WINTER PROGRAM GUIDE

JANUARY 4 - FEBRUARY 21, 2027

lititz recCenter
A Premier Recreation Facility









SUMMER CAMP!

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

WINTER FACILITY HOURS:

www.lititzrec.com www.lititzrecROC.com *(see page 10)*

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

Holiday Hours

	Lititz recCenter	recROC
Christmas Eve (12/24)	5am to 2pm	8am to Noon
Christmas Day (12/25)	Closed	Closed
New Year's Eve (12/31)	5am to 6pm	5am to 6pm
New Year's Day (01/01/2027)	8am to 6pm	Closed

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.

Check website for Indoor Pool & kidZone modified hours on holidays

MEMBERSHIP MONTHLY RATES*

One-year membership monthly EFT fees

	Resident	Nonresident
Family	$117	$138
Adult	$70	$82
Youth	$32	$39
Young Adult (ages 18 – 22)	$52.50	$63
Senior (60-64)	$56.50	$67
SeniorPlus (65+)	$48.50	$56.50

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

Residents of Warwick Township, Lititz Borough, and Elizabeth Township receive Resident price savings!

Fixed 3 month, and 6 month and 1 year membership options available with one-time payment. Best Value-1 year!

LRC Members Save 50% on memberships of equal value at Lititz recROC and Season Passes for Lititz Springs Pool!

Daily Guest Rate
$20 Adults (23-59)
$15 Senior/Student

Save 20% on daily Guest Rate when you purchase a 5 Visit Flex Card
Adult $80
Senior/Youth/ Young Adult $60

LRC FLEX CARD

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

Warwick to Ephrata RAIL TRAIL

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.

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!

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 4 - February 21
Member Registration: December 6
Nonmember Registration: December 14

BUS TRIPS

PHILADELPHIA FLOWER SHOW

Friday, March 19
Discover the Philadelphia Flower Show, the nation's top horticultural event. Enjoy round-trip travel, vibrant blooms, garden exhibits, and unique vendors in a spring spectacle. **$90 per Person**

FREE TO MEMBERS

BLUE GOJI BIKES ARE IN THE FITNESS CENTER!

The Expresso Bike has been Upgraded to a newer version "Blue Goji" and members will experience the following:
* Individual Goal Training. * Interactive Exergaming.
* Virtual Road Cycling. * Local Group Rides. * Multi-player Racing & Gaming. * Team Building & Tournament. * Handlebar Steering.

MEMBERSHIP SPECIALS!

NEW YEAR'S MEMBERSHIP SPECIAL!

From January 1-31, enjoy a $100 savings as the LrC and recROC waive the joiner fee on new one-year LrC and qualifying recROC memberships.

ANNOUNCEMENT:

Lititz Springs Pool Season Passes Go On Sale March 1st!

lititz SPRINGS POOL



LONGENECKER'S HARDWARE CO. 1937
127 Doe Run Rd Manheim Shopping Center Manheim, PA 17545
(717) 665-2491 (store) (717) 665-2020 (Rental)
www.Longeneckers.com
R131855

FREE TO THE COMMUNITY - BRING YOUR FRIENDS!

TAEKWONDO OPEN HOUSE

Tuesday, December 15 from 6:15-7:15pm
Ages 5 - Adult
Meet our Master Kirk Wolfe in person to get insight into his expertise and learn about Martial Art Benefits. Free uniform to start!

HOLIDAY SIZZLER CHRISTMAS EVE

Thursday, December 24

BOSU Cardio	**7:30-8:00am**
Spin	**8:00-8:30am**
Body Pump	**8:05-8:50am**
Pilates	**8:35-9:10am**

Holiday Goodies & Snacks will be provided! 10% discount in Spa Services to all our community members.

NEW YEAR'S EVE DANCE PARTY

Thursday, December 31

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

NEW YEAR'S RESOLUTIONS

Friday, January, 2027!

Virtual RPM	**8:10-9:00am**
Body Pump	**9:00-10:00am**
Vinyasa Flow Yoga	**10:00-10:45am**

FENCING OPEN HOUSE



Tuesday, December 29 from 6:15-7:15pm
Meet with our Romanian Instructor Nic Alex who will introduce fencing and sport's benefits. The instructor will provide the equipment!

LES MILLS LAUNCH CELEBRATION PARTY

Join in the 2027 Better "Body" Celebration Les Mills Launch Party
Saturday, January 16
Refreshment & Snacks will be provided!

Les Mills TONE	**8:15-9:00am**
GRIT Strength	**8:15-8:45am**
Virtual The Trip	**9:00-9:45am**
Body Pump	**9:00-10:00am**
Body Balance	**9:15-10:15am**
Virtual Body Pump	**10:30-11:30am**

NATIONAL HEALTHY WEIGHT WEEK



January 17-23
E-Z BAR STANDING BICEPS CURLS.
30 pounds for female & 50 pounds for male.
The first male & female with post repetitions will win prizes!
10% discount in Personal Training & Nutrition Counseling (for new clients only!).



FEBRUARY IS NATIONAL HEART MONTH

Every Friday Free Group Fitness Classes!
Download the Lititz recCenter APP for class scheduling.

SEASONAL EVENTS

GINGERBREAD HOUSE DECORATING

Thursday, December 17 from 6:00-7:30pm
Bring the whole family for a sweet evening of creativity, laughter, and holiday cheer! Join us for Gingerbread House Making Night, where families can build and decorate their own gingerbread houses together.
$15 Member $20 Nonmember

FITNESS CENTER CHALLENGE



POWERLIFTING

Sunday, February 7 at 8:00am
This IRON challenge is for all experience levels (ages 18+). Compete in Squat/Bench/Deadlift. For details 717-626-5096 ext.225.

PRESCHOOL PROGRAMS

$60 member $90 nonmember

Parent/Tot Tumbling *(Ages 18 months-3yrs old)*
Tues • 9:30-10:00am or Wed • 5:00-5:30pm

Tiny Tumblers *(Ages 3-5)*
Tuesday • 5-5:30pm
This fun and energetic class will teach the basic fundamentals of tumbling.

HALF PINT SPORTS – Kid Sized Fun!
Kids ages 3-6 can start fundamentals for these sports early and learn in a fun environment!

Half-Pints Basketball
Ages 3-4 Mon • 5-5:30pm
Ages 5-6 Mon • 5:30-6:15pm

Half-Pints Sports
Ages 3-4 Tues • 5-5:30pm
Ages 5-6 Tues • 5:30pm-6:15pm

Half-Pints Soccer
Ages 3-4 Wed • 5-5:30pm
Ages 5-6 Wed • 5:30-6:15pm

Half-Pints T-Ball
Ages 3-4 Thurs • 5-5:30pm
Ages 5-6 Thurs • 5:30-6:15pm

Preschool Open Gym *(Ages 1-6)*
Fridays • 10:30am-12pm (1/8, 1/22, 2/12, 2/26, 3/12, 3/26)
Move and play with friends in a kid-friendly zone. Children must have an adult present.
FREE to Members & Nonmembers $10 per child $18 per family

TAEKWONDO & FENCING

FENCING -
Tues & Thurs • 6:15-7:15pm
Join our fencing program for ages 6 to adult, where Romanian instructor Nicusor Alexe will teach you the art of dueling with the epee, focusing on footwork and using the electric scoring equipment, with all necessary gear provided.

TAEKWONDO -
Junior Warriors program for **ages 5-9 on Mondays and Wednesdays from 6:15-7:05pm, or our Master Warriors program for ages 10 to adult from 7:15-8:05pm.** Participants will advance through levels while learning traditional and Olympic-style Taekwondo, Hap Ki Do, and self-defense, all with an emphasis on discipline. Protective gear is provided, and Master Kirk will offer guidance on uniforms and ranks.

PRICING: Monthly Fee with options for individual or to add 2nd or 3rd family member. Private Lessons Available as well. To register or book a session email us at: SimonAbabou@lititzrec.com

LITITZ recKids CHILD CARE

Year-Round Fun, Learning, & Adventures at the Lititz recCenter

At the Lititz recCenter, were more than Child Care - we're a place where kids learn, grow, make friends and have fun! From school year to summer break our programs provide safe, engaging, and enriching experiences for children in Preschool through 6th grade. ELRC subsidy is accepted.

DON'T MISS OUR SPECIAL DAY CAMPS!

DECEMBER 23-24 | DECEMBER 28-31 | JANUARY 18-19 | FEBRUARY 12 &15 | MARCH 5 | MARCH 25-26 & 29

Before & After School recKids

Proudly partnering with Warwick School District, we provide convenient, quality care for school-age children at our 4 elementary schools and the Lititz recCenter.

Before School Care: 6:40a - School start. Start the day with breakfast and friends at your school!

After School Care: After School - 6:00p. Unwind after the day with friends and fun activities!

Older Kids Club (OKC): Kids in grades 4-6 are bused to the LIitz recCenter for care until 6pm. Enjoy friends from all 4 Warwick Elementary schools.

Registration

- **Open Now for the 26-27 School Year**
- **For Summer 2027 and the 27-28 School Year Registration opens in March 2027**
- **Spaces are filled on a first-come, first-served basis.**

recKids Preschool Big Discoveries for Little Learners!

8:15a-2:15p Our curriculum-based preschool program uses PA Early Learning Standards to create meaningful learning experiences through play, exploration, and hands-on activities. Children build confidence, develop friendships, strengthen social skills and prepare for a successful transition to Kindergarten. Preschool days include: Yoga and gross motor play, STEAM experiments, music and creative activities, and weekly swim lessons! Choose from 2-, 3-, or 5-day options.



Special Day & Snow Day Camps

Schools out? Let the fun begin!

Early dismissals, days off from school & snow days are opportunities for even more fun! Children enrolled in our Before & After School Programs can register for optional camp days filled with fun and exciting activities at the Lititz recCenter!

Space is limited. Preregistration is required.

Join Our Team

Love working with kids? We'd love to meet you!

We're looking for enthusiastic, caring team members to join recKids! Part-time opportunities are available to teachers, babysitters, and anyone with experience working with kids. ***Come make a difference in your community!***

Proud supporter of this community since 1928



TRANSPORTATION



LIVE PRODUCTION



FLOCK SERVICES



HANDLING SERVICES

RISSER'S POULTRY INC.
FAMILY OWNED & OPERATED SINCE 1928

12 Wynfield Drive, PO Box 52, Lititz, PA 17543
(717) 626-5466 | RissersPoultry.com

R123955

KIDS DANCE PROGRAMS

January 4 - February 2
$75 member $95 nonmember

Preschool Kids Tap & Ballet *(Ages 3-5)*
Tuesday • 10:15-11:00am 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.

Kids Ballet 1 *(Ages 3-4)*
Saturday • 9:00-9:45am Kids Ballet basics, including classroom etiquette, dance vocabulary and technique. Creative movement used to tell stories, play games and go on dance adventures.

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.

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 workout clothing and shoes.

CHANCE TO DANCE

JANUARY 11 - APRIL 8
RECITAL: SATURDAY, APRIL 10 AT 2PM

Chance to Dance is a 13-week program for dancers aged 3-13, designed to enhance dance techniques, foster relationships, and culminate in an informal costumed showcase.

CTD Beginner Ballet & Tap - Learn basic ballet and tap techniques using imaginative props, fun music, creative movement, and storytelling.

CTD 1A (Ages 3-4)
Tuesday • 5:15-6pm or 6-6:45pm
$160 member $180 nonmember

CTD 1B (Ages 5-6)
Tuesday • 6:45-7:45pm
$160 member $180 nonmember

CTD-Jazz & Tap (Ages 7-9)
This fun dance combo class teaches upbeat, stylized movements and fundamentals of each dance, leading to intricate choreography. Kids will wear black leggings, colored shirt, and bring tap and jazz shoes.

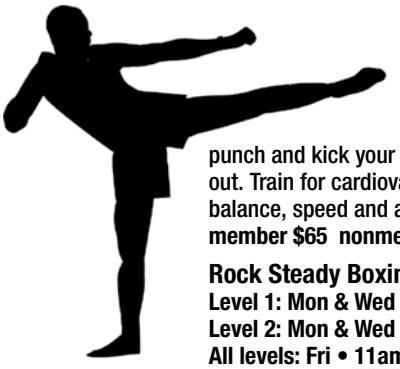
CTD 2 (Ages 7-9)
Thursday • 5-6pm $220 member $240 nonmember

Hip Hop & Jazz Funk Dance (Ages 8-13)
Dancers will study hip hop, jazz funky movements and routines to upbeat music, moving from basics through advanced techniques and a choreographed showcase routine.

CTD 3A (Ages 8-12)
Thursday • 6-7pm $220 member $240 nonmember

SPECIALTY FITNESS PROGRAMS

January 4 - February 2



Kickboxing Club
Thurs • 6-7pm
Boxing for weight loss, management and stress relief. Stimulate every muscle group as you punch and kick your way through a customized workout. Train for cardiovascular endurance, coordination, balance, speed and agility.
member $65 nonmember $90

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)

Adaptive Fit & Fun Class
Thursday • 5:30-6:30pm
This program is designed for those ages 16+ desiring a Special Needs environment. Join former Warwick Life Skills teacher Sandy Morris to explore the world of fitness and dance while having fun with new and old friends!
$70 member $100 nonmember

ADULT DANCE & ACTIVITY



Ballroom Beginners
Wednesday • 7-8pm
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 night to wedding receptions to cruises in each class. You'll learn the basic step of each dance and learn how to confidently dance to music.
$95 couple member
$115 couple 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 couple member $115 couple nonmember

SAUDER
excavating
JEREMY PLASTINO, Owner/Operator
Lititz, PA
PA080576
Telephone: 717-333-4792
sauderexcavating@gmail.com
www.sauderexcavating.com
R126464

Holiday Fun at Lancaster Ice Rink
HOME OF THE FIREBIRDS
Skate with Santa
During Public Skate • Dec. 20th • 2-4pm
NYE: Thurs., Dec. 31st 11:30am-1:00pm
Ring in the new year with us for our kid-friendly event.
Countdown starts at 11:50am.
371 Carerra Dr., Lancaster
lancastericerink.org
R125950

Pickleball Winter Schedule
November 30-28

All pickleball times shown are for Gym 5&6

Members: FREE Nonmembers: Daily Guest Fee

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

Monday-Friday	5:30am-2:30pm
Tuesday	6:45pm-9pm
Friday	5:30pm-9pm
Saturday	6am-7am *12:30pm-5pm* 5pm-7pm
Sunday	8:30am-1pm 4pm-7pm

**12:30pm– 5pm will end Jan. 2nd due to recLeague Basketball*

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

PICKLEBALL AT THE REC

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

Adult Pickleball League
Mid-January to Mid-March - Thursday • 7:00-9:00pm
Join the excitement of our Intermediate Pickleball League, perfect for Men's and Mixed teams with a 3.5-4.0 skill level and enjoy eight weeks of competitive fun. Don't miss the chance to elevate your game with a partner by your side!
$70 members $100 nonmembers

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

YOUTH PROGRAMS

Winter Session: January 4 - February 21
Member Registration: December 6
Nonmember Registration: December 14

NFL Flag Spring League
Saturdays, April 3rd-May 8th • Grades 2-4, 5-7
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. 45-minute practice followed by 1-hour games will take place each Saturday morning from April 3rd-May 8th. Each player will receive a reversible jersey. **$100 member $135 nonmember**

Youth Floor Hockey *(Ages 6-9)*
Wednesday • 5:30-6:15pm
Come join in a indoor floor hockey skills and scrimmage session! Skills include passing, shooting and stickwork drills. Bring your own sticks. Limited number of items to borrow! **$70 member $100 nonmember**

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. **$70 member $100 nonmember**

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. All classes take place in gyms 5&6. We have paddles available to borrow! **$70 member $100 nonmember**

Youth Volleyball *(Ages 8-13)*
Tuesday • 5:30-6:15pm
Come out and learn how to play the game with skills and drills. There will be some scrimmage play. **$70 member $100 nonmember**

recWarriors *(Ages 5-10)*
Mondays • 5:30pm-6:15pm
Class is held in the funZone at LrC and designed to challenge kids like the Ninja Warrior program. A coach will work with kids leading an age-appropriate workout and work on improving their times on the Obstacle Course in funZone. **$70 member $100 nonmember**

funZone Wednesdays *(Ages 5-10)*
Wednesday • 5:30-7pm - Come out to the LrC on Wednesdays for high energy bouncing, climbing, fun and games in our inflatable funZone! Supervised by energetic LrC staff. **$40 member $60 nonmember**

Youth Fun Night *(Ages 5-12)*
Dates: 1/8 & 2/12 & 3/12 • Fridays • 5-8pm
Kids have fun on Second Fridays, too! Gym games, sports, swimming, snacks, bounce house, and more. **$15 member $25 nonmembers**

recZone Afterschool
Monday-Friday • 3pm-8pm - Supervised game and social area for youth - air hockey, pool, cards & games, foosball, and more. **Members FREE Nonmember Daily Guest Pass Fee**

Basketball: Boys & Girls Grade K-2
Saturday • Time TBD
Intro Basketball with "League-Like" sessions on Saturdays in Jan/Feb. One- hour sessions will begin with skill instruction and end in a game. Session times to be announced mid-December. Register by December 31, Boys and Girls will be separated. **$70 members $100 nonmembers**

3 v 3 Basketball Tournament
Guarantee of at least four games - $75/Team
Friday, March 12th - MS Girls and Boys 5:30-7:30pm
High School 7:30pm-9:30pm
Saturday, March 13th - 3rd & 4th Boys and Girls 9:30am-11:30am;
5th & 6th Boys and girls 12pm-2pm

Youth Dodgeball Night *(Ages 8-13)*
December 18th • 6:30-8pm - LrC staff will split everyone into teams for a fun night of dodgeball. Games will be officiated by LrC staff.
$10 members $15 nonmembers

NERF Night *(Ages 7-12)*
January 15th • 6-8pm - Get ready to dodge, dive, and blast your way through the ultimate NERF battle! NERF Night is an adrenaline-filled evening of fun for kids ages 7-11, featuring team-based battles in both the gym and our Inflatable FunZone. **$10 members $15 nonmembers**

PERSONAL TRAINING

FREE FITNESS ASSESSMENTS! FREE!

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.

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**

Body Composition Machine is a Fitness Membership Benefit!
Our Body Composition machine can calculate the following: * Body fat percentage. * Lean body mass. * Total fat mass. * Body water content. To schedule an appointment call ext. 239.

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.

WELLNESS & RECOVERY

Massage or Facial Fee:
60 minutes -1 session $79 or 3 session package $225

FACIALS

We offer Deep Clean, Hydrating, Berry Bright, Ultra Calming Facials

Merry and Bright Hydrating-
This facial uses brightening berry enzymes and a niacinamide treatment to brighten and moisturize tired and stressed skin. It's the perfect winter pick me up!

Microcurrent Facial
This facial includes cleansing, exfoliation with steam and the use of the microcurrent to stimulate the facial muscles and reduce and reduce the appearance of the fine line and wrinkles.
Fee: 60 minutes - 1 session $95 3 session package $276
5 session package $450

MASSAGE

We offer Swedish, Deep Tissue, Trigger Point, Sport Massage

NEW! **CUPPING THERAPY**
Cupping therapy is an ancient technique that uses suction cups applied to the skin. The suction pulls skin and underlying tissues upward, which promotes blood flow, relieves muscle tension, and speeds up healing. This treatment is wonderful for clients seeking pain relief, muscle tightness, back and neck discomfort, and headaches.

YOUTH FITNESS

January 4 - February 2

Strong Kids (*Ages 7-12*)
Monday & Wednesday • 5:00-5:45pm Kids will use Pump Smart Bars & Small Weights for basic strength and form, muscle endurance, learning to use weights safely. **$80 member $95 nonmember**

GRIT & GRACE (*Ages 7-12*)
Thursday • 5:00-5:45pm 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.
$60 member $80 nonmember

Speed & Agility Camp
December 21 & 22 • 10:30am-12:00pm
Young Athletes can still train during the holidays to stay prepare for their sport or just to get in shape. **$32 member $50 nonmember**

FITNESS & NUTRITION

F&D Fitness and Diet - A comprehensive training plan that includes exercise, diet, nutrition and mindset. Work with our certified Personal Trainer and Registered Dietician over 16 sessions - 10x30 minutes personal training sessions, plus 6x30 minutes nutrition counseling. Schedule an appt. ext. 239. **$400/member $530/nonmember.**
Personal or Family Nutrition Counseling Work with a registered Dietician to create a plan for healthy eating and follow up with weekly progress sessions.

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 minute member $45 nonmember $55
1 hour Family Nutrition member $80 $90 nonmember

SPECIAL INTEREST

new! **IRON Women!**
Saturday • 8-9am Enhance your fitness journey with a strength workout designed to progressively build muscle and overall body strength through essential moves using barbells, dumbbells, squat racks, and plate-loaded equipment in the Fitness Center.
$75 member $90 nonmember (Limited to 6 participants)

new! **Iron 60+**
Tuesday • 10:15-11:00am This weightlifting class boosts bone density and targets fracture-prone areas like the hip, spine, and wrists, while improving balance to prevent falls. **$60 member $75 nonmember**

new! **Golf Conditioning**
Saturday • 9-9:45am This specialized fitness and training program targets the specific mobility, stability, and rotational strength demands of the golf swing to improve swing power, increase clubhead speed, enhance balance, and prevent lower back or joint injuries.
$60 member $75 nonmember

new! **The Glute Room**
Tuesday • 8:15-9am Join our group training sessions led by certified trainer Ashley Juarbe to strengthen and round your glutes with targeted exercises like hip thrusts, squats, and deadlifts.
$75 member $90 nonmember





LIVE & VIRTUAL

GROUP FITNESS CLASSES FREE TO MEMBERS

lititz recCenter

STRENGTH & CORE
Les Mills Body Pump
Les Mills CORE
Pilates

CARDIO & STRENGTH
HIIT HAPPENS
Bosu Circuit
Les Mills GRIT
(Strength/Plyo/Cardio)

CYCLING
Les Mills RPM
Les Mills SPRINT
Les Mills TRIP
SPIN

SILVER FITNESS/ ACTIVE OLDER ADULTS
Silver Cardio & Strength
Silver Strong
Silver Yoga

CARDIO
Les Mills Body Combat

LOW IMPACT
Les Mills Tone
POUND

DANCE FITNESS
Zumba
Oula

Unlimited Classes to NM for $70/month

BODY & MIND
Les Mills Body Balance
Gentle Yoga
Hatha Yoga
Vinyasa Yoga
Power Yoga
Tai Chi

VIRTUAL CLASSES
Les Mills Body Pump
Les Mills Body Combat
Les Mill Body Balance
Les Mills Grit Strength
Les Mills RPM
Les Mills Core
Les Mills TRIP
NEW Les Mills Pilates
NEW Les Mills Yoga
NEW LMI Body Pump HEAVY

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



Ages 6-8 & 9-12
9am-12pm
Member $20 Nonmember $25

Basketball Camp	Monday, December 28
Lego Camp	Monday, December 28
Soccer Camp	Tuesday, December 29
Art Camp	Tuesday, December 29
Field Hockey Camp	Wednesday, December 30
Floor Hockey Camp	Wednesday, December 30
Bluey Adventure Camp	Wednesday, December 30
Flag Football Camp	Thursday, December 31
FunZone & Winter Games Camp	Thursday, December 31
Winter Fun & Games Camp	Friday, January 1
Princess Camp	Friday, January 1

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NURSES – Aides, CNAs, LPNs, RNs



CULINARY SERVICES – servers, cooks, dishwashers



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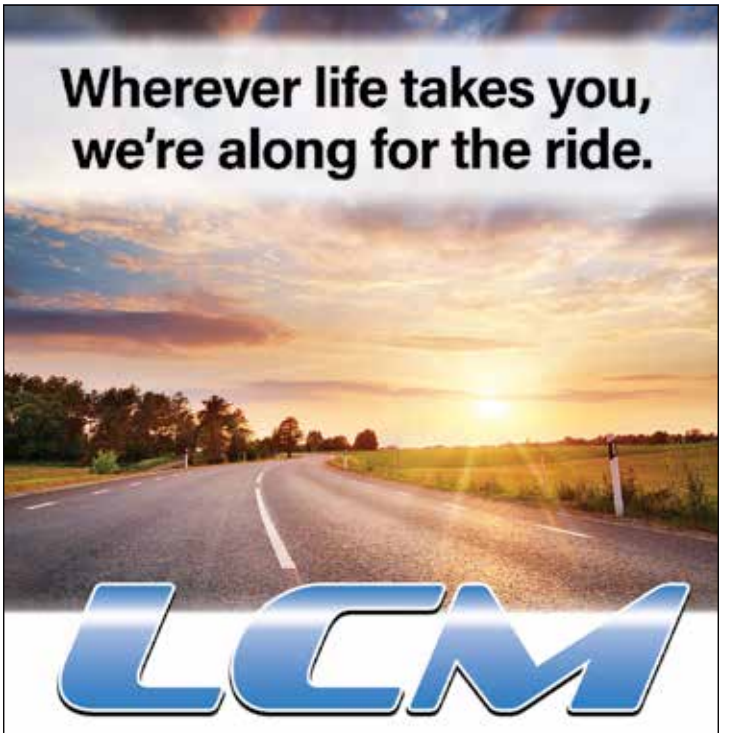

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INDOOR POOL CLASSES & SCHEDULES

Free Swimming & Aquatic Fitness For Members

Aquatics Director: KyleSmail@lititzrec.com 717-626-5096 ext. 227

Aquatic Fitness Classes offer Members of all ages and abilities a lower-impact, resistance exercise option. Classes are offered year-round in our two indoor pools at the Lititz recCenter - a deep lap pool or our shallower zero-entry Splash Pool.

AQUATIC FITNESS CLASSES

- Deeper Power
- Smoother Moves
- Rhythmic Vibes
- High Intensity
- Aqua Stride HIIT
- Aqua Yoga
- Aqua Barre
- Shallow Workout
- Senior Water Exercise *FREE TO THE COMMUNITY*

Scan here for class descriptions & schedules

WINTER SWIM LESSONS - 8 WEEKS

Parent & Child

Parent with child 6 mos.-2 years
$88 member $118 nonmember

Preschool 3-5 years

$93 member $134 nonmember
Starfish (Level 1) Guppy (Level 2)
Penguin (Level 3)
Sea Squirt (Level 4)

Youth 6-12

$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

Aquatics
Member Reg. Oct. 6 Nonmember Reg. Oct. 12
8 weeks FALL 2 Members $88 Nonmembers $118

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

AMERICAN RED CROSS CLASSES

American Red Cross

CPR/AED/First Aid for PRO
8:30am-3:00pm
$95 member $130 nonmember

CPR/AED/Review with First Aid for PRO
8:30am-1pm
$70 member $100 nonmember

Lifeguard Certification *includes FA/CPR
Pre-test Sat. 11/7 • 2:30pm-5pm
Saturday 11/14 & 21 • 2:30pm-7pm
Sundays 11/15 & 22 • 8:30am-6pm
$275 member $325 nonmember

Lifeguard Re-Certification
Sunday, 9/27/26 & 12/6/2026
8:30am-3pm
$130 member $190 nonmember

American Red Cross Babysitting Class
1/6 or 3/13
Any student 11 years or older
9am-3pm
$100 members $130 nonmember

Hiring lifeguards and swim instructors for indoor pools!

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Rohrer's Service Center

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Service Hours Monday-Friday, 6am-4pm
16 Lititz Road, Lititz, PA 17543 | RohrersServiceCenter.com

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lititz recCenter

PROUD MEMBER OF CWA CLIMBING WALL ASSOCIATION



BOULDERING



FITNESS



TRAINING

Find us on the Rock Lititz campus
201 Rock Lititz Blvd.
717-626-5096

Mon-Fri 5am-8pm
Sat/Sun 8am-6pm

$90.50 family/mo
$55 individual/mo
$36 youth/mo
Daily Guest Pass **$23**
Flex Card
(5-visit Punch Pass)
$92



Woods Training Board

Train on the Daniel Woods Light up Training Board!

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-noon
Christmas Day	Closed
New Year's Eve	5am-6pm
New Year's Day (1/1/27)	Closed

PERFORMANCE & PERSONAL TRAINING

360 Training *(Ages 10+)*

Come focused and ready to put in the work to be a stronger athlete. This program focuses on all 360 degrees of fitness. Training programs along with nutritional guidance, which are focused on getting athletes to perform at their absolute best and reach new personal goals. Train one on one or with a group of up to three. Check with our friendly staff to see which package best meets your athlete's goals.

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. EthanFox@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.

$76/mo member $120/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: $43 per month member
$70 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:
$15 member $21 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.

$43/mo member $70/mo nonmember
Drop-in available

recROC Membership Specials

January Big Promo: Jan. 1-31, 2027. Waive the Joiner fee on all new one-year memberships. Save $100! Embrace the New You 2027! Year of You!

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.

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.

WINTER BREAK CAMPS

(December 28th - 31st)

Looking for a way to keep your kids entertained and active during the winter break? Look no further than the recROC Winter Camp! With school out and holiday chaos in full swing, this camp offers the perfect solution for parents seeking a little peace and quiet. Children will enjoy a variety of fun games and physical activities designed to keep them engaged and moving. You can choose an ALL-ACCESS PASS for the entire duration of the camp session or opt for select days that fit best with your holiday plans. The camp runs each day from 10am-12pm.

Register for the whole camp with the ALL-ACCESS PASS (4 DAYS)
$100 member $125 nonmember

Register for individual days!
$40 member $45 nonmember



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100 Melini Drive
Columbia, PA 17512
T: 717-684-3663

EPHRATA
UPMC Primary Care, Ephrata
4229 Oregon Pike
Ephrata, PA 17522
T: 717-445-4371

LANCASTER
College Avenue Family Medicine
233 College Ave.
Lancaster, PA 17603
T: 717-291-8512

Highlands Family Practice
1871 Santa Barbara Drive
Lancaster, PA 17601
T: 717-560-1970

Lancaster Family Practice Associates
1611 Oregon Pike
Lancaster, PA 17601
T: 717-393-3881

Manheim Pike Primary Care UPMC Outpatient Center
1160 Manheim Pike
Lancaster, PA 17601
T: 717-869-4689

Mastropietro & Associates Family Medicine
2145 Noll Drive
Lancaster, PA 17603
T: 717-397-4921

Sallavanti & Cotter Family Medicine
2207 Oregon Pike
Lancaster, PA 17601
T: 717-560-6470

LITITZ
Heartland Family Health
1535 Highlands Drive
Lititz, PA 17543
T: 717-627-4088

MANHEIM
Baron Family Practice
80 Doe Run Road
Manheim, PA 17545
T: 717-664-0952

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