

WINTER PROGRAM GUIDE

JANUARY & FEBRUARY 2026



A Premier Recreation Facility



Turn to page 9
for Holiday Break Camps or
scan the QR code below



www.lititzrec.com

717.626.5096



See page 10

**New Year's
Membership
Special**

Save \$100

**from January 1-31, 2026
and the LrC & recROC
will waive the joiner fee
on new one-year
qualifying memberships.**

(Present this coupon to receive discount)

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****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!**

Winter Session: January 5 - February 22**Member Registration December 8****Nonmember Registration December 15****Use our FREE Mobile App!**

- Daily class schedules
- Announcements
- Store your scan card

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!****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.....

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!**

**WINTER FACILITY HOURS:**www.lititzrec.comwww.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
Christmas Eve	5am to 2pm	8am-12pm
Christmas Day	CLOSED	CLOSED
New Year's Eve	5am-6pm	5am-6pm
New Year's Day	8am-6pm	CLOSED

Check website for Indoor Pool & kidZone modified hours on holidays

Warwick Regional Recreation Commission

Pavilion Rentals, Parks,
Playgrounds, and Trails

warwickregionalrec.org



Ron Stief

WRRRC/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.

INCLEMENT WEATHER INFORMATION FOR WHEN THE WEATHER IS FRIGHTFUL...



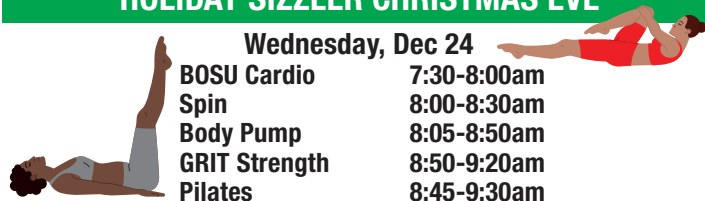
Inclement Weather information can be found on the LrC website www.lititzrec.com, WGAL News 8 at www.WGAL.com, and CBS 21's Stormwatch at www.cbs21.com. Lititz recCenter members will also be sent an email and receive an announcement on the LRC Mobile App

NEW YEAR'S MEMBERSHIP SPECIAL

Save \$100 from January 1-31, 2026 and the LrC & recROC will waive the joiner fee on new one-year qualifying memberships. Present the coupon on the cover to receive discount.

FREE TO THE COMMUNITY! BRING YOUR FRIENDS

HOLIDAY SIZZLER CHRISTMAS EVE



Wednesday, Dec 24

BOSU Cardio	7:30-8:00am
Spin	8:00-8:30am
Body Pump	8:05-8:50am
GRIT Strength	8:50-9:20am
Pilates	8:45-9:30am

Holiday Goodies & Snacks will be provided!

NEW YEAR'S EVE DANCE PARTY

Tuesday, Dec 31

POUND	8:00-8:30am
OULA	8:30-9:00am
Zumba	9:00-9:30am

NEW YEAR'S RESOLUTIONS

Wednesday, Jan 1

Virtual RPM	8:10-9:00am
Body Pump	9-10am
Vinyasa Flow Yoga	10-11am

JOIN IN THE 2026 BETTER "BODY" CELEBRATION LES MILLS LAUNCH PARTY



Saturday, Jan 17

Les Mills TONE	8:15-9:00am
Body Combat	8:15-9:15am
GRIT Strength	8:15-8:45am
Body Pump	9:00-10:00am
Body Balance	9:15-10:15am

Refreshment & Snacks will be provided

NATIONAL HEALTHY WEIGHT WEEK

Jan 18-24

E-Z BAR STANDING BICEPS CURLS SHOWDOWN

EZ Bars with 20 pounds for females & 30 pounds for males. The male & female with the most repetitions will win prizes!

LES MILLS MASTERCLASS

Friday, Feb 7

Les Mills TONE	Masterclass 8:00-8:45am
BODY PUMP	Masterclass 9-10am
Science of Motivation Workshop	10:15-11:15am
Refreshments & Snacks will be provided!	

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

Enjoy 20% OFF
your next Lititz recCenter
Guest Pass purchase.

This coupon valid for one Guest Pass.

Coupon expires 2/28/2026

FEBRUARY IS NATIONAL HEART MONTH

Every Friday Free Group Fitness Classes!

Download the Lititz recCenter APP
for class scheduling



30-DAY TRIATHLON CHALLENGE

Jan 26 - Feb 24

Looking for Jump-Start your Winter Workout Program? This challenge is for everyone. Participants will swim or row, bike and run/walk specific distances to qualify for completion of one of the challenges listed. If you have limitations for the walk/run portion or are new to exercise, exceptions are listed, so you can participate too! No Excuses! Get your friends and sign up for the challenge! For more details contact 717-626-5096 ext.225 or AlanMakar@lititzrec.com

SPECIAL EVENTS

Madison Square Garden Bus Trip

December 20th

Join us on Saturday, December 20 for a bus trip to Madison Square Garden to watch Duke Men's Basketball take on Texas Tech! Tip-off at 8pm. \$155 Per Person

Philadelphia Flower Show Bus Trip

March 6th

Join us for a day surrounded by stunning blooms and breathtaking displays at the nation's largest and longest-running horticultural event — the Philadelphia Flower Show! Enjoy convenient round-trip transportation, explore beautiful garden exhibits, shop unique vendors, and experience the sights and scents of spring in full bloom. Don't miss this vibrant day trip! \$90 Per Person

SEASONAL EVENTS

GINGERBREAD HOUSE MAKING

Wednesday, December 17
from 6:30-8pm

Come make gingerbread houses and you can bring your family to celebrate the holidays.
\$25 member family
\$35 nonmember family



ORNAMENT DECORATING

December 20th from 1-4pm

Get into the holiday spirit with a fun and festive ornament decorating and painting session! Perfect for kids and families of all ages. Drop in any time between 1-4pm to decorate. This session will be run by the Art teacher from Lititz EI, Mrs. Reifsnyder.
members \$15 nonmembers \$20

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 2025/26 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.

We Are Hiring!

Lead & Assistant Teachers for before and after school
Flexible schedules
Free LrC Membership with employment!



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Service Appointments
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Service Hours
Monday-Friday, 6am-4pm

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*Must present ad at time of order.

Discounts cannot be combined.

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KIDS DANCE PROGRAMS

January 5-February 22

Kids Ballet 1 (Ages 3-4)

Saturday • 9:30-10:15am

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 • 10:15-11am

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 • 11:05-11:50am

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 • 10:30-11:15 am

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

This is a 13 weeks program for dancers ages 3-13 who wish to improve and develop dance technique, build relationships and perform in an informal costumed showcase on Saturday April 11 at 2pm. Free for guests to attend.

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

January 5-February 22

Ballroom

Thursday • 6:45-7:30pm

This class is designed to just get your feet with dancing and help you survive on the dance floor. Learn two different social dances that you'll find anywhere from Latin nights to wedding receptions to cruises in each class. You'll learn the basic steps of each dance and learn how to confidently dance it to music. **member \$95 nonmember \$105**

Adult Barre/Ballet

Thursday • 6-6:45pm

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

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).

**YOUR FIRST TIME
TO CLASS IS FREE!**



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

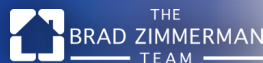
nonmember \$290

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

Self Defense Workshop

Saturday, January 24 • 2-4pm

This two-part workshop begins with a guided conversation that gives insight into an attacker mentality and develops our ability to pre-attack indicators and predatory behaviors. Second, participants will learn how to address the physical aspects of an attacker to be better equipped to physically protect themselves. The class instructor will be Abigail Wenger. **Fee: \$79**



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Team Members: Max Long, Ian Jerchow,
Brad Zimmerman, Bryn Hess,
Nikki Horkala, Ivy Livingston-Ramirez,
Christy Madara, Lyndsay Woolley,
Ryan Zimmerman, Erin Perigo

*Non-Licensed Member

c: 717-278-4771

o: 717-569-2222

@bradshomesales

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

new! 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 bernadetteciscney@lititzrec.com for additional pickleball party information and get your party booked today!

Pickleball Winter Schedule December 1 - February 22

All pickleball times shown are for Gyms 5&6

Members: FREE Nonmembers: Daily Guest Fee

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

Monday-Friday	5:30am- 2:30pm
Tuesday	7pm-9pm
Friday	5:30pm-9pm
Saturday	6am-7am 12:30pm-5pm* 5pm-7pm
Sunday	8:30am-7pm 8:30am-12:45pm (12/7)

*12:30pm- 5pm will end Dec. 27th due to
recLeague Basketball

Contact CraigPersing@lititzrec.com for beginner classes,
private lessons or court rentals. Schedule may vary due to
holidays or events.

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*

AMERICAN RED CROSS CLASSES

Lifeguard Certification Includes FA/CPR*

PRE-TEST Sat, Feb 28 from 2:30-5:30pm

Sat, March 7 & 14 • 2:30-7pm

Sun, March 8 & 15 • 8:30am-6pm

member \$275 nonmember \$325

Lifeguard Re-Certification

Sat, Oct 4 • 3-7pm

Sun, Oct 5 • 8:30am-3:30pm

member \$130 nonmember \$190

American Red Cross Babysitting Class

Jan 24 & March 21 • 9am-3pm

Any student ages 11 - 15

Gain knowledge on how to care for kids when babysitting

and gain a pediatric first aid cert. from the American Red Cross.

member \$95 nonmember \$125



American
Red Cross

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lifeguards
and swim
instructors
for indoor
pools!

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SPECIALTY FITNESS PROGRAMS

January 5-February 22

Kickboxing Club

Tues • 7-8pm or Thurs 6-7pm

member \$60 nonmember \$85

Twice a week member \$90 nonmember \$115

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 1-2: Mon & Wed • 11am-Noon Level 3-4: 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

** Pain Reduction Through Movement**

Saturday • 8:15-9:00am

A 10 simple assessment tests to help you chart your fitness program for getting the most out of your body. Ned Pelger and Simon team up to teach this class and help you create habits that could change your life. There are no minimum physical requirements for this class, the key is to learn to progress in the right direction. 5 sessions Jan 10 & 17, Feb 7, 14 & 21

Free to member \$50 nonmember

YOUTH FITNESS

January 5-February 22

** 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)

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

** Family Yoga**

Saturdays • 8:30-9:05am

A class designed for parents & kids to practice together. Family Yoga is a gentle flowing class to support you to connect with yourself and your children through the practice of yoga. No experience necessary. Just a willingness to laugh and let go!

Family member \$40 Family nonmember \$60

MASSAGE & SPA SERVICES

Spa Services! New Member BONUS when you join in January 2026! 10% off of your first purchase at our Spa Room to new LrC members from January 1-13.

Massage - We offer Swedish, Deep Tissue, Trigger Point, Sport Massage.**Facials** - We offer Deep Clean, Hydrating, Berry Bright, Ultra Calming Facials.**MASSAGE OR FACIAL PRICING**

60 minutes - 1 session \$70 3 session package \$204

Microcurrent Facial

This facial includes cleansing, exfoliation with steam and the use of the microcurrent to stimulate the facial muscles and reduce the appearance of the fine line and wrinkles.

60 minutes - 1 session \$95 3 session package \$276 5 session package \$450

Winter Glow Facial

Only Available January 1- February 28

The Radiance Vitamin C Facial - This facial brightens, hydrates, and rejuvenates the skin delivering a luminous glow after treatment. This treatment uses four different types of Vitamin C and is suitable for all skin types. Enjoy our in-house spa sessions offered by licensed therapists. All services available by appt. message@lititzrec.com or call 717-626-5096 ext.318** Well Within**

This 10 week program empower you to cultivate lasting well-being from the inside out. A fitness component combine between strength training & cardiovascular, emphasizing full-body, and functional workouts. The nutrition part will guide you toward a whole-food based approach that's simple to adopt into a healthy lifestyle. This fitness & wellness program include weekly: 1- Two small group personal training. 2- A wellness coaching focused on goal setting. 3- Access to nutrition seminars & educational ressources. 4- Full access to the recCenter group fitness classes for non-members during the program. Kickoff day Jan 10 (9-10am) to learn more about the program, explore session timeslots, and meet the trainers.

Fee before Christmas Dec 25 (\$310/member \$450)

Fee after After Christmas Dec 25 (\$320/member \$470/nonmember)

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 TrainingCertified 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

New Member BONUS when you join in January 2026!**10% off your first personal training package purchase to new LrC members from January 1-31.**

INDOOR POOL CLASSES & SCHEDULES

Free Swimming & Aquatic Fitness to Members

Aquatics Director: HeatherFittery@lititzrec.com

717-626-5096 ext. 227



AQUATIC FITNESS CLASSES

Deeper Power Aqua Stride HIIT
Smoother Moves Aqua Yoga
Rhythmic Vibes Aqua Barre
High Intensity Shallow Workout

SENIOR WATER EXERCISE

FREE to the Community

Scan here
for class
descriptions
& schedules



WINTER SWIM LESSONS – 7 WEEKS

PARENT & CHILD

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

PRESCHOOL 3-5 YEARS

\$93 Members
\$134 NonMembers

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

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

Winter Swim Clinic

Monday & Wednesdays • 3:30pm-4:30pm

Participants MUST be able to swim a 25-yard freestyle to register for the class. Swimmers will work on stroke development, technique and starts. Class will be in the main pool. member \$210 nonmember \$250

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

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

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

Monday • 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

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

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

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

9:30-10:30am on Monday 1/19, Saturday 2/7, & Friday 3/13

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, December 19 • 6:30-8pm

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, Jan 16 • 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

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

new! 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

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

Registration for all Sports and
Specialty Summer Camps will open
on February 15th!

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Holiday Camps

\$20/Member \$25/NonMember

(Ages 6-8 & 9-12)

- **Basketball - Mon, Dec 29**
- **Lego - Mon, Dec 29**
- **Soccer - Tues, Dec 30**
- **Art - Tues, Dec 30 (Ages 5-9)**
- **Bluey Adventure Camp - Wed, Dec. 31 (Ages 3-6)**
- **Field Hockey - Wed, Dec 31**
- **Floor Hockey - Wed, Dec 31**
- **Flag Football - Thurs, Jan. 1**
- **FunZone & Winter Games - Thurs, Jan 1**
- **Winter Fun & Games - Fri, Jan 2**
- **Princess - Fri, Jan 2**



Scan the QR code to get these camp descriptions and registration links!



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



Youth Volleyball (Ages 8-13)

Tuesday • 5:30-6:15 Come out and learn how to play the game with skills and drills and some scrimmage play.
member \$65 nonmember \$95



NFL Flag Football League - SPRING LEAGUE

NFL Flag is an NFL supported flag football league for kids in grades 2nd-4th and 5th-7th. League will run April 4 - May 9. One-hour practices prior to games. No experience needed.
member \$95 nonmember \$125



Youth Adaptive Sports

4:30pm-5:15pm

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! member \$65 nonmember \$95



Youth Pickleball (Ages 7-13)

Thursday • 5:30-6:15pm

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! member \$65 nonmember \$95



Floor Hockey

Wednesdays • 5:30-6:15pm

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

YOUTH SPORTS & LEAGUES

January 5 - February 22



recBasketball

Grade K-2 will be an intro to basketball with "League-Like" sessions on Saturdays in January and February starting January 3. 1-hour sessions will begin with skill instruction and end in a game. Session time to be announced mid- December. Register by December 31. Boys and Girls will be separated. Boys and Girls Grade K-2 Saturday • TBD time member \$65 nonmember \$95



recLeague Basketball

Grades 3rd-12th • Saturday Morning

Weekly practices and games, players will develop their skills, improve teamwork, and have fun in a supportive, competitive environment. Perfect for all skill levels!
member \$105 nonmember \$140



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\$35 youth/mo
Daily Guest Pass **\$23**
Flex Card
(5-visit Punch Pass)
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This is a groundbreaking tool for climbers, designed by experts Andy Raether and Daniel Woods, who each have over 20 years of experience. It features a custom app with a top ten leaderboard and advanced problem searches, offering grades for unsent problems, and includes ergonomic holds with a dual-texture that mimics wood for comfort and reliability.

recROC Holiday Hours

Christmas Eve 8am-12pm
Christmas Day **CLOSED**
New Year's Eve 5am-6pm
New Year's Day **CLOSED**

PERFORMANCE & PERSONAL TRAINING**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.

**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.

New Year's Membership Special

Save \$100 from January 1-31, 2026 and the LrC & recROC will waive the joiner fee on new one-year qualifying memberships.

Present the coupon on the cover to receive discount.

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.

Holiday Must-Haves for Runners

The holidays are here, and so are the shoes! Our shelves are fully stocked with the season's best styles



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