

# SUMMER PROGRAM GUIDE

JUNE 29-AUGUST 23, 2026



Dive into summer fun with Lititz Springs Pool season passes available now!



[www.lititzrec.com](http://www.lititzrec.com)

717.626.5096



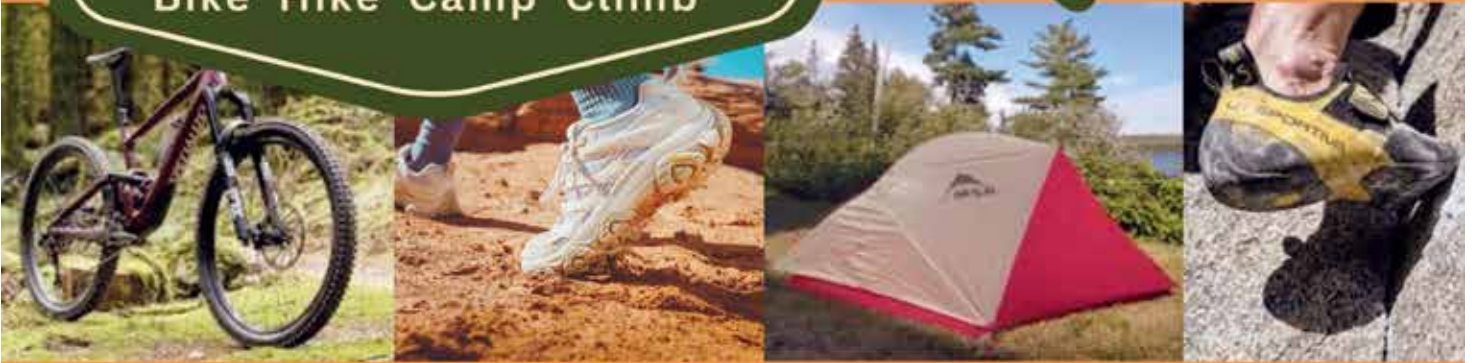
See page 18

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

See pages 10-11



COMING SOON  
*Downtown  
 Lititz*



*Calling all Outsiders!*

This June, the team behind **Lititz Bikeworks** and **Earth to Lititz** will bring the Lititz Outsider downtown Lititz. Inside you'll find all the gear you need for your next hiking, biking, camping, or climbing adventure.

Lititz Bikeworks will move to the new location and continue to provide the area's best bicycle service and sales. Earth to Lititz will continue to sell all the brands you love at its current location.

LOCATED ON ZUM ANKER ALLEY NEXT TO BULLS HEAD PUBLIC HOUSE  
 FOLLOW OUR PROGRESS AT @LITITZOUTSIDER

22 EAST MAIN STREET, REAR, LITITZ,  
 717-553-7997



Marine Layer - Pendleton - Cotopaxi  
 Stio - Fjallraven - The Bee & The Fox  
 OluKai - Ursa Major - Izipizi - Stanley

56 EAST MAIN STREET, LITITZ,  
 EARTH TOLITITZ.COM

## 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.

## MEMBERSHIP SPECIAL!

### SUMMER MEMBERSHIP SPECIALS

June 28, July 12, August 16

Save \$50 off the joiner fee when you purchase a new one-year membership at Lititz recCenter or Lititz recROC!

### SUMMER MUNICIPALITY OPEN HOUSES

Residents of the following municipalities may come check us out for the day on their scheduled 12-6pm open house event.

Elizabeth Township: Sunday June 28th

Lititz Borough: Sunday, July 12th

Warwick Township: Sunday, August 16th

For your convenience register online at www.lititzrec.com.

## 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!**

Summer Session: June 29-August 23

Member Registration: June 1

Nonmember Registration: June 8

### 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!



## SUMMER 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
Memorial Day, May 25	7am-noon	7am-noon
July 4th	7am-noon	CLOSED
Labor Day, Sept 7	7am-noon	7am-noon

\*Check website for Indoor Pool & kidZone modified hours on holidays\*

**FREE TO THE COMMUNITY!**

**MEN'S HEALTH WEEK**

June 9-16

10% discount in Personal Training, Spa Services and Nutrition Counseling for New Men Clients Only!



**FIRE WORKS DANCE PARTY**



July 4th

OULA 9:00-9:30am  
Zumba 9:30-10:00am



July 4<sup>th</sup> Red, White and Blue Workout!



Stop by the front desk and speak with a Member Services Representative for information on how to get a FREE pass to visit the LRC for the day!

Stop in or call us at 717.626.5096 ext. 222

**AUGUST IS NATIONAL WELLNESS MONTH**

Every Friday, try our free LIVE & VIRTUAL group fitness classes that promote self-care, healthy habits, and stress reduction.

**FREE TO MEMBERS!**



**GROUP FITNESS BEAT THE HEAT CHALLENGE**

August 1-31

To participate just show up to any of our land group fitness or spin classes. And reminder to sign up your first & last name in the participants sign-in sheet to record your name. Top 3 winners who participate in the most classes will win HEALTHY PRICES.



**LITITZ SPRINGS POOL SEASON PASSES ARE ON SALE!**

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



**BUS TRIPS**



**Phillies v Mets**  
Saturday, September 19th



Join us for a trip to see the Philadelphia Phillies take on the New York Mets. This is a fantastic trip for baseball fans to enjoy a thrilling game at Citi Field on Saturday, September 19. Elite Coach will pick up at the LrC at 10am for the 4:00pm game. Registration for this trip includes the bus transportation and ticket to the game. All ages are welcome to attend! Seats are in section 307, offering a great view of the action! \$135 per person.

**NYC Bus Trip**

Saturday, December 5th

Spend the day in the Big Apple!

Leave the Lititz recCenter at 6:30am.

Drop off and departure is Winter Garden Theater just north of Times Square. Pick up at the Winter Garden Theater will be at 7pm.

ETA on returning to the Lititz recCenter will be 10pm.

\$90 per person



**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!





# 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](http://www.lititzrec.com/recKids) or by requests sent to [recKids@lititzrec.com](mailto: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!

**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](http://RissersPoultry.com)

**KIDS DANCE PROGRAMS**

June 29 - August 23

**Kids Ballet 1** (Ages 3-4)**Monday • 6:00-6:45pm OR 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)**Tuesday • 6:00-6:45pm OR 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)**Tuesday • 6:45-7:30pm OR Saturday • 10:30-11:15am**

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****Dance Camp** (Ages 5-10)**Three Camps: June 23-26, July 21-24, or Aug 11-14****Camps will run Tuesday, Thursday & Friday 10:30am-12pm**

Dance Campers ages 5-10 will have the opportunity to study basic ballet, Tap, Jazz and Contemporary styles in these 3 days. Campers will perform a 20-minute recital on Friday.

**member \$60 nonmember \$75****CHANCE TO DANCE****September 14 - December 10****13 Weeks of Dance****Ages 3-13****Hip-Hop - Jazz- Tap - Modern - Ballet****Recital on Saturday, December 12 at 2pm****Class details and registrations will be provided by July 1st!****ADULT DANCE & ACTIVITY**

June 29 - August 23

**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.

**\$100 member \$120 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.

**\$100 member \$120 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 \$75 nonmember \$95****MARTIAL ARTS****TAEKWONDO****Monday & Wednesday****Junior Warriors (Ages 5-9) • 6:15-7:05****Master Warriors (Ages 10-Adult) • 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 Kirk 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 Master Kirk Wolfe, 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](mailto:SimonAbabou@lititzrec.com)**Fencing** (Ages 6-Adult)**Tuesday & Thursday • 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](mailto:SimonAbabou@lititzrec.com)**YOUR FIRST TIME TO CLASS IS FREE!****YOUR FIRST TIME TO CLASS IS FREE!**

## 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**

### Pickleball Adult Beginner Class

**June/July/August - 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 bernadettecisney@lititzrec.com for additional pickleball party information and get your party booked today!

### Pickleball Tournament

**June 27th & June 28th • 8am-4pm**

Serve up some fun at the Lititz recCenter's Pickleball Tournament on the weekend of June 27th & 28th, sponsored by UPMC! With 12 indoor courts and divisions for all skill levels, you'll enjoy at least three thrilling games in our Round Robin format. Register now to join the action, with scores recorded in DUPR!

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



717-625-7000  
733 S Broad St, Lititz, PA  
717-581-5200  
1611 Manheim Pike, Lancaster, PA  
**Order Online >> [Dominos.com](http://Dominos.com)**

**NOW HIRING**  
text PIZZA to  
540-842-8448

R124096



## Pickleball Summer Schedule

### June 15th – August 23rd

*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: LRPCickers1**

<b>Monday-Friday</b> <i>Open Play</i>	<b>5:30am– 8:30am</b> <b>12:15-5pm</b>
<b>Tuesday</b> <i>Open Play</i>	<b>6:30pm-9pm</b>
<b>Friday</b> <i>Open Play</i>	<b>5:30pm-9pm</b>
<b>Saturday</b> <i>Open Play</i>	<b>6:30am– Noon</b> <b>4pm-6:45pm</b>
<b>Sunday</b> <i>Open Play</i>	<b>8:30am-12pm</b> <b>4pm-6:45pm</b>

**Contact [CraigPersing@lititzrec.com](mailto:CraigPersing@lititzrec.com) for beginner classes, private lessons or to reserve private court time.**

# HELLO...

## Generous benefits. Rewarding career!

**NURSES -**  
Aides, CNAs,  
LPNs, RNs

**CULINARY**  
SERVICES -  
servers, cooks,  
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**MAINTENANCE,**  
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**Discover a culture of opportunity within our dynamic 300+ member team. Apply today!**





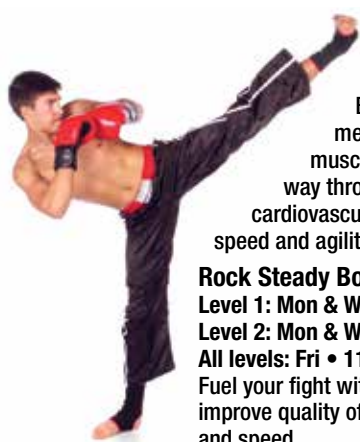
**MORAVIAN MANOR**  
COMMUNITIES  
*A Unitas Communities Affiliate*

300 W. Lemon Street, Lititz

RT 24189

## SPECIALTY FITNESS PROGRAMS

June 29 - August 23



### Kickboxing Club

Thurs • 6-7pm

member \$65 nonmember \$90

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)

## NEW UNLIMITED CLASSES & TIMES ADDED TO OUR SCHEDULE

FREE to Members.  
Nonmembers Monthly Fee \$70

### Pilates

This beginner-level mat class is designed to introduce 18 fundamental exercises that emphasize the core, proper form, and breath work, creating a strong mind-body connection. Suitable for all fitness levels, this class offers a unique opportunity to challenge and motivate yourself towards improved posture and comprehensive full-body conditioning.

#### Pilates Classes

Monday & Wednesday

7:00-7:45pm,

Wednesday 8:30-9:15am,

Friday 9:30-10:15am and

Saturday 8:15-9:00am



### OULA

A choreographed low-impact cardio dance fitness class to an energetic pop playlist. OULA empowers participants to challenge their bodies and process their emotions through music, movement, and most importantly, a community connection.

Monday 7-8pm, Tuesday 9:30-10:30am, Wednesday 6-7pm and Saturday 10-11am

THE BRAD ZIMMERMAN TEAM

**REMAX PINNACLE**

A Connection to Your Real Estate Story

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

\*Non-Licensed Member

c: 717-278-4771  
o: 717-569-2222

@bradshomesales

TheBradZimmermanTeam.com

## FREE GROUP FITNESS CLASSES

### 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

### 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 Mills Body Balance

Les Mills Grit Strength

Les Mills RPM

Les Mills Core

Les Mills TRIP

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\**

## YOUTH FITNESS

June 29 - August 23

### Kids Boxing (Ages 7-12)

Thursday • 5:00-5:45pm

These classes are a great way to introduce children to the sport of 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.

\$60 member \$80 nonmember

### Speed Development Clinic

Saturdays: July 18 & 25 and August 1 & 8 from 9:00-9:45am

Designed for middle school athletes, this 4 week focuses on enhancing running technique, acceleration, top-end speed, and jumping ability. Each



session offers targeted drills to help athletes improve their sprinting form and performance in sports. Whether you're looking to run faster, jump higher, or simply boost your overall athleticism, this program will equip you with the skills to take your game to the next level!

\$60 member \$80 nonmember

### Speed, Agility & Strength Camp (Ages 9-14)

Tue & Fri - 10:30am-12pm

Two Camps: June 16-19 or July 14-17

Campers will enjoy sport performance camp type training for fitness, improved acceleration, control, foot speed & strength.

\$60 member \$75 nonmember

## PERSONAL TRAINING



Meet with a Personal Trainer today!

### 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 SimonAbadou@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! [simonabadou@lititzrec.com](mailto:simonabadou@lititzrec.com) to schedule. \*single session, 3 sessions, 5, 8, or up to 12 sessions can be booked

Noah Esbenshade

DPT, CSCS

- Background in Sports Performance
- Return-to-Sport
- Injury Prevention
- Expert in Corrective Exercise Strategies

### 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 [SimonAbadou@lititzrec.com](mailto:SimonAbadou@lititzrec.com) or call 717-626-5096, ext. 239 for more info or to Schedule an appt.

## WELLNESS & RECOVERY

**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 \$79 3 session package \$225

### Facials

#### 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

Summer  
Detox  
Facial

Cleanse  
Hydrate  
Protect Skin from  
Summer Stress

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GENTLEMEN'S  
FACIAL

Deep Cleanse  
Targeted Exfoliation  
Soothing Hydrating Mask

### 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: \$79 per session / 3 sessions \$225

### Circadia Summer Detox Facial

The Circadia Summer Detox Facial is an antioxidant-rich treatment designed to cleanse, hydrate, and protect skin from summer environmental stress. This facial uses Circadia's enzyme treatment with steam followed by the green tea and bamboo charcoal milk clarifying mask to balance and restore stressed skin. This facial is appropriate for all skin types.

### SAUNA

**Free to Members** - Unlock the power of wellness with our member-exclusive dry saunas, designed to enhance cardiovascular health, relieve stress, detoxify, boost your immune system, and improve skin health while aiding in muscle recovery and pain relief. Join us and experience the ultimate rejuvenation today!

## NUTRITION

### 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!** 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- 10 x30 minutes personal training sessions, plus 6x30 minutes nutrition counseling. Schedule an appt [SimonAbadou@lititzrec.com](mailto:SimonAbadou@lititzrec.com)  
\$400 member \$530 nonmember

# Lancaster Ice Rink

FAMILY FUN AT THE RINK

HOME OF THE FIREBIRDS

### PUBLIC SKATE

WEEKDAYS - 12:00-1:30PM

SATURDAY - 12:00-2:00PM

7:15-9:15PM

SUNDAY - 2:00PM-4:00PM

Learn to Skate - Travel Hockey

Freestyle Ice Skating

Adult League Hockey



LANCASTERICERINK.ORG

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R125947



# Summer Camps 2026

Sign up for camps online at [www.lititzrec.com](http://www.lititzrec.com) or call 717-626-5096

## 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



See our website for information on  
5th-8<sup>th</sup> grade field hockey

## RecROC SUMMER CAMPS

**Ages 7-13 \$81 members/\$102 nonmember**  
**\*Early Bird Price\* 10a-12p**

June 8-12, June 22-26, July 6-10, July 27-31,  
or August 3-7

Camps will feature obstacles, bouldering,  
team activity, physical challenges, games &  
fun! 20 campers max. Contact  
[mattOrta@lititzrec.com](mailto:mattOrta@lititzrec.com) or

## 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**)



## 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**)
- Robotic Lego (ages 7+) **1:00-4:00p**  
◦ **\$125 Members/\$155 nonmember**  
June 16-18, June 30-July 2



## SPECIAL INTEREST CAMPS

- Lego Camp (ages 6-11) 9-12p  
**\$65 member/\$95 nonmember**  
◦ June 16-18, June 30-July 2
- Robotic Lego (ages 7+) 1-4p  
**\$125 Members/\$155 nonmember**  
◦ June 16-18, June 30-July 2
- Rocket Camp (ages 9-12) 9-12p  
**\$100 members/\$130 nonmember**  
◦ June 23-25,
- Environment Camp (ages 7-12)  
**\$105 members/\$135 nonmembers**  
◦ July 27-31



## ONE-DAY CAMPS

9:30a-12p **\$15 members/\$25 nonmembers**

- Princess Camp (ages 4-8)  
◦ June 22, July 20 or August 3
- Digger Camp (ages 4-8)  
◦ June 15, July 6, or July 27

**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

**FITNESS CAMPS****Camps from 10:30a-12p****\$60 members/\$75 nonmembers**

- **Dance Camp**  
June 23-26, July 21-24, August 11-14
- **Speed, Agility & Strength**  
June 16-19, July 14-17

**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**)

**SUMMER  
RECBASKETBALL**

\$65 Member \$90 NonMember  
K-2<sup>nd</sup> Grade: Monday Nights in June

Boys:

Mondays July 6<sup>th</sup> - August 10<sup>th</sup>3<sup>rd</sup> & 4<sup>th</sup> Grade 5:30 - 6:45pm5<sup>th</sup> & 6<sup>th</sup> Grade 6:45-8:00pm

Girls:

Thursdays July 9<sup>th</sup> - August 13<sup>th</sup>3<sup>rd</sup> & 4<sup>th</sup> Grade 5:30 - 6:45pm5<sup>th</sup> & 6<sup>th</sup> Grade 6:45-8:00pm

Scan to learn more or  
to register!





# FLAG

The Official Flag Football League of the NFL

at  
the



lititz  
recCenter

Boys & Girls 2<sup>nd</sup> - 4<sup>th</sup> Grade  
Boys & Girls 5<sup>th</sup> - 7<sup>th</sup> Grade

Play for Six Saturdays beginning October 3rd

**REGISTRATION NOW OPEN!**



# recBasketball

Boys K- 12<sup>th</sup> Grade

Girls K-8<sup>th</sup> Grade

Teamwork Fundamentals Fun

Registration begins September 1<sup>st</sup>



## PRESCHOOL PROGRAMS & SPORTS

### Youth Fun Nights (Ages 5-12)

2nd Fridays • 5-8pm - June 12, July 10 & Aug 14

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

member \$15 nonmember \$25

### TRY THIS MOMMY & ME CLASS!

#### WATCH ME MOVE!

Thursday • 9:45-10:45am - Jun 29-Aug 23

Looking to unplug and get moving with your little ones? Join Watch Me Move! for an outdoor exercise class that combines functional fitness for moms with fun songs, stories, and games for kids, all while connecting with your community.

Free to members \$75 nonmembers



### Use our FREE Mobile App!

- Daily class schedules
- Announcements
- Store your scan card

## YOUTH SPORTS & LEAGUES

June 29 - August 23

### Field Hockey

Grades 5-9

Tuesdays • 6-7:30pm

June 30th - August 4th

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



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R127623

# ANNUAL EVENTS

## 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.



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

## HOLISTIC THERAPY

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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](https://PennMedicine.org/Holistic-Therapy-LGH) or scan the QR code to learn more.



Penn Medicine

# ANNUAL EVENTS

## Pretzel Twist 5K & Kids Run

Saturday, September 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.



## 20th Annual Youth Triathlon

Friday, October 9th

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.



"Learn how to cook - try new recipes, learn from your mistakes, BE FEARLESS, and above all, have fun."  
- Julia Child

**Gift Cards Available**

Three 3-Day Camps for kids ages 7-15  
10:00am-12:30pm each day  
held at our **NEW LOCATION**  
at the Shops @Rockvale,  
35 S. Willowdale Drive, Suite 1723,  
Lancaster

July 14-16: Food Trucks  
July 21-23: Picnic & Glamping Adventure  
July 28-30: Pasta, Sauces & Salads

Please see our website for complete details and to register for class.



R127341

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# AQUATIC SWIM LESSONS for Kids



## PARENT & CHILD 6 MONTHS-2 YEARS

\$88 Member  
\$118 NonMember

MONDAY  
9-9:30AM  
5:15-5:45PM

## PRESCHOOL 3-5 YEARS

\$93 Member  
\$134 NonMember

### STARFISH (LEVEL 1)

MONDAY  
9:35-10:05AM  
5:50-6:20 PM

TUESDAY  
9-9:30 AM  
6:45-7:15 PM

WEDNESDAY  
6:45-7:15 PM

THURSDAY  
10:45-11:15 AM  
5-5:30 PM

FRIDAY  
9-9:30 AM

### GUPPY (LEVEL 2)

MONDAY  
10:10-10:40 AM  
6:25-6:55 PM

TUESDAY  
9:35-10:05 AM  
6:10-6:40 PM

WEDNESDAY  
6:10-6:40 PM

THURSDAY  
10:10-10:40 AM  
5:35-6:05 PM

FRIDAY  
9:35-10:05 AM

### PENGUIN (LEVEL 3)

MONDAY  
10:45-11:15 AM  
7-7:30 PM

TUESDAY  
10:10-10:40 AM  
5:35-6:05 PM

WEDNESDAY  
5:35-6:05 PM

THURSDAY  
9:35-10:05 AM  
6:10-6:40 PM

FRIDAY  
10:10-10:40 AM

### SEA SQUIRT (LEVEL 4)

TUESDAY  
10:45-11:15 AM  
5-5:30 PM

WEDNESDAY  
5-5:30 PM

THURSDAY  
9-9:30 AM  
6:45-7:15 PM

FRIDAY  
10:45-11:15 AM



## YOUTH 6-12 YEARS

\$93 Member  
\$134 NonMember

### JELLYFISH (LEVEL 1)

MONDAY  
4:30-5:10 PM

WEDNESDAY  
6-6:40 PM

THURSDAY  
6:45-7:25 PM

### SEAHORSE (LEVEL 2)

MONDAY 5:15-5:55 PM  
TUESDAY 4:30-5:10 PM

WEDNESDAY 5:15-5:55 PM  
THURSDAY 6-6:40 PM

### OTTER (LEVEL 3)

MONDAY 6-6:40 PM  
TUESDAY 5:15-5:55 PM

WEDNESDAY 4:30-5:10 PM  
THURSDAY 5:15-5:55 PM

### SEAL (LEVEL 4)

MONDAY  
6:45-7:25 PM

TUESDAY  
6-6:40 PM  
THURSDAY  
4:30-5:10 PM

### DOLPHIN (LEVEL 5)

TUESDAY  
6:45-7:25 PM





# INDOOR POOL CLASSES & SCHEDULES

## Free Swimming & Aquatic Fitness For Members

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

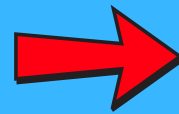
*Aquatic Fitness Classes offer Members of all ages and abilities a lower-impact, resistance exercise option. Classes are offered year-round in our two indoor pools at the Lititz recCenter - a deep lap pool or our shallower zero-entry Splash Pool.*

### AQUATIC FITNESS CLASSES

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

Senior Water Exercise

Scan here for class descriptions & 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



**PRESCHOOL & YOUTH LESSON T-SHIRTS AVAILABLE!**

### 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  
 \$275 member \$325 nonmember

Lifeguard Re-Certification  
 TBD • 8:30am-3:00pm  
 \$130 member \$190 nonmember

American Red Cross Babysitting Class  
 July 11, Aug 12 • 12:30-6:30pm  
 \$95 member \$125 nonmember



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**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**

Find us on the Rock Lititz campus  
 201 Rock Lititz Blvd.  
 717-626-5096  
 Mon-Fri 5am-8pm  
 Sat/Sun 8am-6pm

**\$88** family/mo  
**\$53** individual/mo  
**\$35** 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.

**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!

**Membership Specials**  
**Summer Membership Specials - June 28, July 12, August 16**  
 Save \$50 off the joiner fee when you purchase a new one-year membership at the recROC!  
**Summer Municipality Open Houses**  
 Residents of the following municipalities may come check us out for the day on their scheduled 12-6pm open house event.  
**Elizabeth Township: Sunday June 28th**  
**Lititz Borough: Sunday, July 12th**  
**Warwick Township: Sunday, August 16th**  
 Visit www.lititzrec.com for details!

**recROC Holiday Hours**  
**Memorial Day 7am-noon**  
**July 4th CLOSED**  
**Labor Day 7am-noon**

**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.

**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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### LOCATIONS:

-  **CARLISLE**  
*19 Sprint Drive*
-  **ENOLA**  
*1830 Good Hope Road*
-  **HARRISBURG**  
*820 Sir Thomas Court*
-  **LITITZ**  
*1555 Highlands Drive*