ephrata recCenter

Spring 2020 Program Guide

Open House March 7 & 8
Membership Specials!

Adult Activities:

Pickleball, Volleyball, Basketball,
Cake Decorating, Tai Chi & More

It's Race Season!

3rd Annual Memorial Day 5K
Monday, May 25, 8:00 a.m.

NEW! T-Up Teen Free Weight Training

Learn to Swim Before Summer

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."

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Membership Rates

BASED ON A 1-YEAR MEMBERSHIP

	Monthly/EFT*
Preschool (up to 5 years)	FREE
Student (k-12)	$16.00
Individual (18 years and older)	$26.00
Couple	$40.00
Family (includes up to 22yrs old)	$52.00
Individual Matinee Mon - Fri 10 am - 2 pm	$18.75
Couple Matinee Mon - Fri 10 am - 2 pm	$25.00
Platinum Adult	$57.25
Platinum Couple	$84.75
Platinum Family	$95.50

*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

Law Offices Russell, Krafft & Gruber LLP

The Law Offices of
Russell, Krafft & Gruber, LLP

108 West Main Street
Ephrata, PA 17522
(717) 733-9500

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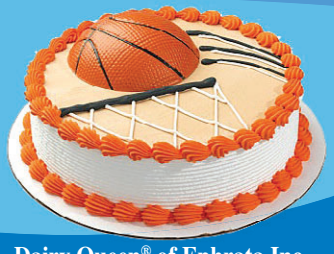

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1731 W. Main St., Ephrata
(717) 733-6593
HOURS: Mon.-Thurs. 7:30am - 6pm; Fri. 7:30am - 7pm; Sat. 7:30am - 4pm

Group Fitness

Class Price: $79 Member Price: $59
Platinum Price: FREE
Unlimited Aerobics: $169 Non-Member/$129 Member
Aerobic Punch Cards: $79 Non-Member/$59 Member

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. 6 - June 29
Mon. 6:40 p.m. - 7:40 p.m.

Cardio Tone What happens when you combine intense cardio with strength training? You get fitter & stronger! Options available for all levels.
Apr. 8 - July 1 Wed. 9:40 a.m. - 10:40 a.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. 6 - June 29 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. 6 - July 5 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. 7 - July 5 Tues. 5:30 a.m. - 6:30 a.m.
Tues. 10:00 a.m. - 11:00 a.m.
Tues. 7:40 p.m. -8:40 p.m.
Thurs. 5:30 a.m. - 6:30 a.m.
Thurs. 10:00 a.m. - 11:00 a.m.
Thurs. 6:30 p.m. - 7:30 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. 6 - July 1 Mon. 9:00 a.m. - 9:30 a.m.
Wed. 9:00 a.m. - 9:30 a.m
Wed. 6:30 p.m. - 7:00 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. 7 - June 30 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. 7 - July 2
Tues. 9:00 a.m. - 9:45 a.m.
Wed. 7:10 p.m. - 7:55 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. 6 - June 29 Mon. 5:30 p.m. - 6:30 p.m.

X-Train High energy 30 or 45-minute cardio-based workout that will drive your heartrate and work every muscle. Suitable for all fitness levels.
Apr. 9 - July 2 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. 6 - July 1
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.

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Aqua Fitness

Class Price: $79 Member Price: $59
Platinum Price: FREE
Unlimited Aqua: $139 Non-Member/$99 Member
Aqua Punch Card: $79 Non-Member/$59 Member

Aqua Kickboxing Shallow water workout that combines water aerobics with fun boxing moves.
Sun. 11:00 a.m. - 12:00 p.m.

Deep Water Aerobics Come sweat in the water for this NO impact class that focuses on strengthening the core, toning and flexibility.
Apr. 6 - July 1 Mon. 7:15 p.m. - 8:15 p.m.
Wed. 9:10 a.m. - 10:10 a.m.
Wed. 7:15 p.m. - 8:15 p.m. Sat. 8:15 a.m. - 9:15 a.m.

H20 Circuit Combo Combines deep and shallow waters to take aqua stations to the next level.
Apr. 10 - July 3 Fri. 9:10 a.m. - 10:10 a.m.

H20 Power Hour **NEW!** This high intensity but low impact water class is sure to get your heart pumping while improving flexibility, range of motion, balance, strength and muscle tone while using the resistance of the water to cushion the knees, feet and back.
Apr. 6 - July 2
Mon. 9:10 a.m. - 10:10 a.m.
Tues. 9:10 a.m. - 10:10 a.m.
Thurs. 9:10 a.m. - 10:10 a.m.

Cycle

Class Price: $89 Member Price: $69 Platinum Price: FREE

Two-Class Discounts - Class Price: $67 each
Member Price: $52 each

Cycle/Sculpt Get some strength training with your ride. Work through intervals with the bike, weights and more.
Apr. 6 – July 1
Mon. 9:00 a.m. - 10:00 a.m.
Wed. 9:00 a.m. - 10:00 a.m.
Sat. 8:15 a.m. - 9:15 a.m.

Group Cycling High energy, great music and cardio training. **Apr. 6 - July 5**
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. 2:00 p.m. - 2:45 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.
Apr. 6 - July 2
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.

Les Mills' Sprint & Sculpt Two of our most popular cycle workouts for a half hour of HIIT on the bike followed by strength training
Apr. 10 - July 3
Fri. 5:30 a.m. - 6:30 a.m.

YogaRide 30 calorie-burning minutes on the bike and 30 flexibility-increasing, stress-reducing minutes of yoga.
Apr. 7 - July 2
Tues 5:30 p.m. - 6:30 p.m. or Thurs. 5:30 p.m. - 6:30 p.m.

Yoga

Class Price: $99 Member Price: $79 Platinum Price: FREE
Two Class Discounts - Class Price: $84/each Member Price: $64/each
Yoga Punch Card: $99 Non-member/$79 Member

Gentle Yoga Learn the fundamental concepts and aspects of hatha and restorative yoga at a slower pace.
Apr. 7 - 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. 6 - July 1 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.

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. 7 - July 2
Tues. or Thurs. 8:30 a.m. - 9:15 a.m.
Tues. or Thurs. 9:30 a.m. - 10:15 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. 6 - July 3**
Mon. 11:10 a.m. - 11:55 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. 7 - July 2
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. 8 - July 1
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.

Don't let an injury **hold you back.**

Is an injury affecting your ability to exercise, participate in sports, or maintain an active lifestyle? The board-certified sports medicine physicians at UPMC Pinnacle can help.

Our locations offer on-site x-ray and musculoskeletal (MSK) ultrasound services, and we will help with scheduling any advanced imaging that you may need. If surgery is required, we will coordinate your care with one of our board-certified orthopaedic surgeons. Our goal is to return you to activity as quickly and safely as possible.

Schedule your appointment today with **Orthopaedic Specialists of Central PA** at one of our convenient locations.

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1160 Manheim Pike, Lancaster | 717-735-1972
1251 E. Main St., Annville | 717-685-4502

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UPMC LIFE CHANGING MEDICINE

Adult Activities

Adult Swim Lessons

Friendly and patient instructors will help you master beginner and advanced swimming skills.
Mar. 18 - May 6
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

Ballroom Dancing

In this beginner class, they will teach you the fundamentals of lead and follow dance in a relaxed atmosphere. Ballroom, Latin and Swing will sharpen your mind and strengthen your body as you learn a new skill, meet new people and connect with your partner. Couples and singles of all ages and levels!
Apr. 7 - May 26
Tues. 7:45 p.m. - 8:45 p.m.
Class Price: $99 Member Price: $79
Platinum Price: $64

Cake Decorating: Beyond Basics

Would you like to take your basic cake decorating skills to the next level? Maybe you've learned how to level cakes, ice and do some simple decorating. Our Beyond Basics course will help you improve on those skills and also teach additional ones like piping different borders, making icing flowers and decorating pull apart cupcakes.
Apr. 6 - May 11
Mon. 7:00 p.m. - 8:30 p.m.
Class Price: $99 Member Price: $79
Platinum Price: $59

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.

Competitive Play:
Mon. 8:00 a.m. - 10:30 a.m.
Tues. 8:00 a.m. - 10:30 a.m.
Wed. 7:00 p.m. - 8:45 p.m.
Thurs. 8:00 a.m. - 10:30 a.m.
Fri. 12:00 p.m. - 2:00 p.m. Sat. 1:00 p.m. - 3:00 p.m.
Sun. 12:15 p.m. - 2:00 p.m.
Beginner Play: Sun. 2:00 p.m. - 3:30 p.m.
Fri. 6:00 p.m. - 8:00 p.m.
Non-member Price: $5.00/session Member Price: Free
Punch Cards now available - $32 for eight punches!

Tai Chi for Balance & Health

Tai Chi is an internal Chinese Health Care practice known for its wellness benefits and meditative movements. This program, designed for beginner students of the practice, will help you learn and embody principles while performing gentle physical exercise and stretches with meditation to improve balance, strength, flexibility, range of motion and well-being.
NEW TIME! Apr. 7 - May 12
Tues. 12:00 p.m. - 1:00 p.m.
Apr. 9 - May 14
Thurs. 6:30 p.m. - 7:30 p.m.
Class Price: $59 Member Price: $45

Spring Glen Fresh Foods Lancaster County

Ephrata Outlet Store
Open Mon. - Wed.
9:00AM – 3:00PM
Thurs. 9:00AM – 6:00PM
Fri. 9:00AM – 4:00PM

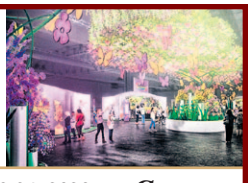
Visit Our Farmer's Market Stands:

Lancaster Central Market
Open Tues., Fri. & Sat.

Reading Fairgrounds Market
Open Thurs., Fri. & Sat.

314 Spring Glen Drive, Ephrata, PA 17522
717-733-2201 ext. 2350

Philadelphia Flower Show
March 5, 2020
Start the day with a delicious Italian lunch at Positano Coast. Then it's off to the Flower Show! This year's theme is the Riviera Holiday. Be inspired by the world's most talented floral designers.



- **Charleston, SC & Savannah, GA**.....April 19-24, 2020
- **Provincetown and Plymouth** 400th Anniversaries.....May 11-15, 2020
- **Statue of Liberty & Ellis Island**.....June 4, 2020

Come Join the Fun!

1685 W. Main St., Ephrata
717-733-7710
Visit our website for information on all our 2020 tours.

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www.elitecoach.com

Preschool Swim Lessons

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 child in the water. **Note: swim diapers are required for children in the Aquababies classes. (Ages 6 mos. - 18 mos.)**
Mar. 16 - May 4
Mon. 12:00 p.m. - 12:30 p.m.
Tues. 7:00 p.m. - 7:30 p.m.
Fri. 12:00 p.m. - 12:30 p.m.
Class Price: $79 Member Price: $59
Platinum Price: Free

AquaTots The next step 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.
Mar. 16 - May 4
Mon. 12:30 p.m. - 1:00 p.m.
Tues. 7:30 p.m. - 8:00 p.m.
Fri. 12:30 p.m. - 1:00 p.m.
Class Price: $79 Member Price: $59
Platinum Price: Free

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 scheduled at your convenience!
Price per 30 min. session: $32
Six-pack (3 hours): $185
Member Price per 30 min session: $22
Six-pack (3 hours): $125

Semi-Private 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

Tadpole 1 First class for children ages 3 - 6 without a parent. Skills include bubbles, floating, gliding and beginning strokes.
Mar. 16 - May 4
Mon. 10:30 a.m. - 11:00 a.m. or 11:30 a.m. - 12:00 p.m.
Mar. 19 - May 7
Thurs. 1:00 p.m. - 1:30 p.m. or 1:30 p.m. - 2:00 p.m.
Mar. 20 - May 8
Fri. 10:30 a.m. - 11:00 a.m. or 11:30 a.m. - 12:00 p.m.
Mar. 21 - May 9
Sat. 9:00 a.m. - 9:30 a.m. or 10:00 a.m. - 10:30 a.m. or 11:00 a.m. - 11:30 a.m.
Mar. 22 - May 17 (no class on Easter, Apr. 12)
12:30 p.m. - 1:00 p.m.
Class Price: $84 Member Price: $64
Platinum Price: Free

Tadpole 2 Children continue to work on progressing their skills with learning to tread water, swim with face in water, beginning backstroke and diving.
Must pass Tadpole 1 class.
Mar. 16 - May 4
Mon. 11:00 a.m. - 11:30 a.m.
Mar. 19 - May 7
Thurs. 2:00 p.m. - 2:30 p.m.
Mar. 20 - May 8
Fri. 11:00 a.m. - 11:30 a.m.
Mar. 21 - May 9
Sat. 9:30 a.m. - 10:00 a.m. or 10:30 a.m. - 11:00 a.m.
Mar. 22 - May 17 (no class on Easter, Apr. 12)
1:00 p.m. - 1:30 p.m.
Class Price: $84 Member Price: $64

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: $84/person Member: $64/person

Deadline for all Swim Lesson Registrations: Wed. Mar. 11!

sensenig feed

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Youth Swim Lessons

Minnow (Level 1) For beginner swimmers. Includes submerging head, floating, treading and intro to freestyle and backstroke.
Mar. 16 - Apr. 8 (2x/wk)
Mon. & Wed. 4:00 p.m. - 4:30 p.m.
Mar. 21 - May 9
Sat. 9:00 a.m. - 9:30 a.m. or 9:30 a.m. – 10:00 a.m.
Mar. 22 - May 17 (no class on Easter, Apr. 12)
Sun. 1:30 p.m. - 2:00 p.m.

Guppy (Level 2) Builds on skills learned in Minnow. Treading water, rotary breathing and more.
Mar. 16 - Apr. 8 (2x/wk)
Mon. & Wed. 4:30 p.m. - 5:00 p.m.
Mar. 21 - May 9
Sat. 10:00 a.m. - 10:30 a.m. or
10:30 a.m. – 11:00 a.m.
Mar. 22 - May 17 (no class on Easter, Apr. 12)
Sun. 2:00 p.m. - 2:30 p.m.

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. 20- May 14
Mon. & Thurs. 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. 20 - May 14
Mon. & Thurs. 5:00 p.m. - 6:00 p.m.
Non-Member Price: $119 Member Price: $89
Platinum Price: $74

Preseason Clinic (Ages 10-16) Apr. 20 - May 14
Mon. & Thurs. 4:00 p.m. - 5:00 p.m.
Non-Member Price: $119 Member Price: $89
Platinum Price: $74

Youth Lessons Ages 5 - 12
Class price: $84 Member Price: $64
Platinum Price: Free
****Student must pass previous level to move on.***

Sunfish (Level 3) Stroke Improvement - freestyle, backstroke, beginning breaststroke.
Mar. 16 - Apr. 8 (2x/wk)
Mon. & Wed. 5:00 p.m. - 5:30 p.m.
Mar. 21 - May 9
Sat. 11:00 a.m. - 11:30 a.m.
Mar. 22 - May 17 (no class on Easter, Apr. 12)
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. 16 - Apr. 8 (2x/wk)
Mon. & Wed. 5:30 p.m. - 6:00 p.m.
Mar. 21 - May 9
Sat. 11:30 a.m. - 12:00 p.m.
Mar. 22 - May 17 (no class on Easter, Apr. 12)
Sun. 3:00 p.m. - 3:30 p.m.

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. 26 - May 17
Sun. 11:30 a.m. - 12:30 p.m.
Class Price: $59 Member Price: $49
Platinum Price: $39

American Red Cross Lifeguarding: Full & Re-certification Courses Required for anyone age 15 (must be 15 by last day of class) or older wishing to become a certified lifeguard.
Full Course: Sundays, Feb. 2, 9 and 16 ***Make-Up Date: Feb. 23***
Sundays, May 3, 10 & 17
11:00 a.m. - 8:00 p.m.
(Meet at Ephrata Rec Indoor Pool. May dismiss early depending on class progress.)
Class Price $325 Member Price: $275
Note: Prior to first Full Course class meeting, Red Cross requires online registration and evidence of completion of approx. seven hours of online study. At first class session, the Red Cross requires all students to successfully complete an in-water skills screening.
Recertification Course: Sundays, May 3, 10 & 17
11:00 a.m. - 8:00 p.m.
(Meet at Ephrata Rec Indoor Pool. May dismiss early depending on class progress.)
Class Price: $169 Member Price: $139
Note: The Red Cross requires Re-cert students to present a valid Lifeguarding card at the first class session. The Red Cross also requires Re-cert course students to successfully complete an in-water skills screening

Preschool

Bright Beginnings

Ephrata Rec Preschool Play Activity

Is your child ready for Kindergarten?

For 3, 4 & 5 year olds:
Class #1 Mon., Wed., Fri. 9:00am – 12:00 noon
Class #2 Tues., Wed., Thurs. 9:00am – 12:00 noon
Class #3 Tues. & Thurs. 12 noon - 3:00pm, Wed. 9-12noon

The only preschool program with a weekly swim & gym class!

Ephrata Recreation Center
130 South Academy Dr. Ephrata, PA 17522
717-738-1167 ext. 114
ercpreschool@yahoo.com

ephrata recCenter

Sunny Days Pre-k Camp

Crafts, songs, free play, themed days and more with professional staff!
Ages 3 - 5
June 9- Aug. 20
Tues., Wed, Thurs. 9:00 a.m. - 12:00 p.m.
Only $45 per week!
For more info, call 717-738-1167 or e-mail sunnydaysprekcamp@yahoo.com!

Preschool Soccer

This fun-filled, high-energy program uses games and gimmicks to introduce 4 & 5 year olds to soccer.
Apr. 6 - May 11
Mon., 10:45 a.m. - 11:30 a.m.
Class Price: $54
Member Price: $39
Platinum Price: Free

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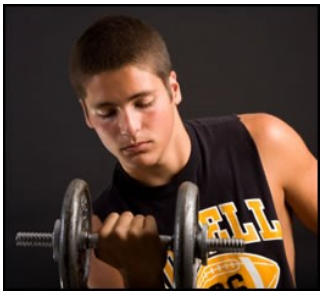
Youth Athletics/Activities

Dodgeball Get ready to dodge, dip and dive! Children will be divided into teams to play this fast-growing sport.
Six –Week Session: Apr. 8 - May 13
Wed. 3:30 p.m. - 4:15 p.m. (Grades 5 - 8)
Program Price: $34 Member Price: $24

Homeschool Fit! New! Class for ages 8 and up. Get up and move! This class will combine aerobic exercise with strength and conditioning and, of course, fun. A great workout to get your homeschooled children ready for a sport or just to give them a weekly dose of good exercise.
Six –Week Session: Apr. 8 - May 13
Wed. 11:00 a.m. - 11:45 a.m.
Program Price: $34 Member Price: $24

T– Up New!



Train up with Free Weight Strength Training. T-Up is a teen free weight class, which is the next step up from circuit training. Teens will learn proper lifting form, safety, how to target muscle groups and more, along with some tips on nutrition to maintain healthy muscles. Ages 13-15.
One day, three-hour program!
Sat. Apr. 25 or Sat. June 6
9:00 a.m. - 12:00 p.m.
Member Price: $24 Platinum Price: Free

Wado-Ryu Karate 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. 7 - May 14 or
May 19 - June 25
Tues & Thurs 6:00 p.m. - 6:30 p.m.
Ages 5 to 11 and Beginner, 12 and up
Tues. &Thurs. 6:30 p.m. - 7:30 p.m.
Advanced, 12 and over
Class Price: $74 Member Price: $64
Platinum Price: $44 (two classes each week)
Family Prices:
(includes all immediate family members)
Class Price: $125 Member Price: $105
Platinum Price: $75 (two classes each week)

Youth Cardio & Circuit Orientation

One Day, Three-Hour Program!

When your child take this class, he or she can work out in the cardio and fitness room without adult supervision. This three-hour 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 on their own.

Sat. Apr. 11 or Sat. May 16
9:00 a.m. - 12:00 p.m.
Member Price: $24
Platinum Price: Free

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.
Apr. 6 - May 11
Mon. 3:30 - 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. **Players should bring their own racquet.**
Four-Week Session: Apr. 18 - May 9 or
May 16 - June 6
CLASSES HELD AT THE TENNIS COURTS BEHIND REC CENTER AT CORNER OF BLOSSOM AND MARIE AVENUE.
Ages 6-10 10:00 a.m. - 11:00 a.m.
Ages 11-14 11:00 a.m. - 12:00 p.m.
Program Price: $64 Member Price: $49
Platinum Price: $39

Youth Athletics/Activities

Summer Kidz Kamp

Register for Summer 2020 Kidz Kamp!

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 8 - Aug. 21
Mon. - Fri. 7:00 a.m. - 5:30 p.m.
Daily Rate: $34 Weekly Rate: $109

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Apr. 11 - June 20

Registration open now!

Call Maria Rotella at 717-738-1167 x106 or e-mail marflo29@hotmail.com for more info!

Boot Camp Punch Cards Now you can enjoy our morning or evening boot camps with our punch cards! Get 12 punches to use a.m. or p.m.
Non-Member Price: $82 Member Price: $68
Platinum Price: $54

Early Morning Aqua Boot Camp

NEW! Boot Camp + Water = Results! In this EMABC, expect swimming and running in the water, combined with bodyweight and strength training in water and on land. This 45-minute fast-paced and challenging workout will be sure to get you up and keep you moving!
(4-week sessions - 2 days a week – 8 classes)
Mar. 31 - Apr. 23 or Apr. 28 - May 21 or
June 2 - June 25
Tues. & Thurs.
5:15 a.m. - 6:00 a.m.
Class Price: $55
Member Price: $46
Platinum Price: $39
FREE WEEK MAY 26 & MAY 28!

Early Morning Boot Camp In this 45-minute high-intensity interval training and functional workout, anything goes! Team drills, circuits, partner training, challenges, games and friendly competition designed to drive up your heart rate with planned rest periods.
(4-week sessions - 3 days a week – 12 classes)
Mar. 30 - Apr. 24 or Apr. 27 - May 22 or
June 1 - June 26
Mon., Wed. & Fri. 5:30 a.m. - 6:15 a.m.
Class Price: $82 Member Price: $68
Platinum Price: $54
FREE WEEK MAY 27 & MAY 29!

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. 30 - Apr. 23 or Apr. 27 - May 21 or
June 1 - June 25
Mon. & Thurs. 6:30 p.m. - 7:15 p.m.
Class Price: $55 Member Price: $46
Platinum Price: $39
FREE CLASS MAY 28!

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. 24- May 19
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!***

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.
Apr. 5 - May 10 or May 17 - June 21
Sun. 8:00 a.m. - 9:00 a.m. Level 1
Sun. 9:00 a.m. - 10:00 a.m. Level 2
Class Price: $59 Member Price: $45
Platinum Price: $30

Special Events

Ephrata Rec Center 3 v 3 Tournament

Sat. March 14 and Sun. March 15

Over 350 players compete each year in this popular event. Divisions include men's open, men's recreation, men's 35 and over and boy's and girl's high school, 5th & 6th grade and 7th & 8th grade. Awards are given to the 1st and 2nd place finishers in each division of this double elimination tournament. Snack bar is available to purchase breakfast and lunch throughout the weekend. For more information, contact the Rec.

Ephrata Rec's 3rd Annual FREE Community Egg Hunt

Special Prize Eggs!

Sat. Apr. 11 12:00 p.m.

Ages 12 & Under
Hunt at the Middle School Track - Rain or Shine

You're invited to our

SPRING OPEN HOUSE

Sat. Mar. 7 & Sun. Mar. 8

Free group fitness classes! Bring a friend!

NEW MEMBER* SPECIAL!

Join the Rec On March 7 or 8 - Save $$$

- Waive the start-up fee

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 5 for**

Sip & Stretch

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. 4!

3rd Annual Rec Center

MEMORIAL DAY 5K

Start Your Summer with a Race!

Mon. May 25th
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 pretzelcitysports.com.
Part of RecCenters of Lancaster Co. Triple Crown Race Series!

Benefits Rec Center Youth Programs

Special Events

Self-Care Workshop

4 Pillars of Practice:
Body, Mind, Breath & Movement

Experience gently moving the body and learn simple Qigong practices, which are ancient Chinese techniques that bring the natural relationship among the body, mind and spirit back into balance. You'll apply self-massage and acupressure to deeply relax while focusing on the breath.

Sat. Apr. 4

10:30 a.m. - 12:00 p.m.

Non-Member Price: $40
Member Price: $30
Platinum Price: $20

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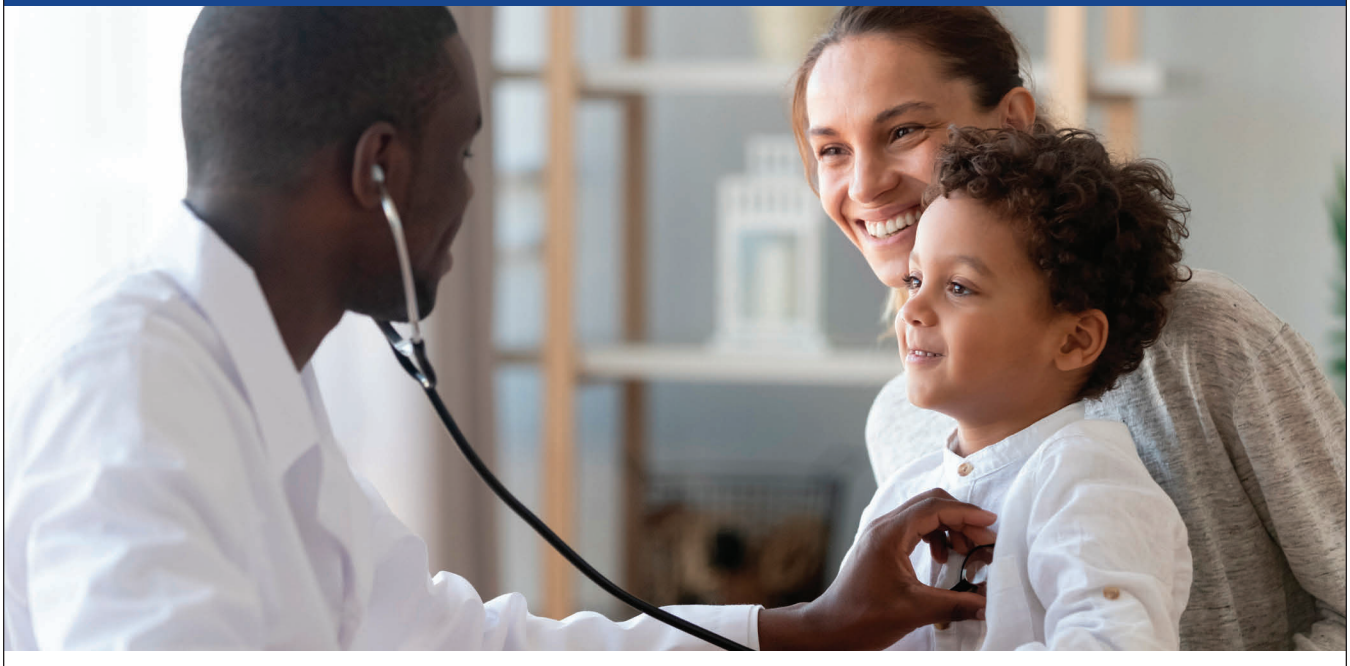

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