yoga

Power Yoga

Tai Chi

SILVER FITNESS/ ACTIVE OLDER ADULTS

Silver Cardio & Strength

Silver Strong

Silver Yoga

VIRTUAL CLASSES

Les Mills Body Pump

Les Mills Body Combat

Les Mill Body Balance

Les Mills Grit Strength

Les Mills RPM

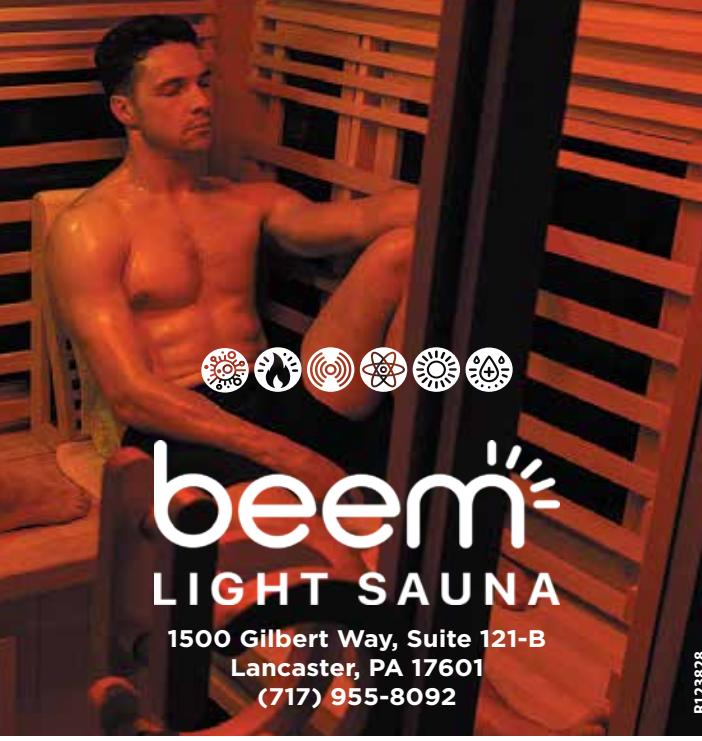
Les Mills Core

SCAN FOR CLASS SCHEDULES



*Instructor-led classes may be subject to change due to weather, availability, etc.
Download the Mobile App for announcements, cancellations, and more*

beem® Lancaster Now Open



beem® LIGHT SAUNA

1500 Gilbert Way, Suite 121-B
Lancaster, PA 17601
(717) 955-8092



PRESCHOOL PROGRAMS & SPORTS

Tiny Tumblers (Ages 3-5)

Tuesday • 5-5:30pm

This fun and energetic class will teach the basic fundamentals of tumbling. Students will work on forward/backward rolls, hand stands and modified cartwheels as well as coordination and movement.

members \$55 nonmembers \$85

SPRING 2 - 4 Weeks - members \$25 nonmembers \$40

Parent/Tot Sports of all Sorts (18 months - 3 years)

Mondays • 9:30am-10:00am

This program allows children aged 18 months - 3 years to experience a variety of sports throughout this program with a helping hand from mom or dad!

members \$55 nonmembers \$85

Parent /Tot Tumbling (Ages 18 months – 3 yrs old)

Tuesday • 9:30-10am or Wednesday • 5-5:30pm

Caregivers and tots have fun together learning forward rolls, balancing, and play games.

member \$55 nonmember \$85

SPRING 2 - 4 Weeks - members \$25 nonmembers \$40

Half-Pint Sports – Kid-Sized Fun!

Kids ages 3-6 can start fundamentals for these sports early and learn in a fun environment!

Ages 3-4 member \$55 nonmember \$85

Ages 5-6 member \$55 nonmember \$85

		<i>Ages 3-4</i>	<i>Ages 5-6</i>
Half-Pint Basketball	Mon	5:5-30pm	5:30-6:15pm
Half-Pint Sports Sampler	Tues	5:5-30pm	5:30-6:15pm
Half-Pint Soccer	Wed	5:5-30pm	5:30-6:15pm
Half-Pint T-Ball	Thurs	5:5-30pm	5:30-6:15pm

Preschool Open Gym (Ages 1-6)

Friday Mornings • 10:30-12pm

Move and play with friends in a kid-friendly zone. Children must have an adult present. 1/9, 1/23, 2/13, 2/27, 3/13 & 3/27

FREE to members **nonmembers \$10** per child/\$18 per family

Youth Fun Nights (Ages 5-12)

2nd Fridays • 5-8pm 1/9, 2/13 & 3/13

Kids have fun on Second Fridays, too! Gym games, sports, swimming, snacks, bounce house, and more.

member \$15 nonmember \$25

Little Explorers Book & Art Days (Ages 4-7)

April 2 • 9:30-10:30am

Come spend the morning at the rec in this inclusive program designed for kids ages 4-7. A themed story will be read followed by a craft.

member \$10 nonmember \$15

YOUTH PROGRAMS & ACTIVITIES

Youth Dodgeball Night (Ages 7-12)

Friday, April 17 • 6-8pm

LrC staff will split everyone into teams for a fun night of dodgeball. Games will be officiated by LrC staff.

member \$10 nonmember \$15

Nerf Night (Ages 7-11)

Friday, March 20 • 6-8pm

Join the epic battle of nerf night at the rec. Games will be played in a wide variety of places including the gyms and fun zone.

member \$10 nonmember \$15

FunZone Wednesday Nights (Ages 5-8)

5:30-7pm

Come out and bounce in our inflatable Funzone on Wednesday evenings with friends and energetic staff! Play games while bouncing and having fun.

member \$40 nonmember \$60

SPRING 2 - 4 Weeks - members \$20 nonmembers \$30

Youth Tumbling (Ages 6-9)

Tuesday • 5:30-6:15pm

Tumbling fundamentals and basic progressions: forward/backward rolls, handstands, cartwheels, and round-offs. Focus on coordination, strength, and flexibility. Spotting techniques to ensure proper body alignment, muscle memory and safety.

member \$65 nonmember \$95

SPRING 2 - 4 Weeks - members \$30 nonmembers \$45

Intermediate Youth Tumbling (Ages 6-9)

Tuesdays • 6:20-7:05pm

Designed for athletes ready to build on their foundational skills, this class focuses on refining technique, increasing strength and flexibility, and mastering skills like back walkovers, front walkovers, and beginning handsprings in a supportive, high-energy environment.*Must have taken Youth Tumbling.

member \$65 nonmember \$95

SPRING 2 - 4 Weeks - members \$30 nonmembers \$45

recWarriors (Ages 5-10)

Monday • 5:30-6:15pm

Based on the hit show American Ninja Warrior, register your kids for this fun athletic program based in the funZone using our inflatables.

member \$65 nonmember \$95

SPRING 2 - 4 Weeks - members \$30 nonmembers \$45

Gagaball Night

May 8 • 6-8pm

Join us for thrilling gaga ball games in our outdoor pit, where fun and friendly competition await players ages 7-12. In the event of inclement weather, we will move inside for other fun games.

\$10 members \$15 nonmembers



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R124076

YOUTH SPORTS & LEAGUES

March 2 - June 28



Youth Adaptive Sports

Monday • 4:45-5:30pm

This class is designed for children ages 7-12 with unique needs and diverse abilities. Explore the world of sports and exercise with friends and motivated staff!

\$65 members \$95 nonmembers



Flag Football Class

March 10-31 • Tuesday 5:30-6:15pm

Learn the skills and rules of flag football and play games. Classes will include learning offensive and defensive strategies which will include passing, catching, running routes and proper defensive techniques. This class is designed to prepare for our Spring NFL Flag Football League. Questions can be directed to craigpersing@lititzrec.com.

\$65 members \$95 nonmembers



NFL Flag Football League

Saturday Mornings April 4-May 9

NFL Flag is returning! Come join us this spring for our fun, developmental, non-contact league. This will be a 5v5 league played on a smaller field with a maximum of 10 players per team.

1 hour of practice followed by 1-hour games will take place each Saturday morning from April 4th-May 9th. Each player will receive a reversible jersey.

\$95 members \$125 nonmembers



Youth Pickleball (Ages 7-12)

Thursday • 5:30-6:15pm SPRING 1 ONLY

Learn to play pickleball in a structured class of drills and games that are designed to help kids reach full court play. Bring your own paddle or borrow one of ours!

\$65 members, \$95 nonmembers



Youth Baseball (Ages 7-10)

Thursdays • 6:30-7:15pm SPRING 2 ONLY

Meet outside to learn the fundamentals of fielding, throwing, hitting, and base running through drills and fun games. Bring your own glove or borrow one of ours!

\$65 members \$95 nonmembers



Youth Tennis

1st-3rd Grade: 5:15-6:15pm SPRING 2 ONLY

4th-6th Grade 6:15-7:00pm SPRING 2 ONLY

This course uses fun games and structured skill work to help kids learn to love tennis while building the fundamentals needed for full-court play. Classes focus on drills and game-based activities in a supportive environment. All sessions take place on the Warwick Middle School tennis courts behind the rec, or in Gyms 5 & 6 in the event of bad weather. Participants are encouraged to bring their own racquet if they have one; racquets will be provided by the LrC for those who need them.

\$65 members \$95 nonmembers



Youth Volleyball (Ages 8-13)

Tuesdays • 5:30-6:15

Come out and learn how to play the game with skills, drills and scrimmage play.

\$65 members \$95 nonmembers



Youth Soccer (Ages 7-10)

Wednesday • 6:30-7:15

Learn and develop soccer skills with drills and games.

The class will meet inside and outside.

\$65 members \$95 nonmembers



Youth Basketball

1st-3rd Grade 6:30-7:15pm

4th-6th Grade 7:20-8:05pm

Players will focus on dribbling, passing, shooting, defense, and game play through structured drills and small-sided games. Emphasis is placed on skill development, teamwork, and sportsmanship. Perfect for kids looking to start on the court and experienced players looking to strengthen their game.

\$65 members \$95 nonmembers

SPRING 2 - 4 Weeks - \$30 members \$45 nonmembers



NHL Street Hockey League Grades 3-6

Thursdays, July 16-August 20

The LrC is partnering with NHL street for its first street hockey league! This league will take place at the outdoor roller rink at Lions Park in Rothsville. 1-hour games will take place on Thursday evenings for 6 weeks. Games will be played on foot (no roller-blades). All participants will receive an NHL Street jersey. Questions can be directed to craigpersing@lititzrec.com.

\$95 members \$125 nonmembers



Field Hockey

Mondays starting in April

1st-3rd 5:30-6:15pm 4th-6th 6:15pm-7pm

On the outdoor field at the Lititz recCenter (weather permitting play might move indoors). Clinic format for skill development and advancement, followed by scrimmages to learn game fundamentals and strategy. Girls will need to bring mouthguards, shin guards and field hockey sticks to class. Sticks can be supplied by the Rec if needed. Classes will be taught by the Warwick State Champion field hockey coaching staff and players.

\$65 members, \$95 nonmembers



Floor Hockey (Ages 6-9)

Wednesdays • 5:30-6:15pm SPRING 1 ONLY

Come join our Indoor Floor Hockey skills and scrimmage session! Skills include passing, shooting, and stickwork drills. Bring your own sticks. Limited number to borrow.

member \$65 nonmember \$95



3 v 3 Basketball Tournament

Friday, March 6 (Guarantee of at least four games)

Middle School Girls & Boys 5:30-7:30pm

High School 7:30pm-9:30pm

\$75 per Team



3 v 3 Basketball Tournament

Saturday, March 7 (Guarantee of at least four games)

3rd & 4th Boys & Girls 9:30am-11:30am

5th & 6th Boys & Girls 12pm-2pm

\$75 per Team

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PERSONAL TRAINING & NUTRITION

FREE FITNESS ASSESSMENTS!

Get started on your fitness journey at Lititz recCenter. Schedule a free fitness assessment with our training staff to determine your starting point for setting attainable fitness goals. This is an important first step toward success! To schedule, contact SimonAbabou@lititzrec.com or call 717-626-5096 ext. 239.

FREE!

Individual Personal Training -

Work one-on-one with our certified personal training staff to get started safely in a fitness routine, effectively change your work-out, or conquer a challenge together. Schedule sessions to fit your lifestyle.

717-626-5096, ext 239 *Book multiple sessions and save!*

Group Personal Training -

Gather a group of up to 3 people to train together, motivate, and challenge one another! simonababou@lititzrec.com to schedule.

*single session, 3 sessions, 5, 8, or up to 12 sessions can be booked

Pre & Post Rehab Training

Certified trainers will help you develop a safe and reasonable recovery plan to bounce back after injury or surgery to assist you in recovery and regaining your strength. Contact SimonAbabou@lititzrec.com or call 717-626-5096, ext. 239 for more info or to Schedule an appt.

Personal or Family Nutrition Counseling

Work with a registered Dietician to create a plan for healthy eating and follow up with weekly progress sessions.

1-hour Personal member \$65 nonmember \$75

30-min member \$45 nonmember \$55

1-hour Family Nutrition member \$80 nonmember \$90

By appt: 717-626-5096 ext.239

ANNUAL EVENTS • ANNUAL EVENTS • ANNUAL EVENTS • ANNUAL EVENTS

Golf Tournament

Wednesday, May 27th

Experience an unforgettable day of golf and camaraderie at Iron Valley Golf Course — register your foursome now for special savings! Enjoy lunch at noon, a "Shotgun" start at 1pm, and end the day with a dinner and awards ceremony at 6pm.

Contact Ron Stief for details at 717.626.5096 ext. 229

12th Annual Triathlon & 1st EVER BIKE/RUN Event

Sunday, August 9th starting at 8am

Triathlon: Swim 300 meters, Bike 15.8 miles, Run 3.1 miles

BIKE/RUN Event: Bike 15.8 miles, Run 3.1 miles

Contact Simon Ababou for details at 717.626.5096 ext. 239

Boulder Bash 2026

Saturday, September 12th starting at 9am

Indoor bouldering event held at recROC with routes from V0-V10. Compete in any of our categories: Youth/Novice, Intermediate, or Advanced. Enjoy snacks and win prizes. Register early to save money and be guaranteed an official comp shirt in your size! For more information contact us at 717.626.5096 ext. 801.



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60 minutes - 1 session \$95

3 session package \$276

5 session package \$450

March and April - Circardia Tropical Facial

This is excellent for all skin types using the Circardia caviar lime and passion fruit mask which delivers gentle exfoliation and antioxidant support to nourish the skin.

May - Firming Peptide Facial ~ Perfect for Mother's Day!

This facial combines peptides & antioxidants which promote cell regeneration. Amino acids help boost your skin's energy.

June - A Gentlemen Facial for Father's Day

This service is professional, science-driven treatment designed to target men's skin concerns like irritation, shaving, damage, and aging. It features a deep cleanse, targeted exfoliation, and a soothing, hydrating mask to improve skin texture.

Fee: 60-minute session: \$70 per session / 3 sessions \$204

Pretzel Twist 5K & Kids Run

Saturday, 19th with the Kids race starting at 7:45am and the Pretzel Twist at 8am. This event is part of the Triple Crown Series with the recCenters of Lancaster County. Both Triple Crown & Pretzel Twist awards will be announced at the end of this fun-filled run through Lititz Borough. For more details contact us at 717.626.5096 ext. 229.



Youth Triathlon

Friday, October 2nd

Be a triathlete for a day! This introduction to a true triathlon challenge for kids ages 5-12. Kids are encouraged to do their personal best as they swim, bike, and run in their own age group events. Register early and save money! Call us at 717.626.5096 ext. 225 for event details.

Looking to become a Sponsor for our events? Contact us at CoreyPickel@lititzrec.com for details or call 717.626.5096 ext. 242.

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Parent with child 6 mos-2 years
\$88 Member \$118 NonMember

PRESCHOOL 3-5 YEARS

\$93 Members
\$134 NonMembers

Starfish (Level 1)
Guppy (Level 2)
Penguin (Level 3)
Sea Squirt (Level 4)

Senior Water Exercise Class

FREE to the Community

Scan here
for class
descriptions
& schedules



YOUTH 6-12 YEARS

\$93 Members
\$134 NonMembers

Jellyfish (Level 1)
Seahorse (Level 2)
Otter (Level 3)
Seal (Level 4)
Dolphin (Level 5)

Scan to view
swim lesson
schedules



Private Swim Lessons for all ages & swim levels.

Available for one swimmer or up to 3 in a group with a 30-minute session. Lessons offer creative & focused instruction along with flexible scheduling. Choose a time that works best for your busy schedule.
30 min session – One Swimmer: member \$30 nonmember \$55
30 min session – Group up to 3 swimmers: member \$50 nonmember \$70

PARTNERSHIP PROGRAM

Our community partnership program reaches approximately 200 residents each year. Speak to our team and see if you qualify for assistance that may help your child with swimming lesson registrations!
Call us at: 717-626-5096

Spring Swim Clinic Lessons (Ages 6-12)

8 weeks: March 2- April 22 held Monday/Wednesday • 3:30-4:30pm
Swimmers MUST be able to swim the length of the pool freestyle to take the class. Youth lessons are held in the Main Pool's lap lanes. Swimmers will work on starts, stroke technique, and flip turns.
member \$210 nonmember \$250



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Summer Camps 2026

Sign up for camps online at www.lititzrec.com or call 717-626-5096
SAVE on CAMP REGISTRATIONS with our early bird discount through May 15

Registration
Opens
February 15th.

PRESCHOOL CAMPS

Camps from 9:30a-12p

\$75 members/\$105 nonmembers

- Summer Science & Nature: June 16 - 18
- Zainy Zoo & Animal Action: June 23 - 25
- Patriotic Camp: June 30 - July 2
- Camping FUN!: July 7-9
- Ocean Adventure: July 21 - 23



AGE 3-5 CAMPS

Camps from 9:00-10:30a

\$70 members/\$100 nonmembers

- Basketball: June 15-19
- Soccer: June 8-12, July 13-17
- T-ball: June 29 - July 2 (**\$60, \$80**)
- Sports Sampler: June 1-5, July 6-10, July 20-24
- Arts & Crafts: June 29 -July 2 (**\$60, \$80**), July 13-17
- Summer Fun & Games: June 8-12, June 22-26, August 3-7, August 10-14
- Endless Summer Fun: August 17-21
- Backyard Games: July 28-30 (**\$40, \$60**)



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Summer Camps 2026

Registration
Opens
February 15th.

Sign up for camps online at www.lititzrec.com or call 717-626-5096
SAVE on CAMP REGISTRATIONS with our early bird discount through May 15

AGE 6-8 CAMPS

Camps from 9:00a-12:00p

\$95 members/\$125 nonmembers

- Basketball: June 22-26, June 29 -July 2 (**\$80, \$100**), July 20-24
- Field Hockey: June 15 - 19
- Flag Football: July 6-10, August 3-7
- Lacrosse: June 22-26
- Soccer: June 29-July 2 (**\$75, \$100**), July 13-17, July 20-24
- Baseball: July 27-31, August 10-14
- Pickleball: July 27-July 31
- Tennis: June 15-19, June 29-July 2 (**\$75, \$100**), July 20- 24
- Street Hockey (Rothsville): June 15-19
- Sports Sampler: June 8-12, July 13-17
- Summer Fun & Games: June 22-26, July 13-17, August 3-7, August 10-14
- Endless Summer Fun: August 17-21
- Backyard Fun: July 28-30 (**\$40, \$60**)



EVENING CAMPS

3-5 Camps 6:00 - 6:45pm

6-8 Camps: 7-8pm

\$60 member/\$90 nonmember

- Soccer: Wednesdays, July 8-August 26
- T-Ball/Baseball: Tuesdays: July 7 - August 25

Dance Camp information coming soon!

For questions contact Simon

SimonAbabou@lititzrec.com



AFTERNOON CAMPS

Camps from 12:30p-3:30p

\$75 members/\$105 nonmembers

- Theater Camp (Ages 6-12): July 28-30
- Math Camp: (Ages 9-12): August 18-20
- Science Explorers Camp (Ages 6-12): July 14-16
- Spy Camp (Ages 6-12): August 4-6
- Junior Chef Camp (Ages 9-12): August 11-13 (**\$100, \$130**)
- Learn To Draw (Ages 9-12): June 29-July 2
- Art Camp (Ages 6-8): July 7-9
- Volleyball Camp (8-12) **1-4pm:** July 20-24 (**\$95, \$125**)



Scan to learn more or
to register!



Age 9-12 Camps

Camps from 9:00a-12:00p

\$95 members/\$125 nonmembers

- Basketball: June 22-26, July 6-10, July 20-24
- Field Hockey: June 15-19
- Flag Football: July 6-10, August 3-7
- Lacrosse: June 22-26
- Soccer: June 29-July 2 (**\$75, \$100**), July 13-17, July 20-24
- Baseball: July 27-31, August 10-14
- Pickleball: July 27-31
- Tennis: June 15-19, June 29-July 2 (**\$75, \$100**), July 20- 24
- Street Hockey (Rothsville): June 15-19
- Backyard Games: August 3-7
- Summer Fun & Games: August 10-14
- Endless Summer Fun: August 17-21
- Ultimate Frisbee/Disc Golf: July 6-10
- Art Camp: July 13-17 (**\$105, 135**)



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recROC Holiday Hours

Easter **CLOSED**
Memorial Day **7am-noon**

360 Training (Ages 10+)

This program focuses on all 360 degrees of fitness. Training programs along with nutritional guidance that are focused on getting athletes to perform at their absolute best and reach new personal goals. Results are found here with Sports Performance Trainer Matt Orta! Train one on one or with a group of up to three.
60 min 360 Group Training: \$70 member \$99 nonmember
*Discounts on 5 or 10 sessions packages.



PERFORMANCE & PERSONAL TRAINING

Team Training Also Available!

Personal Training

Individualized and small group customized training with our certified staff in fitness or bouldering instruction. Single sessions and training packages are available, by appt. MattOrta@lititzrec.com, 717.626.5096, ext 801.

ROCFit HIIT (Ages 14+)

Mon/Wed/Fri 5:30-6:30am OR 8-9am
This class is designed to use both body weight and various strength components to push you past your limits and improve your overall fitness level. Increase your performance strength and watch your body recover faster. \$74/mo member \$116/mo nonmember

BOULDERING PROGRAMS

Shoe and chalk rentals available, or bring your own!

Monthly programs run the first 4 dates

Bouldering (Ages 14-Adult)

Basics - Wed • 6:30-7:30pm

Intermediate - Tues • 6:15-7:15pm

Bouldering fundamental skills, problem solving, and confidence building for pursuit of a rising sport! Train with friendly & experienced instructors.

Monthly: \$41 per month member

\$69 per month nonmember Drop In \$20 if available

Bouldering Personal Training (All Ages)

Customized one-hour session to get comfortable with foundations in bouldering, add bouldering elements to work-outs, or move beyond obstacles.

Available by appt.

YOUTH PROGRAMS

Ninja Kids! (Ages 6-13)

Every Mon & Thurs 6-7pm and each Saturday 11am-noon

Kids test out ninja skills on our obstacle course. Learning to safely maneuver through obstacles and have fun bringing out their inner-Ninja. Relay races for challenge, focus, and testing new skills.

Pay as you go fee per class:

\$14 member \$20 nonmember

Scramblers (Ages 6-13)

Tues & Wed • 5:30-6:15pm

Bouldering begins here! Kids learn safe climbing skills and understanding of techniques, routes, and more.

\$41/mo member \$69/mo nonmember

Drop-in available

★ SAVE THE DATE ★

BOULDER BASH 2026

Saturday, September 12th

Ages 7 & up

We had an amazing event in 2025! Thank you to everyone who competed or supported your favorite climber. Boulder Bash 2026 will be held Saturday, September 12th.

Be sure to register early to save and be guaranteed an official comp shirt in your size!

Getting Started at recROC

New members get a one-on-one or family orientation with optional assessments:

- FREE Bouldering Assessment: 30 min with a Bouldering Trainer.
- FREE Goals Assessment: 30 Minute Fitness and Goal Assessment with a Certified Personal Trainer.

Upcoming Membership Specials

Save Some Green!

March 17

Celebrate St. Patrick's Day and the beginning of spring with fantastic savings from recROC!
SAVE \$50 WHEN YOU SIGN UP ON MARCH 17TH.

Celebrate Seniors

Sign up at recROC on March 27th & Save \$50!

ROC-OUT at recROC!

Reserve space at recROC for your next group outing or party. Youth ages 8+ and adults of all ages can explore bouldering, fitness challenges, obstacles, and team building challenges.

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