Spring 2019 Program Guide

Spring Into Fun & Fitness!

2nd Annual Memorial Day 5K
FREE Community Egg Hunt
April 20
12:00 p.m.

See Page 14

Speed Training
Summer Kidz Camp
Group Fitness
Aquatics
Sunny Days Pre-K Camp
Youth Activities

717-738-1167 • www.ephratarec.com
Sponsored by MGS Incorporated & Summers Trucking
Ephrata Recreation Center Mission Statement

“To improve the quality of life by providing wholesome, affordable recreation opportunities to the citizens of the Ephrata area.”

Contents
- Adult Fitness & Activities pg 7
- Aquatic Fitness pg 5
- Group Cycling/Yoga pg 5
- Group Fitness Schedule pg 3
- Land Fitness pg 4
- Senior Fitness pg 6
- Karate pg 7
- Preschool pg 9-10
- Special Events pg 14
- Swimming Lessons/Aquatics pg 8-9
- Wellness pg 12-13
- Youth Athletics/Activities pg 11

Membership Rates

Based on a 1-year membership

<table>
<thead>
<tr>
<th>Monthly/EFT*</th>
<th>Preschool (up to 5 years)</th>
<th>Student (K-12)</th>
<th>Individual (18 years and older)</th>
<th>Couple</th>
<th>Family (includes up to 22 yrs old)</th>
<th>Individual Matinee Mon - Fri 10 am - 2 pm</th>
<th>Couple Matinee Mon - Fri 10 am - 2 pm</th>
<th>Platinum Adult</th>
<th>Platinum Couple</th>
<th>Platinum Family</th>
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<tbody>
<tr>
<td>FREE</td>
<td>$15.25</td>
<td>$25.00</td>
<td>$38.50</td>
<td>$60.00</td>
<td>$18.00</td>
<td>$24.00</td>
<td>$55.00</td>
<td>$81.50</td>
<td>$92.00</td>
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*EFT Monthly Payment Plan: requires initial start up and an annual administration fee. Other payment plans are available.

Ephrata Rec Spring Hours

Mon. - Fri. *5:00 a.m. - 9:00 p.m.
Sat. 8:00 a.m. - 8:00 p.m.
Sun. 10:00 a.m. - 6:00 p.m.
*Pool Area & Business Office open at 6:00 a.m.

Babysitting Hours

Mon. - Fri.: 8:30 a.m. to 12:00 p.m.
Mon. - Thurs.: 4:30 p.m. to 8:30 p.m.
Sat.: 8:00 a.m. to 12:00 p.m.
Ages 3 months to 7 years:
$2/hr for the first child, $1/hr for addl. child
Min. time: 1/2 hr; Max time: 2 1/2 hrs

Need a place to hold a party or special event?
Party Room • Game Room
Pool • Gymnasium
Call 717-738-1167 x 116 for Rental Information!
Add balloons to your party:
$37.50/50 delivered $20.00/25 delivered

Benefits for being a member at Ephrata, Hempfield or Lititz Recs:
- Receive 50% off on a Day Pass
- 10% off Non-Member Price on Programs
- 25% off Lititz RecROC

Jeffrey R. Eby, D.M.D.
Skyview Commons
240 North Seventh Street
Suite 400
Akron, Pennsylvania 17501
717-859-4170
Fax: 717-859-4174
www.ebydental.com

www.ehrfratarec.com
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
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<td><strong>MONDAY</strong></td>
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<td>5:30 a.m. - 6:00 a.m.</td>
<td>Sprint</td>
<td>Cycle Studio</td>
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<td></td>
<td>9:00 a.m. - 9:45 a.m.</td>
<td>Zumba</td>
<td>Assembly Room</td>
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<td></td>
<td>9:00 a.m. - 9:30 a.m.</td>
<td>CX Worx</td>
<td>Aerobics Room</td>
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<td>9:00 a.m. - 10:00 a.m.</td>
<td>Cycle Sculpt</td>
<td>Cycle Studio</td>
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<td>9:00 a.m. - 10:00 a.m.</td>
<td>H2O Boot Camp</td>
<td>Pool</td>
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<td>9:40 a.m. - 10:25 a.m.</td>
<td>BodyCombat</td>
<td>Aerobics Room</td>
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<td>10:00 a.m. - 11:00 a.m.</td>
<td>Hatha Yoga</td>
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<td>2:00 p.m. - 3:00 p.m.</td>
<td>Dance Gold</td>
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<td>5:30 p.m. - 6:15 p.m.</td>
<td>Zumba</td>
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<td>5:30 p.m. - 6:30 p.m.</td>
<td>Tighten N Tone</td>
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<td>5:45 p.m. - 6:30 p.m.</td>
<td>Group Cycling</td>
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<td>6:30 p.m. - 7:30 p.m.</td>
<td>Hatha Yoga</td>
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<td>6:40 p.m. - 7:25 p.m.</td>
<td>Pound</td>
<td>Aerobics Room</td>
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<td>7:00 p.m. - 7:30 p.m.</td>
<td>Sprint</td>
<td>Cycle Studio</td>
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<td>7:15 p.m. - 8:15 p.m.</td>
<td>Deep Water</td>
<td>Pool</td>
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<td><strong>TUESDAY</strong></td>
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<td>5:30 a.m. - 6:30 a.m.</td>
<td>BodyPump</td>
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<td>9:00 a.m. - 9:45 a.m.</td>
<td>Pound</td>
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<td>9:00 a.m. - 10:00 a.m.</td>
<td>Aqua Cardio</td>
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<td>Gentle Yoga</td>
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<td>BodyCombat</td>
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<td>Yoga Ride</td>
<td>Cycle Studio</td>
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<td>7:00 p.m. - 8:05 p.m.</td>
<td>Aqua Zumba</td>
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<td>Pilates</td>
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<td>7:40 p.m. - 8:40 p.m.</td>
<td>BodyPump</td>
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<td><strong>WEDNESDAY</strong></td>
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<td>Group Cycling</td>
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<td>CX Worx</td>
<td>Aerobics Room</td>
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<td>9:00 a.m. - 10:00 a.m.</td>
<td>Cycle Sculpt</td>
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<td>Deep Water</td>
<td>Pool</td>
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<td>9:40 a.m. - 10:40 a.m.</td>
<td>Cardio/Tone</td>
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<td>5:30 p.m. - 6:15 p.m.</td>
<td>Zumba</td>
<td>Assembly Room</td>
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<td>Cardio/Tone</td>
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<td>Group Cycling</td>
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<td>Hatha Yoga</td>
<td>Assembly Room #3</td>
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<td>CX Worx</td>
<td>Aerobics Room</td>
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<td>7:15 p.m. - 8:15 p.m.</td>
<td>Deep Water</td>
<td>Pool</td>
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<td>7:15 p.m. - 8:00 p.m.</td>
<td>Pound</td>
<td>Aerobics Room</td>
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<td><strong>THURSDAY</strong></td>
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<td>BodyPump</td>
<td>Aerobics Room</td>
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<td>9:00 a.m. - 10:00 a.m.</td>
<td>Tabata H2O Style</td>
<td>Pool</td>
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<td>Pound</td>
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<td>BodyPump</td>
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<td>10:30 a.m. - 11:30 a.m.</td>
<td>Gentle Yoga</td>
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<td>XTRAIN Low HIIT</td>
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<td>5:30 p.m. - 6:30 p.m.</td>
<td>Yoga Ride</td>
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<td>Box N Burn</td>
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<td>Sprint</td>
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<td>Aqua Kickboxing</td>
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<td>7:40 p.m. - 8:40 p.m.</td>
<td>BodyPump</td>
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<td><strong>FRIDAY</strong></td>
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<td>5:30 a.m. - 6:30 a.m.</td>
<td>Cycle/Sculpt</td>
<td>Cycle Studio</td>
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<td>9:00 a.m. - 10:00 a.m.</td>
<td>H2O Circuit Combo</td>
<td>Pool</td>
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<td>9:00 a.m. - 9:55 a.m.</td>
<td>BodyCombat</td>
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<td>10:00 a.m. - 11:00 a.m.</td>
<td>BodyPump</td>
<td>Aerobics Room</td>
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<td><strong>SATURDAY</strong></td>
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<td>7:45 a.m. - 8:30 a.m.</td>
<td>Pound</td>
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<td>Cycle/Sculpt</td>
<td>Cycle Studio</td>
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<td>Deep Water</td>
<td>Pool</td>
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<td>XTRAIN Low HIIT</td>
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<td>9:15 a.m. - 10:15 a.m.</td>
<td>BodyPump</td>
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<td>9:30 a.m. - 10:15 a.m.</td>
<td>Group Cycle</td>
<td>Cycle Studio</td>
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<td>Zumba</td>
<td>Assembly Room</td>
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<td>10:30 a.m. - 11:30 a.m.</td>
<td>Pilates</td>
<td>Aerobics Room</td>
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<td>11:00 a.m. - 11:45 a.m.</td>
<td>Aqua Zumba</td>
<td>Pool</td>
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<td><strong>SUNDAY</strong></td>
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<td>12:00 p.m. - 12:55 p.m.</td>
<td>BodyCombat</td>
<td>Aerobics Room</td>
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<td>1:00 p.m. - 2:00 p.m.</td>
<td>BodyPump</td>
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<td>3:00 p.m. - 3:45 p.m.</td>
<td>Group Cycle</td>
<td>Cycle Studio</td>
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Visit www.ephratarec.com for more info!

**Classes FREE for Platinum members!**

**Unlimited Aerobics** - 13 wks of Unlimited classes
- Non Member $164  
- Member Price $129

**Unlimited Aqua** - 13 wks of Unlimited classes
- Non Member $139  
- Member Price $99

**Aerobic/Aqua Punch Cards**
- Non Member $74  
- Member Price $59

**Yoga Punch Cards**
- Non Member $99  
- Member Price $79
Group Fitness

Box n’ Burn Prepare to sweat as you punch and kick your way into shape using heavy bags, agility drills and strength circuits. Burn calories, reduce stress and feel empowered as you challenge your mind and body. Apr. 11 - June 27 Thurs. 6:30 p.m. - 7:30 p.m.

Cardio Tone What happens when you combine intense cardio with strength training? You get fitter & stronger! Options available for all levels. Apr. 10 - July 3 Wed. 9:40 a.m. - 10:40 a.m. Wed. 5:30 p.m. - 6:30 p.m.

Dance Gold Energizing and fun, Dance Gold is an exercise class for the Active Older adults. A cardio workout with easy-to-follow rhythms. Apr. 8 - July 1 Mon. 2:00 p.m. - 3:00 p.m.

Les Mills BodyCombat A high-intensity martial arts-inspired cardio class. You will strike, punch and kick your way to a better body! Apr. 8 - July 7 Mon. 9:40 a.m. - 10:25 a.m. (45 min.) Tues. 5:30 p.m. - 6:25 p.m. Fri. 9:00 a.m. - 9:55 a.m. Sun. 12:00 p.m. - 12:55 p.m.

Les Mills BodyPump Great bodies aren’t born, they are transformed, using the proven BODYPUMP™ formula: THE REP EFFECT™ a breakthrough in resistance workout training. Apr. 9 - July 7 Tues. 5:30 a.m. - 6:30 a.m. Tues. 9:40 a.m. - 10:40 a.m. Tues. 7:40 p.m. - 8:40 p.m. Thurs. 5:30 a.m. - 6:30 a.m. Thurs. 9:40 a.m. - 10:40 a.m. Thurs. 7:40 p.m. - 8:40 p.m. Fri. 10:00 a.m. - 11:00 a.m. Sat. 9:15 a.m. - 10:15 a.m. Sun. 1:00 p.m. - 2:00 p.m.

Les Mills CX Worx** Your core can do more! Using a mix of ab work, resistance bands and weights, you’ll feel stronger in just 30 minutes. Apr. 8 - July 3 Mon. 9:00 a.m. - 9:30 a.m. Wed. 9:00 a.m. - 9:30 a.m. Wed. 6:40 p.m. - 7:10 p.m. **Class Price: $39 Member Price: $29 Platinum: FREE

Pilates The ultimate workout for long lean muscles, strong abs and a reshaped body. Pilates will improve muscle tone and balance and reduce stress. Apr. 9 - July 6 Tues. 6:30 p.m. - 7:30 p.m. Sat. 10:30 a.m. - 11:30 a.m.

Pound Pound fuses cardio interval training with drumming to provide a challenging, heart-pumping workout that targets your whole body. Apr. 8 - July 6 Mon. 6:40 p.m. - 7:25 p.m. Tues. 9:00 a.m. - 9:45 a.m. Wed. 7:15 p.m. - 8:00 p.m. Thurs. 9:00 a.m. - 9:45 a.m. Sat. 7:45 a.m. - 8:30 a.m.

Tighten n’ Tone Reshape your entire body using barbells, hand weights, bands and tubes. Something different each week in this hour-long strength training workout. Apr. 8 - July 1 Mon. 5:30 p.m. - 6:30 p.m.

X-Train Low-Impact HIIT Low impact, high energy 30 or 45-minute cardio-based workout that will drive your heartrate without pounding your joints. Suitable for all fitness levels. Apr. 11 - July 6 Thurs. 5:30 p.m. - 6:15 p.m. Sat. 8:35 a.m. - 9:05 a.m.

Zumba Zumba combines fast and slow rhythms that sculpt the body, achieving a unique blended balance of cardio and muscle-toning benefits. Apr. 8 - July 6 Mon. 9:00 a.m. - 9:45 a.m. Mon. 5:30 p.m. - 6:15 p.m. Wed. 5:30 p.m. - 6:15 p.m. Sat. 9:30 a.m. - 10:15 a.m.

Class Price: $74 Member Price: $59 Platinum Price: FREE

A. Anthony Kilkuskie
ATTORNEY AT LAW • WILLS • POWERS OF ATTORNEY
ELDER LAW • ESTATES

117 A W. Main St. Ephrata, PA 17522
Office (717) 738-2431

www.ephratarec.com

Page 4 717.738.1167
H20 Boot Camp  Strength, cardio & endurance training to maximum your workout. Water resistance tools increase intensity.
Apr. 8 - July 1 Mon. 9:00 a.m. - 10:00 a.m.

H20 Circuit Combo  Combines deep and shallow waters to take aqua stations to the next level.
Apr. 12 - July 5 Fri. 9:00 a.m. - 10:00 a.m.

Deep Water Aerobics  Come sweat in the water for this NO impact class that focuses on strengthening the core, toning and flexibility.
Apr. 8 - July 6 Mon. 7:15 p.m. - 8:15 p.m.
Wed. 9:00 a.m. - 10:00 a.m.
Wed. 7:15 p.m. - 8:15 p.m.  Sat. 8:15 a.m. - 9:15 a.m.

Aqua Zumba  Blending Zumba with water resistance means you tone and have a blast!
Apr. 9 - June 27 Tues. 7:20 p.m. - 8:05 p.m.

Yoga

Gentle Yoga  Aspects of hatha and restorative yoga at a slower pace. You will learn the fundamental concepts while practicing safe alignment and breathing techniques.
Apr. 9 - July 2 Tues 10:30 a.m. - 11:30 a.m.
Thurs.  10:30 a.m. - 11:30 a.m.

Hatha Yoga  A journey into self-awareness using basic Yoga postures to stretch and strengthen as well as reduce the effects of stress on the body.
Apr. 8 - July 3 Mon. 10:00 a.m. - 11:00 a.m.
Mon. 6:30 p.m. - 7:30 p.m  Wed 6:30 p.m. - 7:30 p.m.

Cycle

Cycle/Sculpt  This class incorporates strength training with your ride. Work through intervals with the bike, weights and more.
Apr. 8 - May 18 or May 20 - July 6
Mon. 9:00 a.m. - 10:00 a.m.
Wed. 9:00 a.m. - 10:00 a.m.
Fri. 5:30 a.m.-6:30 a.m.  Sat. 8:15 a.m. -9:15 a.m.

Group Cycling  High energy, great music and cardio training. Apr. 8 - May 19 or May 20 - July 7
Mon. 5:45 p.m. - 6:30 p.m.
Wed. 5:30 a.m. - 6:15 a.m.
Wed. 5:45 p.m. - 6:30 p.m.
Sat. 9:30 a.m. - 10:15 a.m.
Sun. 3:00 p.m. - 3:45 p.m.

Les Mills’ Sprint  High Intensity Interval Training on the bike. This 30-minute class drives your body to burn calories for hours after the workout. You combine bursts of intensity where you work as hard as possible with short periods of rest to prepare you for the next effort.
Apr. 8 - May 16 or May 20 - June 27
Mon. 5:30 a.m. - 6:00 a.m. Mon. 7:00 p.m. - 7:30 p.m.
Thurs. 7:00 p.m. - 7:30 p.m.

YogaRide  30 calorie-burning minutes on the bike and 30 flexibility-increasing, stress-reducing minutes of yoga.
Apr. 9 - May 16 or May 21 - June 27
Tues 5:30 p.m. - 6:30 p.m.  Thurs. 5:30 p.m. - 6:30 p.m.
Senior Fitness

You could be eligible to participate in signature SilverSneakers group exercise classes for free! Qualification is based on specific Medicare Supplement insurances. To find out whether you are eligible, contact Jean Wentz 717-738-1167 x105.

Silver Sneakers Circuit Standing circuit workout with low-impact aerobic choreography that increases your cardiovascular and muscular endurance. Apr. 9 – July 2 Tues. or Thurs. 8:30 a.m. - 9:15 a.m.

Silver Sneakers Classic Move to the music through a variety of exercises designed to increase muscular strength and range of movement for daily living. Uses a chair for seated or standing support. Apr. 8 - July 5 Mon. 11:00 a.m. - 11:45 a.m. or 12:00 p.m. - 12:45 p.m. Fri. 9:00 a.m. - 9:45 a.m. or 11:15 a.m. - 12:00 p.m.

Silver Sneakers SilverSplash Improve your health in our shallow water class! No swimming ability required. Kickboard used to help develop strength, balance and coordination Apr. 9 - July 6 Tues. 10:15 a.m. - 11:00 a.m. or 11:15 a.m. - 12:00 p.m. Thurs. 10:15 a.m. - 11:00 a.m. or 11:15 a.m. - 12:00 p.m. Sat. 11:45 a.m. - 12:30 p.m.

Silver Sneakers YogaStretch Move through a complete series of seated and standing yoga poses, increasing your flexibility and balance. Apr. 10 - July 3 Wed. 11:00 a.m. - 11:45 a.m. or 12:00 p.m. - 12:45 p.m.

Silver Sneakers/Silver & Fit Price: Free
Class Price: $54
Member Price: $44

Golden Years
Join us the first Wednesday of every month (March - December) for lunch, entertainment and friendship at the Ephrata Rec. Open to 55+. Only $19 a year! For more info, contact Jean Wentz at 717-738-1167 x105.
Special aqua fitness classes available for members!

Silver Sneakers/Silver & Fit Price: Free
Class Price: $54
Member Price: $44

HARTZ Physical Therapy

Don’t let nagging aches and pains prevent you from doing what you love!
We are an independent clinic specializing only in outpatient PT...it’s what we do best!

No referral necessary
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It is ALWAYS the patient’s choice where to go to PT

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Royer Pharmacy

Ephrata - Downtown
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Ephrata, PA 17522
Phone: 717-733-6541

Sharp Ave. - Ephrata
1021 Sharp Avenue
Ephrata, PA 17522
Phone: 717-733-1215

Akron
113 South 7th Street
Akron, PA 17501
Phone: 717-859-4911

Leola
335 West Main Street
Leola, PA 17540
Phone: 717-656-3784

Kingsway Realty

Office: (717) 733-4777
Direct: (717) 475-1603
Office Fax: (717) 733-3477
littledebby@kingswayrealty.com

Debby Moore
“I Love Referrals”

830 MARTIN AVE. • EPHRATA, PA 17522
http://www.kingswayrealty.com
Adult Activities

**Adult Swim Lessons** Friendly and patient instructors will help you master beginner and advanced swimming skills.

- **Mar. 20 - May 8**
- **Wed. 7:00 p.m. - 7:45 p.m. Beginners**
- **Wed. 7:45 p.m. - 8:30 p.m. Inter./Advanced**
- **Class Price: $70**
- **Member Price: $55**
- **Platinum Price: Free**

**Golf Lessons** Do you want to learn how to play golf or perfect your basic skills? Join us with a series of 5 one-hour lessons at Foxchase Golf Club. Work on grip, posture, stance, chipping, putting, short game and more. Clubs are provided if needed. Complete the lessons and receive a playing card that will allow you to play at Foxchase after 6:00 p.m. for only $10 to walk or $15 to ride. Register at the Rec!

- **Mar. 25 - Apr. 22**
- **Mon. 5:30 p.m. - 6:30 p.m. or 6:45 p.m. - 7:45 p.m.**

**Check out Foxchase Golf Club Junior Golf!!**

**Wed. nights or Sat. mornings from May to Aug. $150 per child. Contact Chip at proshop@foxchasegolf.com!!**

**Pickleball** Combining tennis, badminton and ping-pong, Pickleball is a fun way to stay active and we have the equipment to get you started! Beginners to advanced players are welcome.

- **Tues., Thurs., Fri. 12:00 p.m. - 2:00 p.m.**
- **Wed. 7:15 p.m. - 8:45 p.m.**
- **Sat. 12:30 p.m. - 2:30 p.m. (Competitive play)**
- **Sun. 1:00 p.m. - 3:00 p.m.**
- **Non-member Price: $5.00/session**
- **Member Price: Free**
- **Punch Cards now available - $32 for eight punches!**

**Wado-Ryu Karate** Self-Defense with a purpose! Wado-Ryu Karate is perfect for all ages and fitness levels, focusing on disciplining the mind and body through movement training and partner work. Wado-Ryu combines Karate, Jujitsu and Iado to provide effective “real world” self defense.

- **Apr. 8 - May 16 or May 21 - June 27**
- **Tues & Thurs 6:00 p.m.-6:45 p.m. Ages 5 to 11 and Beginner, 12 and up**
- **Tues. & Thurs. 6:45 p.m. - 8:00 p.m. Advanced, 12 and over**
- **Class Price: $74**
- **Member Price: $64**
- **Platinum Price: $44 (unlimited classes each week)**

**Family Prices (includes all immediate family members)**

- **Class Price: $125**
- **Member Price: $105**
- **Platinum Price: $75 (two classes each week)**

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- **Platinum Price: $44 (unlimited classes each week)**

**Family Prices (includes all immediate family members)**

- **Class Price: $125**
- **Member Price: $105**
- **Platinum Price: $75 (two classes each week)**
Preschool Swim Lessons

**AquaTots** - The next progression toward swimming lessons after Aquababies is Aquatots. Skills taught include floating, submerging face in water and beginning swim stroke. Parent/adult must accompany child in the water. Note: swim diapers are required for children in the Aquababies classes.

- **Mar. 22 - May 10** (Ages 19 mos. - 3 years)
- **Fri. 11:00 a.m. - 11:30 a.m. (combined with Aquababies)**
- **Fri. 7:05 p.m. - 7:35 p.m.**
- **Class Price: $74 Member Price: $59**
- **Platinum Price: Free**

**Aquababies** - Help your child become comfortable in the water through games and songs. Skills taught include floating, bubble blowing, kicking, scooping. Parent/adult must accompany each child in the water. *Note: swim diapers are required for children in the Aquababies classes.*

- **Mar. 22 - May 10** (Ages 6 mos. - 18 mos.)
- **Fri. 11:00 a.m. - 11:30 a.m. (combined with Aquatots)**
- **Fri. 7:05 p.m. - 7:35 p.m.**
- **Class Price: $74 Member Price: $59**
- **Platinum Price: Free**

Youth Swim Lessons

**Minnow (Level 1)** - For beginner swimmers and includes submerging head, floating, treading and intro to freestyle and backstroke. **Mar. 18 - May 12**
- **Mon. & Wed. 5:30 p.m. - 6:00 p.m. (2x a wk. for 4 wks.)**
- **Mon. & Wed. 6:00 p.m. - 6:30 p.m. (2x a wk. for 4 wks.)**
- **Sat. 9:30 a.m. - 10:00 a.m.**
- **Sat. 10:00 a.m. - 10:30 a.m.**
- **Sun. 1:30 p.m. - 2:00 p.m.**
- **Sun. 3:00 p.m. - 3:30 p.m.**

**Guppy (Level 2)** - Builds on skills learned in Minnow. Treading water, rotary breathing and backstroke. **Mar. 18 - May 12**
- **Mon. & Wed. 5:00 p.m. - 5:30 p.m. (2x a wk. for 4 wks.)**
- **Sat. 10:30 a.m. - 11:00 a.m.**
- **Sat. 11:00 a.m. - 11:30 a.m.**
- **Sun. 2:00 p.m. - 2:30 p.m.**

**Sunfish (Level 3)** - Stroke Improvement - freestyle, backstroke, beginning breaststroke and butterfly kick. **Mar. 18 - May 12**
- **Mon. & Wed. 6:30 p.m. - 7:00 p.m.**
- **Sat. 9:00 a.m. - 9:30 a.m.**
- **Sun. 2:30 p.m. - 3:00 p.m.**

**Mini Clinic (Level 4)** - Focus on breaststroke and butterfly technique as well as intro to competitive freestyle and backstroke starts and turns. **Mar. 23 - May 11**
- **Sat. 11:30 a.m. - 12:00 p.m.**

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**Registration Deadline Mon. Mar. 11!**
No classes Sun. Apr. 21 for Easter.
*Sunday classes only end May 19.*

**CREATE-A-CLASS:** Do you have three or four children of similar ability who want to learn together at a time that works for you? Four hours of instruction.
Non-member: $79/person  Member: $64/person

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**YOUTH LESSONS (Ages 5 - 12)**
Class Price: $79  Member Price: $64
Platinum Price: Free
*Student must pass previous level to move on.*
Aquatics

Competitive Spring Series Clinics  Get ahead and stay ahead of the competition this spring with the Rec’s four week pre-season competitive swim clinics. Classes combine instruction through drills, conditioning and refinement in all four competitive strokes, starts and turns. Conducted by the Ephrata Tidal Waves coaching staff.

Beginner (Ages 6 - 10) Apr. 22 - May 19
Mon. & Wed. 5:00 p.m. - 5:45 p.m.
Or Tues & Thur. 6:00 p.m. - 6:45 p.m.
(must be able to swim 1 length of free & back)
Non-Member Price: $99 Member Price: $79
Platinum Price: $59

Intermediate (Ages 8 - 12) Apr. 22 - May 19
Mon. & Wed. 5:45 p.m. - 6:45 p.m.
Or Tues & Thur. 5:00 p.m. - 6:00 p.m.
Non-Member Price: $119 Member Price: $89
Platinum Price: $74

Preseason Clinic (Ages 10-16) Apr. 22 - May 19
Mon. & Thurs. 4:00 p.m. - 5:00 p.m.
Non-Member Price: $119 Member Price: $89
Platinum Price: $74

Start & Turn Clinic  This clinic is designed for competition swimmers. The focus is on starts and turns for all four strokes as well as the transitions for the individual medley.
Participants MUST have prior swim team experience.
Apr. 23 - May 19
Tues. 4:00 p.m. - 5:00 p.m.
Sun. 12:00 p.m. - 1:00 p.m.
Class Price: $59 Member Price: $49
Platinum Price: $39

Private Swim Lessons: Individual private lessons offered for all skill levels from beginner to the triathlete. Learn at your own pace in a safe atmosphere.
Price per 30 min. session: $32
Six-pack (3 hours): $185
Member Price per 30 min session: $22
Six-pack (3 hours): $125
Semiprivate Swim Lessons: Two or three participants and an instructor.
Price per 30 min. session: $25 per person
Six-pack (3 hours): $140 per person
Member Price per 30 min session: $20 per person
Six-pack (3 hours): $110 per person
Scheduled at your convenience!

American Red Cross Lifeguarding Full & Re-cert. Courses
Required for anyone age 15 (must be 15 by last day of class) or older wishing to become a certified lifeguard. A skills pre-test will be given on the first day of the course. Recert. classes are for those holding a valid ARC Lifeguarding Cert. The classes cover Lifeguarding, first aid and CPR.

Full Course: Apr. 7, 14 & 28 (no class Apr. 21) or May 5, 12 & 19 11:00 a.m. - 8:00 p.m.
Class Price: $325 Member Price: $275

Re-cert. Course: Apr. 7, 14 & 28 (no class Apr. 21) or May 5, 12 & 19 11:00 a.m. - 8:00 p.m.
*Hours will be shorter for re-cert.
Class Price: $169 Member Price: $139
*Prices include a $25 non-refundable registration fee for withdrawal/non-completion of class.

Preschool Activities

NEW!! Aerobikids  Get a jump on fitness with Aerobikids, a fun workout class designed for ages 3 - 5. Games, sports and most important, exercise, will teach young kids how to get moving and stay moving.
Aerobikids gives kids an active, healthy start!
Apr. 11 - May 16 Thurs. 11:00 a.m. - 11:45 a.m.
Class Price: $54 Member Price: $39
Platinum Price: Free

Preschool Soccer  This fun-filled, high-energy program uses games and gimmicks to introduce 4 & 5 year olds to soccer.
Apr. 8 - May 13 Mon., 10:45 a.m. - 11:30 a.m.
Class Price: $54 Member Price: $39
Platinum Price: Free

Sunny Days Pre-k Camp
Crafts, songs, free play, themed days and more with professional staff! Ages 3 - 5  June 11 - Aug. 15
Tues., Wed. Thurs. 9:00 a.m. - 12:00 p.m.
Only $45 per week! For more info, call 717-738-1167 or email sunnydaysprekcamp@yahoo.com!
Bright Beginnings
Ephrata Rec Preschool Play Activity
For 3, 4 & 5 year olds:
Class #1 Mon., Wed., Fri. 9:00 a.m. - 12:00 p.m.
Class #2 Tues., Wed., Thurs. 9:00 a.m. - 12:00 p.m.
Class #3 Tues. & Thurs. 12:00 p.m. - 3:00 p.m.,
Wed. 9:00 a.m. - 12:00 p.m.
The only preschool program
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Ephrata, PA 17522
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ercpreschool@yahoo.com

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April 9, 2019
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12 Point Lawn Mower Checklist
20 Point Tractor Checklist
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(10 miles) $30 Savings.
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HOURS: Mon.-Thurs. 7:30am - 6pm;
Fri. 7:30am - 7pm; Sat. 7:30am - 4pm

Lawn Mower Service Special
12 Point Lawn Mower Checklist
20 Point Tractor Checklist
Sharpen, Change Oil & Filter, Adjust, Inspect, Replace Plugs, Clean, Etc.
FREE pickup & delivery now thru March 16, 2019.
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(717) 733-6593
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Fri. 7:30am - 7pm; Sat. 7:30am - 4pm

Are you longing for clean, fresh and better tasting water without having to purchase costly bottled water?
Then a Reverse Osmosis Water System is the answer!
Reverse Osmosis systems reduce minerals and contaminants found in common tap water.

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Call us for more information!
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www.cocalicoph.com
HIC No. PA002500

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TeddyBear Sportswear & Promotions
92 East Church Street in Reamstown
Your Spiritwear Headquarters
branded apparel and merchandise for teams, businesses and groups

TBS

Are you longing for clean, fresh and better tasting water without having to purchase costly bottled water?
Then a Reverse Osmosis Water System is the answer!
Reverse Osmosis systems reduce minerals and contaminants found in common tap water.

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717-336-3454
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HIC No. PA002500

www.ephratarec.com

Page 10

717.738.1167
Most Youth Athletics/Activities FREE for Platinum Members Unless Noted!

**Dodgeball**  
Get ready to dodge, dip and dive! Children will be divided into teams to play this fast-growing sport.  
**Apr. 11 - May 16**  
**Thurs. 3:30 p.m. - 4:15 p.m. (Grades 5 - 8)**  
Program Price: $29   Member Price: $19

**Homeschool Basketball**  
Whether learning the basics or perfecting techniques, this six-week program will keep your home-schooled kids moving and active, all while working on skills and drills to become better ball players. Ages 8-13  
**Apr. 10 - May 15**  
**Wed. 11:00 a.m. - 11:45 a.m.**  
Program Price: $29   Member Price: $19

**Youth Cardio & Free Weight Orientation**  
When your child take this class, he or she can work out in the cardio and fitness room without adult supervision. This four-week program teaches kids ages 13-15 how to properly and safely use the equipment in the cardio and fitness rooms. Led by a certified personal trainer, your child will learn proper lifting form, muscle grouping, endurance and rest and recovery techniques. By the end of the program, each participant will show and demonstrate how to use the equipment and be given a certificate of completion. They can then come in and use what they’ve learned.  
**Apr. 13 - May 4 or May 11 - June 1 or June 8 - June 29**  
**Sat. 9:00 a.m. - 10:00 a.m.**  
Program Price: $34   Member Price: $24

**Youth Speed Training**  
Improve your young athlete’s running speed and athletic ability with our six-week program designed to enhance their skill, no matter what sport they play. Ages 11 - 16.  
**April 8 - May 13**  
**Mon. 3:30 p.m. - 4:30 p.m.**  
Program Price: $39   Member Price: $32   Platinum Price: $22

**Youth Tennis Lessons**  
Classes will help kids develop hand-eye coordination, ball tracking, racquet handling skills and stroke fundamentals. Each group uses tennis balls that are paced for their abilities. Fun games and drills will help kids achieve early success in tennis. CLASSES HELD AT TENNIS COURTS BEHIND REC CENTER AT CORNER OF BLOSSOM/MARIE AVE.  
**Apr. 20 - May 11 or May 18 - June 8**  
**Saturday**  
**Ages 5 - 7 9:00 a.m. - 9:45 a.m.**  
**Ages 8-10 10:00 a.m. - 11:00 a.m.**  
**Ages 11-14 11:00 a.m. - 12:00 p.m.**  
**Program Price: $59   Member Price: $44**   **Platinum Price: $34**

**Register for Summer 2019 Kidz Kamp today!**  
11 weeks of swimming, crafts, field trips, special theme weeks, outdoor activities, games and much more! Make new friends and reconnect with old ones! Let our professional staff keep your kids active and entertained over summer break.  
**Ages 6 - 11**  
**June 10 - Aug. 23**  
**Mon. - Fri. 7:00 a.m. - 5:30 p.m.**  
**Daily Rate: $34 Weekly Rate $109**

**Office Hours By Appointment**

**LATANISHEN CHIROPRACTIC**  
Andrew P. Latanishen, D.C.  
Michael E. Reece, N.D.  
Sue Dougherty, L.M.T.  
4233 Oregon Pike  
Ephrata, PA 17522  
Telephone: (717) 859-4222  
Fax: (717) 859-1562  
E-mail: latanishenchiro@dejazzd.com  
Website: www.latanishenchiro.com
**Wellness**

**Aqua Personal Training** Affordable one-on-one aqua personal training to help push your workouts to another level! Our aquatic trainers have specific aqua certifications and recognize the dynamics of water, ensuring that you’re using proper form. We can assist you, whether training for a race, rehabbing an injury or you just want to strengthen and tone your body! Sessions last up to 60 minutes. **$45/hour $25/half hour or BEST VALUE: $240 for six sessions!** Group training options available as well. To set up a free aqua fitness evaluation, contact April Albert at 717-738-1167.

**Early Morning Boot Camp** In this 45-minute high-intensity interval training workout and functional workout, anything goes! Team drills, circuits, partner training, challenges, games and friendly competition - prepare to see any combination of these elements of group-based training to drive up your heart rate with planned rest periods. 

(4 week sessions - 3 days a week – 12 classes)  
Feb. 25 - Mar. 22 or Apr. 1 - Apr. 26 or Apr. 29 – May 24 or May 29 - June 21  
Mon.-Wed.-Fri 5:30 a.m. - 6:15 a.m.  
Program Price: $82  
Member Price: $68  
Platinum Price: $54  
**FREE WEEK Mar. 25 - Mar 29**  
CALL 738-1167 TO REGISTER!  
1 or 2-day a week pricing available.

**Evening Boot Camp** A boot camp workout led by a certified trainer at a time that fits into your schedule! Get in the best shape with a variety of functional training workouts to increase your strength, stamina and speed. 

(4 week sessions - 2 days a week – 8 classes)  
Mar. 4 - Mar. 28 or Apr. 1 - Apr. 25 or Apr. 29 - May 23 or June 3 - June 27  
Mon. & Thurs. 7:00 p.m. - 7:45 p.m.  
Class Price: $55  
Member Price: $46  
Platinum Price: $39

**Personal Training** We offer personalized programs for all fitness levels. Sessions include a one-on-one consultation with a Rec trainer of your choice and nutritional counseling upon request.  
Member pricing: $25 1/2 hour tune-up $45/hour or $240 for six sessions. Non-member pricing options also available! Call 717-738-1167 for information.

**Women’s Hour of Power** Build muscle, get stronger and gain confidence with Women’s Hour of Power. Six weeks of strength training in a females-only atmosphere led by a certified personal trainer before the Rec opens.  
Level 1 uses the 14-station Cybex circuit.  
Level 2 progresses to free weight training.  
Mar. 10 - Apr. 14 or Apr. 21 - May 26 or June 2 - July 7  
Sun. 8:00 a.m. - 9:00 a.m. Level 1  
Sun. 9:00 a.m. - 10:00 a.m. Level 2  
Class Price: $45  
Member Price: $30  
Platinum Price: $20

**Biggest Winners**  
Do you struggle with making your health a priority? Want to lose weight but can’t find the support you need? We want to help!! Join our 8-week mind, body and wellness program to live your best life. You get two training sessions a week, gym access, free group fitness classes, nutritional counseling, team support and friendly competition!  
**Mar. 24 - May 12**  
Info and Registration Meeting:  
Tues. Mar. 12 6:00 p.m.  
Call or e-mail Maria Rotella at 717-738-1167 x106 or marflo29@hotmail.com for more info!
Wellness

**Adult Speed Training** Do you want to run faster? Let our six-week group training program help you reach your goal! Focusing on functional exercises and techniques for agility, acceleration and strength, Adult Speed Training will rocket your performance on the track, pavement or treadmill. Go quicker, run more efficiently, get fitter! **Ages 16 and up.**

Mar. 31 - May 12 (no class Apr. 21)
Sun. 2:30 p.m. - 3:30 p.m.
Class Price: $65  Member Price: $50
Platinum Price: $35

**Couch to 5K** Join this fantastic program with a running coach and go from the couch to the finish line in just nine weeks! C25K is based on walk/run intervals that gradually phase out the walking until you are running for a full 3.1 miles.

Mar. 26 - May 21
Tues. 5:45 p.m. - 6:45 p.m.
Class Price: $60  Member Price: $45  Platinum Price: $30

*Bonus: FREE entry into the Rec’s Memorial Day 5K!*

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**Choice Windows, Doors & More, Inc.**

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717-738.1167

Coupon Code EPHRATAREC to receive first month FREE when registering!
Ephrata Rec’s 2nd Annual
FREE Community
Egg Hunt
Sat. Apr. 20 12:00 p.m.
Ages 12 & Under
Hunt at the Middle School Track - Rain or Shine

2nd Annual Rec Center MEMORIAL DAY 5K
Start Your Summer with a Race!
Mon. May 27th
8:00 a.m.
$20 pre-register
$25 day of registration
Prizes for Top Finishers
T-shirts when you pre-register!
Race begins on Ephrata Middle School track behind Rec Center.
Register at ephratarec.com or

You’re invited to our SPRING OPEN HOUSE SUNDAY, MARCH 3
Free admission 10:00 a.m. - 6:00 p.m.
Free group fitness classes!
Bring a friend!

NEW MEMBER* SPECIAL!
Join the Rec on March 3 - Save $$$
● Waive the start-up fee
● 13 months for the price of 12
● Register for a class or program when you join and receive 10% off!
Plus receive a free Rec t-shirt!
*while supplies last
*New Member means not having a membership in the past year.

FREE!! Join Us Sunday, April 7 for Bend &
6:15 p.m. - 7:30 p.m.
45 minutes of yoga followed by wine & social time
Free Admission - Wine Provided
Donations Accepted
Proceeds support our Youth Programs
Must register by 12:00 p.m. Sat. Apr. 6!
Flexibility for you.

We’re committed to making sure that your Internet needs are understood and expectations are met. Kinetic by Windstream is our new suite of premium products made possible by a $565 million investment in network improvements.

Kinetic Internet offers quality Wi-Fi streaming for multiple devices and unlimited Internet with no data caps. We’re deeply committed to our customers and hope you’ll consider us for your family’s Internet needs.

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