



Member's Guide

301 West Maple Street, Lititz, PA 17543

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www.lititzrec.com

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.



Contents updated 10/03/2023 (Information is subject to change.)

<i>Welcome – Facility Hours-----</i>	<i>3</i>
<i>Member Benefits-----</i>	<i>4</i>
<i>Staff Directory-----</i>	<i>5</i>
<i>Inclement Weather-----</i>	<i>6</i>
<i>FAQ’s-----</i>	<i>7</i>
<i>Code of Conduct-----</i>	<i>9</i>
<i>Behavior Guidelines -----</i>	<i>10</i>
<i>Rec Opportunities-----</i>	<i>11</i>
<i>Your rec-----</i>	<i>12</i>
<i>Birthday Party Packages-----</i>	<i>13</i>
<i>Splash Pool and Main Pool-----</i>	<i>14</i>
<i>Gymnasiums-----</i>	<i>16</i>
<i>Gymnasium: Pick-up Sports-----</i>	<i>17</i>
<i>Fitness Center-----</i>	<i>18</i>
<i>recZone-----</i>	<i>19</i>
<i>Lititz recKids Child Care -----</i>	<i>20</i>
<i>kidZone-----</i>	<i>21</i>
<i>Lititz recROC-----</i>	<i>23</i>
<i>Lititz Springs Pool (outdoor) -----</i>	<i>24</i>
<i>Lititz recCenter Mobile App-----</i>	<i>25</i>
<i>Online Program Registration -----</i>	<i>26</i>
<i>Warwick Regional Recreation Commission (WRRC) -----</i>	<i>31</i>
<i>Age Guidelines-----</i>	<i>32</i>
<i>Annual Events-----</i>	<i>34</i>
<i>Lititz recCenter Member Monthly pay plan/Billing Agreemt -----</i>	<i>35</i>

Welcome New recCenter Member!

Thank you for joining the Lititz recCenter. We are excited that you have decided to become a part of our ever-growing "family." Whatever interest you choose to pursue here at the Center, whether recreational, fitness, or social, we promise to provide you with a safe and enjoyable experience. Our staff will keep you informed, listen to your suggestions, and advise you on your choices of activities and services.

*Karen A. Mailen
Executive Director*

HOURS

Monday-Thursday	Fitness Center/Gyms Main Pool Splash Pool	5am-9pm 5:30am-8:45pm 5:30am-8:45pm
Friday	Fitness Center/Gyms Main Pool Splash Pool	5am-9pm 5:30am-8:45pm 5:30am-8:45pm
Saturday	Fitness Center/Gyms Main Pool Splash Pool	6am-7pm 6am-6:45pm 7:30am-5:45pm
Sunday	Fitness Center/Gyms Main Pool Splash Pool	8am-7pm Noon-6:45pm Noon- 5:45pm
Holiday Hours		
Labor Day/Thanksgiving/Memorial Day	Fitness Center/Gyms Main Pool/Splash Pool	7am-Noon 7am-11:45am
Christmas Eve	Fitness Center/Gyms Main Pool/Splash Pool	Open-2pm Open-1:45pm
New Year's Eve	Fitness Center/Gyms Main Pool/Splash Pool	Open-6pm Open-5:45pm
New Year's Day	Fitness Center/Gyms Main Pool/Splash Pool	8am-6pm Open-5:45pm

4th of July hours may vary.

Closed Christmas Day and Easter Sunday.

Membership Benefits!

Lititz recCenter membership benefits:

- 50% discount on Lititz recROC membership and Lititz Springs Pool Season passes of equal value.
- 50% discount on recKids Child Care registration fee.
- 10% discount on the non-member price for programming at Ephrata recCenter and Hempfield recCenter through the recCenter's of Lancaster County alliance.
- Two Complimentary guest passes per unit per year.
- **Free** Starting-up Fitness program.
- Free babysitting for your children in kidZone room.
- Membership pricing and Early registration on programs at Lititz recCenter and Lititz recROC.
- Discounted day fee at Lititz recROC.
- 100+ **Free** Group Fitness, Aquatic & Spin classes each week. Les Mills instructor led and virtual.
- Fitness incentives/challenges throughout the year.
- Lap & recreational open swim times.
- Aqua exercise & lap swimming incentives.
- Free Preschool Open Gym.
- Adult/Member only locker room with dry sauna.
- recZone game-room access Members and Guests.
- Walking track access in gymnasiums.
- Open access to gymnasiums for pick-up sports. Scheduled open play times for pickleball and scheduled play for leagues.
- Free wi-fi throughout the facility.
- Free Lititz recCenter Mobile App.
- Online Registration Option for Programs.

Staff Directory

717.626.5096

#1/Lititz recCenter

#2/recROC

#3Lititz Springs Pool

Executive Director/Karen Mailen
KarenMailen@lititzrec.com
Ext. 226

Aquatics Director/Heather Fittery
HeatherFittery@lititzrec.com
Ext. 227

Swim Lesson Assistant/Virginia Ruhl
Aquatics@lititzrec.com
Ext. 245

Business Office Manager/Tracie Andrew
TracieAndrew@lititzrec.com
Ext. 231

Business Office Admin./Sara Bucher
Officeadmin@lititzrec.com
Ext. 223

Child Services Director/
Stacey Lorah
StaceyLorah@lititzrec.com
Ext. 228

Children Services Assist Director/Gabe Griffith
GabrielGriffith@lititzrec.com
Ext. 234

Child Services Enrollment/Financial
Coordinator/Carly Hill
recKids@Lititzrec.com
Ext. 295

Property Director/Kevin Zook
KevinZook@lititzrec.com
Ext. 236

Assistant Property Director/Derek Hartmann
DerekHartmann@lititzrec.com
Ext. 236

Fitness Director/Simon Ababou
SimonAbabou@lititzrec.com
Ext. 239

Fitness Coordinator/Alan Makar
Fitness@lititzrec.com
Ext. 225

Fitness Center Supervisor/Katelyn Hubbard
KatelynHubbard@lititzrec.com
Ext. 250

Program & WRRC Director/Ron Stief
RonStief@lititzrec.com
Ext. 229

Party Rentals & Programs/Bernadette Cisney
party@lititzrec.com;
BernadetteCisney@lititzrec.com
Ext. 247

Program Coordinator/Craig Persing
CraigPersing@lititzrec.com
Ext. 237

Membership Director, Daxko Systems
Administrator/Emma Guinter
EmmaGuinter@lititzrec.com
Ext. 238

Member Services Coordinator/Mike Pesesky
MikePesesky@lititzrec.com
Ext. 230

Member Services Manager/Wendy King
WendyKing@lititzrec.com
Ext. 224

Customer Service Lititz recCenter
Customerservice@lititzrec.com
Ext. 221

LRC Marketing/recROC Director/Corey Pickel
CoreyPickel@lititzrec.com
Ext. 242

recROC Coordinator/Matt Orta
MattOrta@lititzrec.com
Ext. 801

Customer Service recROC
recRoc-CustomerService@lititzrec.com
Ext. 802

Lititz Springs Pool
LititzSpringsPool@lititzrec.com
Ext. 771, or 772



Inclement Weather ~ What You Need to Know

In the event of inclement weather:

Facility closures will be announced on our telephone system. 717.626.5096

It is each department Director's decision to change a class, program, or swim lesson due to inclement weather when our facilities remain open. Watch for email announcements regarding schedule changes or contact Directors:

Programs ~ 229 Fitness ~ 239 Aquatics ~ 227 recROC~802

Closing information will also be available on WGAL Channel 8 website, Channel 21 WHP*CBS Stormwatch on air and online, as well as the Lititz recCenter website, www.lititzrec.com and our Lititz Rec Center Mobile App and Facebook. All cancellations will appear on the home page of the app, which you can download for free via app stores.

FAQ's

● **DAILY GUEST Passes**

\$18/Adults (Ages 23-59) \$13/Child/Senior – Free for Children under 2.

Guest passes can be purchased at the front desk. All guests are asked to present photo ID.

● **Membership Cancellation**~ Membership is non-refundable. A seven (7) business day written notice is required after the initial one (1) year contract is met to cancel your Monthly Pay Plan.

● **Refunds/Credits** ~ Refunds/Credits are available under certain circumstances, for example, moving, medical reasons, etc. All refunds and credits will have a \$15 administrative fee deducted from the original cost and will take seven (7) business days to process.

● **Program Participants** ~ Members and non-members may participate in most programs, although the cost for the programs will differ.

● **Membership Scan Cards** ~ Check-in with a Membership card is required and will give you quick entry to the facility. **Membership cards are non-transferable.** Allowing another person to use your card for any purpose will result in loss of your membership privileges, without a refund.

● **Parking** ~ Parking is available for our members and patrons in our parking lot. Please honor the handicapped spaces, and do not park in the fire lanes.

● **Event Parking** ~ Patrons attending swim meets or other large events are asked to park in the Warwick Middle School parking lot behind the Lititz recCenter.

● **Open Gym Use** ~ Gym rules and schedules are posted. Please read and abide by them. Rules will be strictly enforced. Recreation policy is structured to allow maximum “open activity” time.

● **Conducting Business**~ **Members/Non-Members are not allowed to conduct business of any type including training or coaching on Lititz recCenter property.**

● **Lost and Found** ~ **Lost and Found items are kept at the front desk for approximately two weeks. After that, items will be donated to local charities.**

● **Locker Use Policy** ~ Lockers are available for use when in the gym, fitness center, and pool areas. The recCenter will not be responsible for lost, stolen, or misplaced articles. Lockers are not equipped with locks. **To provide added security, members are encouraged to bring their own locks.** All locks must be removed at the end of each use. Reserved lockers are available for a monthly fee near the fitness center hallway.

- **Changing Clothes** ~ Please do not use restroom stalls to change clothes.
- **Kit Locker Rental Policy** ~ Kit lockers are located outside the Fitness Center. Two different size lockers are available on a first come, first serve basis. The recCenter will not be responsible for lost, stolen, or misplaced articles. The locks and keys will be supplied by the recCenter. All locker rentals are for a one-year basis from January 1 to December 31. There will be **no** partial-year rentals. If you are interested in a Kit Locker, please see the front desk for details.
- **Lititz recCenter Membership Hold Policy** ~ Members can request their membership to be put on hold for up to 3 months for medical reasons or other residence. Memberships on Hold may not use any of the Lititz recCenter locations or programs. This includes Lititz recCenter, Lititz recROC and Lititz Springs Pool. There is no charge for Medical Holds. There is a \$15 monthly fee to put a membership on Other Residence Hold. Holds require documentation. See Member Services for the Hold Request form.
- **Facility Rentals** ~ The Lititz recCenter is available to rent to individuals, as well as groups and organizations within and external to the greater Warwick area. If you are interested in renting the facility, please call the Program Director, extension 229.
- **Word of Mouth is the Best Advertising!** ~ Members who refer a new one-year membership will receive a \$30.00 Member Referral Gift Card. Your referral must give your name when they are signing up. This can be used toward class registrations or membership renewal.

Code of Conduct:

The Lititz recCenter is committed to providing a safe and welcoming environment for all members and guests. To promote general safety and comfort for all, individuals are asked to act appropriately when in our facility or participating in our programs. We expect the persons using the facility to act maturely, to behave responsibly, and to respect the rights and dignity of others. Our Member's Code of Conduct outlines prohibited actions, but the actions listed below are not an all-inclusive list of behaviors considered inappropriate in our facilities or programs. Guidelines specific to the use of each area are listed under the department rules and regulations policy.

It is our policy that anyone intending to take pictures/photos or recordings on the Lititz recCenter grounds is requested to carry a photo ID. Lititz recCenter management reserves the right to see such ID and approve photography/video activity. Persons who attempt or capture photos/videos of others without consent will be asked to leave the facility and may be reported to police. Professional photography is not permitted without prior permission from the Marketing Director.

Dress Code Policy: All participants must be dressed in accordance to their biological state; Male biological body parts must be covered with shorts/pants/bathing trunks; Female biological body parts must be covered with top and bottoms/one or two piece bathing suit. Participants not following this dress code risk being charged by local police with open lewdness.

Proper Attire is required for everyone. Shirt & shoes (sneakers) are to be worn, appropriate for safely participating in physical activity. Bathing attire is required in pools.

Empty rooms/spaces are locked and restricted when unsupervised.

The following are PROHIBITED on the Lititz recCenter premises, including building and grounds:

- Tobacco products. Lititz recCenter buildings and grounds are tobacco-free. All forms of tobacco or smokeless tobacco products are prohibited on Lititz recCenter premises. This includes no smoking, vaping, or use of chewing tobacco. Smoking products found on the premises may be confiscated.
- Alcoholic beverages, illegal drugs, & drug paraphernalia.
- Carrying or concealing all weapons, knives, firearms, ammunition, all incendiary devices, and any other device that can be used as a projectile.
- Harassing, threatening, intimidating, or offensive behavior/body language.
- Theft or behavior that results in defacing or destroying property/equipment.
- Profanity, vulgarity, or loud, boisterous shouting, name calling, and swearing.
- Loitering within or on the grounds of recCenter facilities.
- Gambling.
- Double swiping of membership. Sneaking into the recCenter or helping others sneak in is not permitted. Those who are caught doing so will have consequences up to removal of membership cards and removal from recCenter.

Misconduct may result in suspension or permanent loss of membership privileges.

Lititz recCenter Staff members are eager to be of assistance. Members and guests should not hesitate to notify a Staff member of any violations. Violations may be subject to criminal prosecution or disciplinary action up to and including cancellation of membership.

Policies and guidelines in this membership booklet are subject to change.

Lititz recCenter

Behavior Guidelines

It is the policy of the Lititz recCenter to create and maintain a positive values-centered atmosphere for all users. In the event of unacceptable behavior, suspensions will be levied.

The following serves as minimum guidelines:

TWO WEEKS*

Disobedience/Disrespect	1st Offense
Breaking LrC Rules	1st Offense
Sneaking into the Center	1st Offense
Language Abuse	1st Offense
Multiple people using family locker rooms	1st Offense

ONE MONTH*

Disobedience/Disrespect	2nd Offense
Breaking LrC Rules	2nd Offense
Sneaking into the recCenter	2nd Offense
Language Abuse	2nd Offense
Multiple people using the family locker rooms	2nd Offense

THREE MONTHS*

Fighting	1st Offense
Vandalism (plus the cost of repairs)	1st Offense
Disobedience/Disrespect	3rd Offense
Breaking LrC Rules	3rd Offense
Sneaking into the recCenter	3rd Offense
Language Abuse	3rd Offense
Multiple people using the family locker room	3rd Offense

ONE YEAR*

Stealing	1st Offense
Fighting	2nd Offense
Vandalism (plus the cost of repairs)	2nd Offense
Disobedience/Disrespect	4th Offense
Breaking LrC Rules	4th Offense
Sneaking into the recCenter	4th Offense
Multiple people using the family locker rooms	4th Offense

Rec Opportunities

Rochelle ‘Skip’ Clair Community Partnership Program

Through contributions from local businesses and community members, Lititz recCenter makes free or reduced-fee memberships and programs available to families, youth, seniors, and adults in the Lititz area who need financial assistance. These “Partnerships” give every member of our community access to Lititz recCenter programs and facilities. Partnerships are available to residents of Warwick Twp, Lititz Borough and Elizabeth Twp. Applications for Partnerships for membership or programs are available at the Member Services Desk, and the Lititz recCenter website.

Corporate Membership Opportunities

Lititz recCenter provides reduced membership and program fees to employees of our local business partners and community support organizations. This cooperative program allows employers to commit to employee wellness and extend these benefits to an employee’s family members. Please check with Member Services to see a list of participating local employers or speak with your company Human Resources Coordinator about joining employee discount programs.

Sponsorship & Advertising Opportunities

Showcase your business and support recreation programs in the community with a sponsorship.

- Lititz recCenter Program Guide
- Lititz recCenter recConnect Newsletter
- Special Events: Golf Tournament, Boulder Bash, Pretzel Twist 5K, Adult Triathlon, Youth Triathlon.
- Parkinson’s Support program
- recKids Summer Child Care program
- Summer Camps
- Youth recLeague Basketball

recCenters of Lancaster County Corporate Program



The Lititz recCenter’s Corporate Membership Program is a recreation and wellness partnership with Lititz-area businesses and community support organizations who value Community employee’s wellness and work-life balance. Through this partnership Lititz recCenter members receive a 10% discount on non-member programming at Ephrata & Hempfield recCenters.

Volunteering at the rec

Volunteers are always welcome at the recCenter! Please fill out a volunteer application which is available at the front desk. There are many areas where help is needed:

- Administrative tasks
- Special events
- Custodial and Facility Maintenance
- Marketing and Community Outreach
- Tour guides/Lititz recCenter Tours & Greeters

Your rec!

- **Two heated indoor pools! Main Pool** ~ 25 yards long, 8 lanes, 3 ½ to 12 feet deep, with ramp entrance. **Splash Pool** ~ Zero entry, water slide, water features, and 4 lap lanes.
- **Gymnasium** - 14,000 square feet. Entertains 3 full-size basketball courts, volleyball, Pickleball, and climbing wall. Walking/jogging track.
- **Fitness Center**
 - Circuit Training Center (in Studio 1) (Life Fitness machines)
 - Cardio Center
 - 80+ Cardio Machines (Personal TV)
 - WIFI
 - Strength Training Center
 - Cable Motion
 - Free Weight Equipment
 - Turf Area & Boxing Station
 - Functional Training Center
 - Free style exercise area
 - Body weight, medicine ball train, plyometric
 - Synergy 360 equipment
 - Les Mills Classes; Virtual & Instructor Led
 - Fitness Studios
 - Studio 3 reserved for group exercise classes
- **recZone** - Ping-pong, pool table, foosball, air hockey, arts and crafts, board games, and lounge area. You may have food in this room. Free to members.
- **Children Service's Programs/Childcare**
 - State Licensed before and after school program
 - Preschool Academy for children ages 3-5.
 - Summer care for kids entering Kindergarten through sixth grade from any school district.
- **kidZone** - Free short-term babysitting available on site while a member is using the facility. Available for a fee to non-member guests.
- **Zone 1** – Spin zone with Instructors and Bike-O-Vision. Featuring scenic road trips on the screen as you ride and Les Mills Virtual spin classes.
- **Zones 2, 3, and 4** – Multipurpose spaces including a dance studio.
- **Facility Rentals** - The Lititz recCenter is available to rent to individuals, as well as groups, and organizations within and external to the greater Warwick area. If you are interested in renting the facility, please call the Program Director at extension 229.
- **Locker Rooms** - Main locker rooms, 5 family changing rooms, and Members Only-18 + locker rooms with sauna. All handicapped accessible.

Satellite Facilities
Lititz recROC
Lititz Springs Pool

Birthday Party Packages

*You supply the guests. We'll supply the FUN!
Plus - a Party Host to keep your party on schedule!*

Our party packages provide options for both fun in our most popular spaces and a party celebration space. Prices vary by package and customization- add more guests, or more time to make your PARTY extra exciting!

All FunZone Party

Includes 1 hour in FunZone and 1 hour in Party Zone.

FunZone & Splash Party

Includes 45 minutes in FunZone, 1 hour in Splash Pool and 1 hour in Party Zone.

FunZone & Gym Party

Includes 45 minutes in FunZone, 45 minutes in Gym with sports of your choice and 1 hour in Party Zone.

Just Gym Party

Includes 1 hour in Gym with sports of your choice and 1 hour in the Party Zone.

Just Splash Party

Includes 1 hour in Splash Pool, and 1 hour in Party Zone

Splash & Gym Party

Includes 30 minutes in Gym with sports of your choice, 1 hour in Splash Pool and 1 hour in Party Zone.

****Reminder:** Children under age 6 must be accompanied by an adult in the pool.

**Reserve your Party today! 717.626.5096, ext 247
or email: party@lititzrec.com**

Splash Pool and Main Pool

2 GREAT POOLS! DOUBLE THE FUN!

General Rules for Both Pools

Pool rules are posted. Please abide by them. Rules will be strictly enforced by lifeguards and rec staff. Pool closure will be posted.

- Persons with infections or diseases that may be transmitted by pool water are prohibited from entering the pool. Any open wound must be bandaged.
- No swimming when the lifeguard is not on duty. Do not distract the lifeguard or block their view.
- All children under the age of 11 years must be supervised by an adult in the building. **Children under age 6 must have an adult in the water with them.**
- All swimmers must shower before entering the pool. There are showers in all locker rooms, and the Splash Pool has a shower on the pool deck.
- Never urinate in the pool-use the restrooms in the locker room.
- Swim diapers are required for all children who are not toilet-trained.
- Food and gum are not allowed in the pool area. Drinks must be in an unbreakable, closeable container.
- Lap lanes are for those who are swimming laps. Circle swimming etiquette will be used when there are more than two (2) swimmers in a lane. Keep to the right.
- No running, pushing, dunking, wrestling, or horseplay at any time.
- Proper bathing attire must be worn at all times. No jeans, t-shirts or gym shorts.
- No hanging on the lane lines.
- Only PFD Coast Guard Approved Type 2 life jackets may be used. No swimmies/water wings or inflatables, including infant floats..
- In order to eliminate any inconvenience and assure the safety of our members, we ask that persons returning to the locker/changing rooms and showers please towel off in the drying area before returning to their locker.
- Obey the Lifeguard and other Staff at all times.
 - First Warning – Verbal
 - Second Warning – Benched for 5 minutes
 - Third Warning – Ejection from Pool.

Additional Splash Pool Rules

- No diving in the Splash Pool. No climbing/jumping over the walls in Splash Pool.
- Do not climb on or hang from the whale head or tail.
- Swimmers must pass a swim test to use the slide.

Schedules for indoor pools can be found online at www.lititzrec.com and on the Lititz recCenter Mobile App.

Locker Rooms

- There are 5 family/special needs changing rooms.
- Both pools are accessible from both locker rooms and family dressing rooms.
- The men's and women's locker rooms off the Splash Pool are for adult (18+) members ONLY. No children or Non-members are allowed in these locker rooms. Please report children or Non-members in the adult only locker room to any rec staff member.
- Adults with children should use the family changing rooms or the main locker rooms off the Main Pool.
- Children age 4 and under may accompany parent and use the main locker room off the Main Pool. Children ages 5 and older MUST use the family changing rooms or the locker room off the Main Pool of their same sex.
- Please be considerate if others are waiting to use the Family Changing Rooms. Do not leave any articles in the Family Changing Rooms.
- Please keep valuables and personal items with you. The Lititz recCenter is not responsible for lost or stolen articles.
- You may bring a lock to use while you are using the facility, but it must be taken with you when you leave. Locks may not remain on lockers overnight.
You are encouraged to lock your personal belongings while in the facility.

Pool Schedule

- The Main Pool is open from 5:30 am to 7:30 am on weekdays for lap swimming only.
- From December to February the Main Pool may be impacted by swim meets and swim team practices.
- A schedule of swim meets will be available at the front desk and on the LrC website.

***Water Walk or Swim Laps
Track your miles on the chart on the wall
in the main pool !
Great Member Incentive program!***

TO ALL MEMBERS:

Concerns regarding conduct or misuse of pool areas should be first reported to lifeguard on-duty, or to the Aquatic Director 717.626.5096, ext. 227.

Gymnasiums

The Lititz recCenter has 3 full size gymnasiums. Just 2 of these gyms make up a 14,000 square foot space that includes a walking track, two oversized courts and is home to basketball, volleyball, and many other sports and fitness activities here at the rec. The 3rd gym includes a full-size basketball court, 4 pickle ball courts, volleyball programs and bleachers for spectators.

Walking Track

6.25 laps around the track = ½ mile

12.5 laps around the track = 1 mile

25 laps around the track = 2 miles

Access to Walking Track is limited by scheduled programs.

Lititz recCenter Gymnasium Rules and Regulations

- All children age 10 and under must be supervised by an adult.
- Gym shoes are required on the floor. No bare feet. **NO** street shoes, cleats, high heels or other type of shoe leaving marks will be permitted.
- All of the following are strictly **PROHIBITED** in the gym area:
 - Food or drink of any kind, EXCEPT WATER- no flavored water!
 - Chewing or bubble gum
 - Pushing, shoving, or horseplay of any type
 - Spitting
 - Profanity
 - Glass containers
 - Lewd or immoral acts
 - Climbing on walls or structural supports
 - Destruction of personal or recCenter property
 - Opening the fire exits other than in an emergency –**ALARM WILL SOUND!**
 - Hanging on basketball rims or abuse of volleyball or other equipment
 - Removal or ‘taking down’ of equipment
 - Excessive noise
 - NO THROWING FOOTBALL or BASEBALL/SOFTBALL, or Lacrosse balls
Please note footballs only may be thrown in Gyms 5/6.
- The walls and curtains may ***NOT*** be used as rebounding boards for any athletic equipment. Only the cement wall in Gym 5/6 may be used for rebounding.
- Individuals who violate any of the above rules may be asked to leave the facility. Repeated abuse could lead to the suspension of membership privileges.

Please ask Staff for permitted gym equipment. Gym storage area is for employees ONLY. Please do not enter this area.

GYMNASIUM: PICK-UP SPORTS

Pickleball

This doubles game is a combination of tennis, badminton and ping pong. The Lititz recCenter provides open time to play Free for members. Times vary throughout the season. Players must bring their own paddles and balls. Members can also reserve private court time to practice and play competitively. Classes and private lessons are offered to learn the game. Check the website or program guide for current schedules and fees.

Any questions please visit the Lititz recCenter mobile app or contact Craig Persing at extension 237 or Email him at CraigPersing@lititzrec.com

Pick-up Gymnasium Sports

The Lititz recCenter offers pick-up basketball and other gym sports for a variety of ages. Middle school and high school students can come and play games against one another. There is also scheduled seasonal pick-up basketball for ages 18 and up. Gymnasium use is free to Members. Come and competitively play and have fun with other members. Pick-up times vary each season. Outdoor basketball courts at Lititz recCenter are open to the public. Check the Lititz recCenter website, program guide, or mobile app for current schedules.

Any questions please contact Ron Stief at extension 229 or Email him at ronstief@lititzrec.com

Adult & Youth Sports Leagues

Season leagues form for competitive play opportunities with community teams. Adult leagues include Women's Volleyball and Men's Basketball. Youth leagues include summer and winter basketball. Watch for registration information for leagues or contact League Director Ron Stief at extension 229 or Email him at RonStief@lititzre.com

Fitness Center

Cardio, Strength Training, Functional Training, Circuit Training

Welcome New Members! Get Started with our 'Starting Up' Program.

The **Starting Up Program** is an orientation to the fitness center. This program includes two free 60-minute sessions. Our professional staff will show new members the cardio equipment and how to use each piece of circuit equipment, including how to set up and adjust the equipment, which muscles are targeted and how to use the proper technique. New members also receive a free body composition giving them a recommended target heart rate.

Schedule your appointment with fitness staff or complete a Starting Up request form at the front desk and we will call you. Email: simonababou@lititzrec.com or fitness@lititzrec.com. Fitness staff are available most mornings and evenings. Wear comfortable clothing and sneakers for your appointment.

Group Fitness Studios

Studio 2 & 3 and Zone 1, 2 & 3 are equipped with sound systems, instructor stages, Keiser m3i spin bikes, tons of equipment and jumbo LED screens projecting Les Mills Virtual classes. Studio 1 is our Circuit Training Center.

Fitness Center Policies

For safety no one age 11 and under is permitted in the Fitness Center. Youth ages 12-13 must be supervised by a parent, guardian, trainer, or recCenter staff member at-all times.

- To ensure a comfortable atmosphere for everyone, please be courteous and respectful of others and their personal space.
- Return and rack weights when finished where they belong.
- Allow others to “work-in” or take turns with equipment particularly when the fitness center is busy.
- Wear proper attire (no “cutoffs” or sandals) that provides full coverage for safety and comfort.
- Wipe off equipment when finished.
- Swearing, grunting, yelling, and other loud noises are distracting and offensive to others.
- Don’t drop weights on gym floor.
- Pick up your towels, water bottle, newspapers, etc.
- No food or beverage (except water)
- Keep personal music to a volume that is only heard by you.
- Follow guidelines and instructions from staff, trainers, and instructors. Failure to follow rules may result in issued warnings or dismissal from the Fitness Center.
- The Turf area is open for use, except when class is being held.
- 13 years or under must be with a parent or coach when using the Turf area.
- Punching bag gloves must be worn while using the punching bag.

Fitness Director: SimonAbabou@lititzrec.com, ext 239

recZone

recZone hosts lots of fun activities for people of all ages. Pool tournaments, foosball, air hockey, ping-pong and board game nights are only a few of the fun activities you'll find happening in recZone!

Staffed Hours: Monday-Friday 3pm-8pm. Hours vary seasonally.

Lititz recCenter recZone Rules and Regulations

- All Youth, age 11 to 18 must be supervised by a recZone monitor or a parent. Children under 11 years old must be supervised by a parent.
- Everyone must sign in to the recZone each time they enter the room.
- Per the recCenter policy, no **heelies or skateboards** will be permitted.
- All of the following are strictly prohibited: fighting, gum, excessive noise, PDA (public display of affection) and spitting.
- You must ask the recZone supervisor to use the stereo or television.
- Destruction of recCenter property will result in consequences that could lead to removal from the recCenter.
- Abusive or profane language of any kind will result in consequences that could lead to removal from the recCenter.
- No sitting on counters, ping pong table or pool table.

Repeated abuse of the above rules could lead to the suspension of membership privileges.

recZone staff will follow the Lititz recCenter Behavior Guidelines for all suspensions and punishments.

Lititz recKids



Children Services Department / recKids Child Care

We're proud to help build tomorrow's future!

- No rec membership required to attend. Summer program is open to all school districts.
- Two, three and five-day schedules are available.
- ***recKids Preschool program** for 3-5 years old.
- ***Before School Care** for children in grades K-6. (Held in the cafeterias of the Kissel Hill, Lititz, Bonfield, and John Beck Elementary schools)
- ***After School Care** for children in grades K-3. (Held in the cafeterias of the Kissel Hill, Lititz, Bonfield, and John Beck Elementary schools)
- ***After School Care** for children in grades 4-6. Students will be bussed to the Lititz recCenter after school and picked up from there.
- ***Summer** recKids care for children entering K thru 6 grade. Activities include swimming, walking trips, field trips, outdoor fun, arts, science, culinary arts, special events and guest speakers.
- ***Special Day Camps** for children in grades K-6 on days off school (non-major holidays, in-service days, etc.) Held at the recCenter. Pre-registration is required.
- **Snowy Day Camp** for children when schools are closed due to inclement weather. Held at the recCenter for K-6 grade. Pre-registration is required.
- **Sibling Discounts** available and **ELRC Subsidy** accepted.



***Programs licensed by PA Department of Human Services.**

For more information on these programs please call recKids: 717-626-5096, extension 295 or email recKids@lititzrec.com.

kidZone is a Member Benefit!

POLICIES

The kidZone program at the recCenter offers supervised short-term babysitting as a service for members and non-members who are using the recCenter facility. The kidZone service is available to children between the ages of two months and 10 years old. All infants must have their first set of shots (at 2 months) and be up to date on all vaccinations to be eligible for the program.

Caregivers provide consent upon check-in for First Aid emergency treatment by qualified staff in the event of an injury or other incident while the child is in care at kidZone.

By checking-in your child to kidZone, you acknowledge and agree to abide by these policies, rules, and guidelines. Thank you.

HOURS:

8 am to Noon	Monday to Saturday	AM session
4 pm to 8 pm	Monday to Thursday	PM session

LENGTH of SERVICE:

2 months to 1 year old	75 minutes per session
1 - 10 years old	2 hours per session

Note: Please gauge your time using the clock in kidZone located above the sign in desk.

FEES:

Members ~ Free
Non-Members ~ \$8 per child, per session
All payments must be made at the front desk. A receipt will be provided to give the kidZone staff member upon entering the child-care room.
1 ticket = 1 child.

CHECK-IN/CHECK-OUT:

Children using kidZone are required to be Checked-In and Checked-Out by kidZone Staff. Child safety is vital and certain tracking and safety measures are necessary. This process provides accurate records of children checking in and out, allowing Staff to know who is picking them up and verifying they are authorized to do so. The process also helps Staff to be aware of allergies and or other medical concerns. **You must be physically present in the building. Children are required to wear a sticker with their name.**

FOOD/DRINKS:

No food or drinks are allowed. Milk is also not allowed because of allergies. In these cases, staff members reserve the right to remove foods that may be a danger to other children. Candy and gum are not allowed.

PARENT RESPONSIBILITIES:

- Any bags must be labeled with the child's name. Please do not bring toys, books, or games from home. The Staff will not be responsible for lost, damaged, or stolen items.
- Children, including infants, must be fed, changed, clean, and wearing shoes/socks upon arrival.
- Staff will not feed meals to children or bottles to infants. If a diaper change is necessary, you will be contacted by a LITITZ RECCENTER staff member.
- Children must be accompanied by and checked-in by an adult. They must be picked up by the same adult unless otherwise noted to a staff member. To ensure the safety of the children, the staff may ask for identification.
- Parents are responsible for taking their children to and from other scheduled LITITZ RECCENTER activities and classes and should respect kidZone hours of operation and policies. Staff will not be responsible for children after kidZone hours are over and will not deliver children to the parent or to an activity/class.
- kidZone staff may utilize the following: kidZone room, outdoor playground, grassy areas, and the gym. Please have your child wear closed-toe shoes that protect his/her feet and allow for safe play.

EXPECTED BEHAVIOR:

- **Doing physical harm to other children (or Staff) or willfully damaging kidZone property or use of strong language by children or adults is not permitted in the program.** Such behavior will be addressed by the staff. In the case of younger children, redirection will be used first; for older children, a staff member will speak with them about the behavior. If these attempts do not work, a time out may be used.
- In case of a severe discipline problem or a biting incident, the parent will be asked to immediately remove the child from the program for the remainder of the day. This is for the safety of your child and the other children in the program.
- Parents are expected to use acceptable discipline with their children. Degrading a child verbally or physically disciplining them is not tolerated in our center.

SICK CHILD POLICY:

- **Please do not bring your child to kidZone if they are ill or have been exposed to a contagious disease.**
- Children should not be brought if they have conjunctivitis (doctor's note for admission required), have vomited or had diarrhea in the last 12 hours, fever, unexplained rash, lice (must be nit free) or any other contagious condition.
- If your child becomes ill or is seen to have any of the above symptoms, you will be asked to pick up your child as soon as possible. Please respect that other parents do not wish their children to become ill as well. kidZone Staff may not administer any medications.
- Please inform the kidZone Staff of any allergies, asthma, seizure disorder, or other medical conditions that you are aware your child has. We will keep this information confidential, but it helps us to keep your child safe.

Lititz recROC

201 Rock Lititz Boulevard, Suite 10
Lititz, PA 17543
www.lititzrecroc.com
717.626.5096



Facility Hours

Monday to Friday 5 am-8 pm
Saturday & Sunday 8 am – 6 pm

LrC Members receive 50% discount on membership of EQUAL value at Lititz recROC!

- Bouldering, Obstacle, Performance Training Facility
- Fitness, Parkour, Bouldering & Obstacle Training for Youth and Adults
- Team Building/Group Events

Guests are welcome! Come for the day! Day Pass fee is \$23 for all ages.
Lititz recCenter Members pay \$12 Day Pass Fee!

*A signed waiver is required for all participants.

*Participants under 18 years old must have the waiver completed by their parents or court-appointed legal guardian in-order to come into the facility.

*All youth age 13 and under must be accompanied and supervised by a parent, or a court appointed legal guardian.

Locker Room Facilities

Showers and lockers available (please bring a lock for your locker when in use)

Lititz recCenter members are eligible for member rates on programs at Lititz recROC!

Monthly memberships for Individuals, Youth and Families.

Programs - Members save on recROC programs offered weekly or seasonally!





EXTRA VALUE! LrC Members receive a 50% discount on Lititz Springs Pool Season Passes of equal value.

Open Memorial Day weekend through Labor Day!

Season Passes go on sale in March! Family-Adult-Youth-Senior

Daily Guest Admission

Poolside Pavilion Rentals

Group Admission Discounts for 25+ Guests (reservation required)

Pool rules are posted at Lititz Springs Pool, on the Lititz Springs Pool page at www.lititzrec.com, and provided to Season Pass holders.

Up to date announcements are posted on facebook @LititzSpringsPool.




Lititz recCenter

FREE

MOBILE APP

DOWNLOAD the Lititz recCenter app for current schedules & more!

Get our Lititz recCenter App

- 1) Open the Play Store or App Store on your device
- 2) Search for "Daxko"  daxko
- 3) Select the free Daxko app and install
- 4) Open the Daxko app on your device and search for "Lititz recCenter"
- 5) Your app might automatically save in your apps list as "Daxko". You can edit the app name on your device to show as "Lititz recCenter".

Use our Lititz recCenter App

- See Important ANNOUNCEMENTS
- Load your MEMBER SCAN CARD
- REGISTER for Programs or Classes
- See daily, weekly or monthly class SCHEDULES



Need assistance getting or using our app? Ask Customer Service 717.626.5096 for pointers or guidance.

Members & NonMembers: Using online registration for program and classes.

Setting Up Online Access

Learn how to setup online access to your account in order to register for a program, Child Care program or camp program, check your balance, print Child Care/camp tax statements and manage your billing methods. When setting up online access, there are three options. Each of these details are listed below.

Program Search

<p>I want to sign in to my account</p> <p>Email Address</p> <input type="text"/>	<p>I want to set up online access for my account</p> <p>If you're a current or past member, or if you have registered for programs in the past, but you haven't set up your online account, select this option to enable your online account. You can use your online account to register for classes, programs and events.</p> <p>Find Account</p>	<p>I don't have an account, but I want to create one</p> <p>If you've never been a member or enrolled in any of our programs or classes, select this option to create an online account. You can use your online account to register for classes, programs and events.</p> <p>Sign Up</p>
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Login

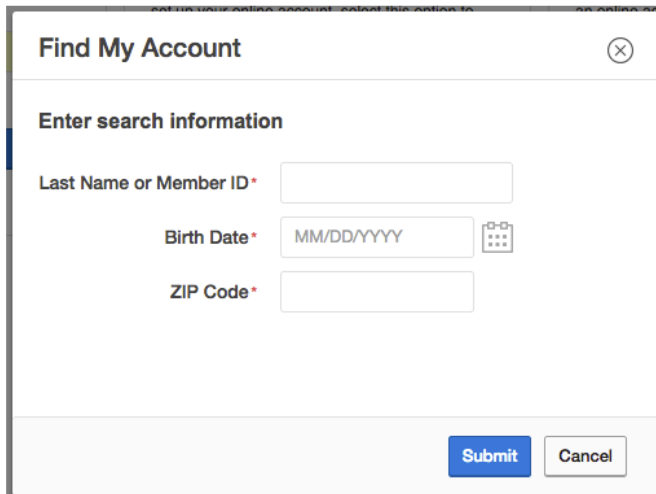
Use this box (far left) if you have setup access to your online account in the past. If you have forgotten your password, click “Forgot Password” and enter the email address associated with your account. A link to set a new password will be emailed to that email address.

Find Account

Use this box (middle) if you have registered for a program or membership at any point in the past (even if you did not register online). Click “Find Account” and you will be asked to enter your:

- Last Name or Member ID
- Birth Date
- ZIP Code


Daxko Operations: Setting Up Online Access



Find My Account (Close icon)

Enter search information

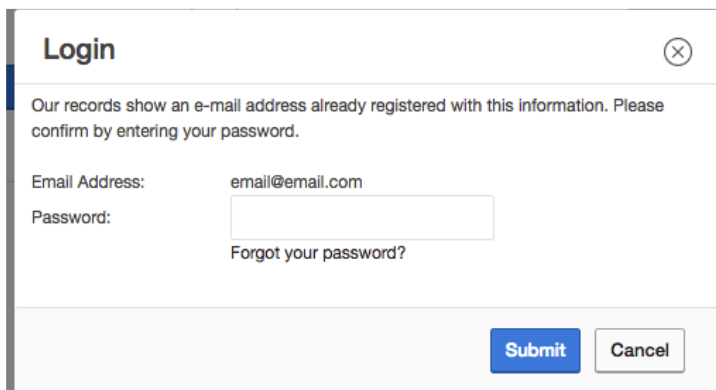
Last Name or Member ID*

Birth Date* 

ZIP Code*

Submit **Cancel**

If you have setup online access in the past, the system will present you with the following box:



Login (Close icon)

Our records show an e-mail address already registered with this information. Please confirm by entering your password.

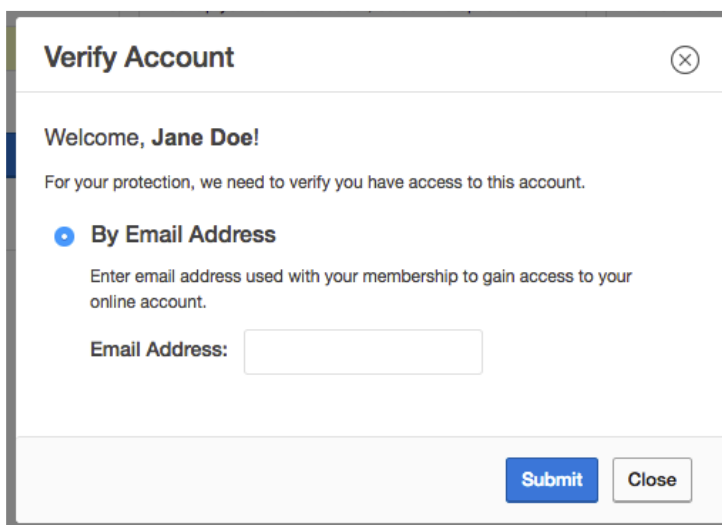
Email Address: email@email.com

Password:

[Forgot your password?](#)

Submit **Cancel**


If you have never setup online access in the past, the system will check if you have an email address on file. If you do, the system will present you with the following box:



Verify Account (Close icon)

Welcome, **Jane Doe!**

For your protection, we need to verify you have access to this account.

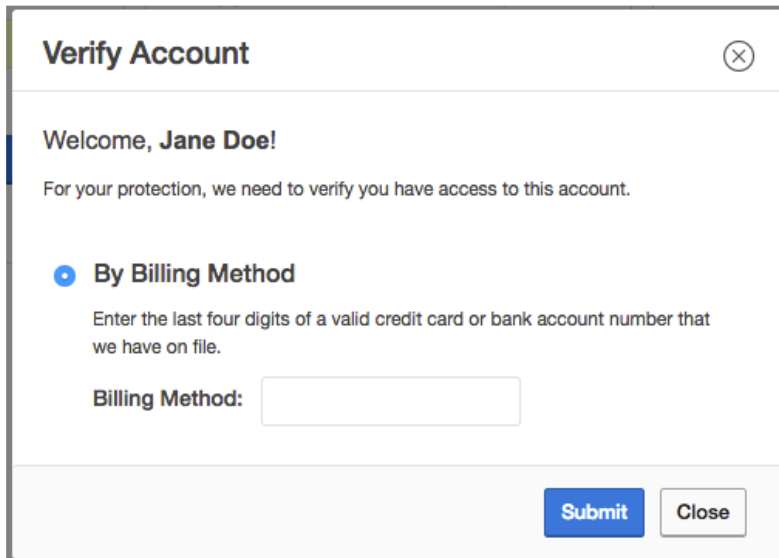
 **By Email Address**

Enter email address used with your membership to gain access to your online account.

Email Address:

Submit **Close**

Daxko Operations: **Setting Up Online Access**



The image shows a 'Verify Account' dialog box. At the top, it says 'Verify Account' with a close button (X) on the right. Below that, it says 'Welcome, Jane Doe!' and 'For your protection, we need to verify you have access to this account.' There are two radio buttons for verification methods. The first, 'By Billing Method', is selected. Below it, a text box is labeled 'Billing Method:'. At the bottom right, there are two buttons: 'Submit' (blue) and 'Close' (white).

Verify Account ✕

Welcome, **Jane Doe!**

For your protection, we need to verify you have access to this account.

☒ **By Billing Method**

Enter the last four digits of a valid credit card or bank account number that we have on file.

Billing Method:

Submit **Close**

Enter your billing information. If you have neither an email address nor a billing method on file, the system will present you with your branch's contact information. The staff from that branch will be able to give you information on setting up online access for you over the phone.

Sign Up

Use this box (far right) if you have never attended anything at this organization before. You may sign up for a non-paying membership to simply register for a program, child care program or camp program or a full-paying membership complete with access to the facility and typically special program pricing. Choose the location you wish to attend to get started.

PROGRAM REGISTRATION

Want to sign up for classes? Register in-person, by phone or online.

Lititz recCenter has easy online Registration!

The Lititz recCenter lets you sign up for membership or for classes online. Just follow these simple directions.

Online Class Registration ~

- Go to www.lititzrec.com.
- Then select Program Registration.
- You can either browse programs or search for programs by key word.
- If you choose to search for your program using the browse programs option you will then need to select the appropriate category for your program.

Programs at Lititz recCenter

Select the program category to see what we offer for that category at this location.

[American Red Cross Classes](#)

[Annual Events](#)

[Aquatics Adult](#)

[Aquatics Preschool](#)

[Aquatics Youth](#)

[Birthday Party Packages](#)

[Dance](#)

[Fitness Adult](#)

[Fitness Personal Training](#)

[Fitness Youth](#)

[Leola Community Pool Memberships](#)

[Leola Community Pool Rentals](#)

[Lititz Springs Pool Rentals](#)

[Manheim Borough Community Pool Memberships](#)

[Manheim Borough Community Pool Rentals](#)

[Pavilion Rental Elizabeth Twp](#)

[Pavilion Rental Warwick Twp](#)

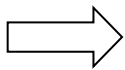
[Programs Adult](#)

[Programs Adult Leagues](#)

[Programs Preschool](#)

[Programs Youth](#)

[Wellness](#)



- After selecting the appropriate category you should then select your desired program or class category.

Programs

Select a program to see the available offerings for that program. If you can't find the program you're looking for, you can use the controls on the left to further filter the list of programs.

We found 2 programs matching your search criteria.

Locations

Lititz recCenter

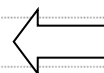
[change location](#) | [switch to all](#)

Categories

Dance [remove](#)

[Ballet](#)

[Other Dance](#)



- You should then select your program or class

Ballet

Select the checkboxes next to one or more sessions that you want to register for, then click **Register**.
Click a session's name to see the full information about that session.

This program has 3 sessions

Register

Filter Sessions Sessions without a day or time assigned will always be returned. Days of the week <input checked="" type="checkbox"/> Sun <input checked="" type="checkbox"/> Thu <input checked="" type="checkbox"/> Mon <input checked="" type="checkbox"/> Fri <input checked="" type="checkbox"/> Tue <input checked="" type="checkbox"/> Sat	<input type="checkbox"/> Kids Ballet & Tap Combo, Wed. 9:30am Spring 1	Mar 01, 2017 to Apr 12, 2017	Member	\$55.00
	Lititz recCenter	Wed 9:30 AM - 10:15 AM	Non-Member	\$75.00
	<input type="checkbox"/> Kids Ballet 1, Sat. 10:15am Spring 1	Mar 04, 2017 to Apr 15, 2017	Member	\$45.00
	Lititz recCenter	Sat 10:15 AM - 11:00 AM	Non-Member	\$65.00
	<input type="checkbox"/> Kids Ballet 2, Sat 11:00am Spring 1	Feb 04, 2017 to Apr 15, 2017	Member	\$45.00
	Lititz recCenter	Sat 11:00 AM - 11:45 AM	Non-Member	\$65.00

- After selecting your desired program or class you will then be directed to a page with the class information.
- You should then click:

REGISTER FOR PROGRAM

- At this point, you will need to sign in. If you already have an account, log in. If not, you will need to create an account. You only need to do this once.
- Once you have logged in, you will be taken to the review page. Review all the registration information.
- You can either register for more programs or proceed to Check Out.
- Follow the directions to make payment.

FAQ's

I cannot find my unit. The spelling of your first and last name must match what we have in our system (Tom, Tommy, Thomas). Also, your birthdate and email must match.

I can't find the class I want. Click on other program categories. The class may be classified under another category.

The computer won't let me sign up for a class! Perhaps the class has reached its maximum number of participants. The class may also be closed. Check the registration dates. There are registration dates for members and non-members. You can only register for classes at certain times.

How will I know if the registration went through? You will receive an e-mail confirmation. If you do not receive an e-mail confirmation, please contact the Lititz recCenter at 717-626-5096 extension 221.

I forgot my password! If you have forgotten your password, follow the prompts on the screen to have a temporary password e-mailed to you.



WRRC MISSION STATEMENT

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

WHAT IS THE WRRC?

A regional parks and recreation commission formed by municipal governments – Lititz Borough, Elizabeth Township, and Warwick Township – and community recreation service providers including Lititz recCenter and Warwick School District who work together to cooperatively fund facilities, personnel, facility reservations, community team field usage and a free summer community playground program.

The goal is to integrate all recreation providers in the region and produce a comprehensive park and recreation system. By organizing, coordinating, and efficiently streamlining these recreation providers, the WRRC will ensure quality experiences for participants.

**For Pavilion Rentals, Field Reservations or other information, please call
Ron Stief, WRRC/LITITZ RECCENTER Program Director**

717-626-5096 extension 229

RonStief@lititzrec.com

Pavilion Rentals available online at <http://warwickregionalrec.org>

Lititz recCenter Facility Age Guidelines

● *recCenter*

- Age 10 and under – Must have a Parent in the Building

● *Gymnasium*

- Age 10 and under must be supervised by an adult

● *recZone*

- Parents and children may use the recZone with permission and monitoring from the Lititz recCenter Staff during times when the recZone is not open and staffed by a recZone monitor.
- Children, ages 8 and up, may use the recZone when opened and staffed by a zone monitor.

● *kidZone*

- Children 1-10 years old are limited to 2 hours.
- Children 2-12 months are limited to 75 minutes.
- **Must have current shots and immunizations.**

● *IndoorPools*

- Children under age 6 must have an adult in pool water with them unless the child successfully completes the LITITZ RECCENTER issued swim test.
- Children 6-7 years old must have an adult in the pool area.
- Children 8-10 years old must have an adult present in the building to swim in the pool.

● ***Fitness Center***

- All members 12 and up should go through the Fitness Center Starting Up Program.
- 12/13-year olds must be accompanied by a parent/adult in the Fitness Center. The adult **MUST** stay with the 12/13-year old while he or she works out.
- Those 14 years and older are permitted in the Fitness Center at any time.
- Those 11 and under are not permitted in the Fitness Center at any time.

● ***Locker Rooms***

- Adult Member-Only Locker Rooms are for members 18 and older. An access code can be obtained from Member Services at the Front Desk.
- Main Locker Rooms are for Members, Non-Members, and Family use.
- Those age 4 and under will use the Main Locker Room.
- Children 5 and older will use the Family Changing Rooms or the Main Locker Room of the same sex.

● ***Group, Aquatic & Spin fitness classes***

- These 100+ classes are Free for all members ages 12+

**Please note that age guidelines for our satellite facilities recROC and Lititz Springs Pool might be different than those at Lititz recCenter. Specific events, programs, and classes might also have specific age guidelines based on equipment use and type of activity.*



ANNUAL EVENTS

MAY

Golf Tournament

JUNE, JULY, AUGUST

Summer Camps for Kids
Free Summer Playground Program
Adult Triathlon

SEPTEMBER

Boulder Bash (Lititz recROC)
Pretzel Twist 5-K Run/5k Walk/Kid's Run
Annual Membership Meeting
Annual Rochelle "Skip" Clair Community Partnership Campaign
Lititz Springs Pool Doggie Swim

OCTOBER

Youth Triathlon

NOVEMBER

Food Collection for the Warwick Community Chest
ExtraOrdinary Give

OTHER EVENTS

Member Appreciation Days
Family Events
Fitness Incentives
Holiday Events & Programs

Lititz recCenter Monthly payment plan/Billing Agreement-Membership

When purchasing a Lititz recCenter membership using the monthly payment plan, you are committing to a one-year membership. Fee changes for members using the monthly payment plan option go into effect September 1 of the current year. After completing the first year, a seven business-day written notice is required to cancel. Members who wish to rejoin are advised that a joiner's fee will be assessed to all memberships that lapse more than thirty days. Members are drafted for a calendar month regardless of the date of draft.

1. I understand that my monthly membership fee is based on the cost of a one-year membership, and I may not cancel before I complete 12 consecutive months.
2. I understand that after one year, my payment will automatically continue until I notify the Lititz recCenter in writing to cancel.
3. After my first year is complete, I may cancel membership at any time providing I give 7 business days written notice.
4. I am aware that fee changes take effect September 1st of each year and occur automatically.
5. I have chosen either the 1st or the 15th as the day for my deduction each month. If the 1st or the 15th falls on the weekend it will be deducted the following business day.
6. I understand that I am paying for the calendar month regardless of the draft date.
7. The Lititz recCenter uses Daxko Full-Service Billing to provide billing and account management services for both Credit Card and ACH Resubmissions using Daxko's Smart Date Technology. By signing you are authorizing the resubmission of credit card, debit card, and/or ACH transactions that are declined. Daxko Billing will be applying a **\$30 NSF fee** for insufficient funds declines and **\$10 fee** to other decline reasons.
8. I understand that I may receive up to 3 emails and phone calls to update credit card or account information.
9. I have given my authorization to the bank/credit card to honor pre-authorized EFT/Charge by the Lititz recCenter on my account for membership payments.

10. If a deduction occurs after timely written notice has been given, Lititz recCenter will refund up to no more than one month's withdrawal. It is the responsibility of the member to ensure that written notice is received (i.e. sent to spam/trash) or mail that is not received is the responsibility of the member. Lititz recCenter upon receipt of email notification will send a verification of receipt to the provided email; Lititz recCenter will sign for certified mail.

10. I understand that 4 payment returns in a 12-month period will result in the loss of the monthly payment option.

11. I understand that 2 consecutive months of unpaid dues will result in the termination of the membership.

12. The EFT option may not be guaranteed upon rejoining following termination for nonpayment.

13. Any outstanding balance at Lititz recCenter, Lititz recROC or Lititz Springs Pool must be paid to rejoin for membership, register for any Lititz recCenter programs or to purchase day passes or flex cards.

14. I agree to be responsible for all costs of collection on unpaid balances including, but not limited to, 1 1/2% interest (18% annually), collection fees (up to 50%), court costs and reasonable attorney fees. Outstanding balances will be turned over for collection.

15. Membership is nonrefundable and nontransferable.

Please see/call a Member Service Representative at the front desk, if you have questions concerning your Monthly Payment plan Agreement.