ephrata recCenter

Spring 2021 Program Guide

THE PLACE TO BE...

HAPPY

HEALTHY

ACTIVE

STRONG

See Inside!

Couch to 5K Group Fitness
Spring Swim Lessons Summer Kids' Camp

130 S. Academy Drive Ephrata
717-738-1167 ephratarec.com

www.ephratarec.com

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.

Hosting a party or special event?

We have you covered!

Party Room • Game Room
Pool • Gymnasium
Call 717-738-1167 x 110 for Rental Information!

Ephrata Rec Spring Hours

Mon. - Fri. *5:00 a.m. - 9:00 p.m.
(Pool Closes at 8:00 p.m.)
Sat. 8:00 a.m. - 4:00 p.m.
Sun. 10:00 a.m. - 3:00 p.m.
***Pool Area & Business Office opens at 6:00 a.m.**

Babysitting Hours

Mon. - Fri.: 8:30 a.m. to 12:00 p.m.
Mon. - Thurs.: 5:15 p.m. to 7:30 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

Let us help your child get ready for Kindergarten?

Bright Beginnings
Ephrata Rec Preschool Play Activity

Preschool Sept. thru May 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

717-738-1167 ext. 114
ercpreschool@yahoo.com

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

Group Fitness

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. 5 - June 28 Mon. 2:00 p.m. - 3:00 p.m.

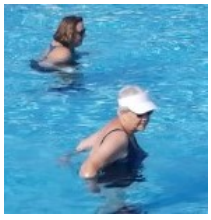
Les Mills BodyCombat A high-intensity martial arts-inspired cardio class. You will strike, punch and kick your way to a better body!
Apr. 5 - July 2
Mon. 9:30 a.m. - 10:15 a.m. (45-min. class)
Tues. 5:30 p.m. - 6:25 p.m.
Fri. 9:00 a.m. - 9:55 a.m.
Sun. 12:00 p.m. - 12:55 p.m.

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. 6 - July 3 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. 6:40 p.m. - 7:40 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.

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. 6 - July 3 Tues. 6:30 p.m. - 7:30 p.m.
Sat. 10:30 a.m. - 11:30 a.m.

Aqua Fitness

Aqua Fitness A medium-impact cardio workout to improve endurance and increase muscle.
Apr. 5 - July 2
Mon. 9:15 a.m. - 10:00 a.m.
Tues. 9:15 a.m. - 10:00 a.m.
Wed. 9:15 a.m. - 10:00 a.m.
Thurs. 9:15 a.m. - 10:00 a.m.
Fri. 9:15 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. 5 - June 30
Mon. 7:00 - 7:45 p.m.
Wed. 7:00 - 7:45 p.m.

Great Instructors, Great Classes, Great Prices!

Class Price: $79
Member Price: $59
Platinum Price: FREE

Unlimited Aerobics
13 weeks
$169 Non-Member
$129 Member

Aerobic Punch Cards
$79 Non-Member
$59 Member
(13 punches)

Pound Pound fuses cardio interval training with drumming to provide a challenging, heart-pumping workout that targets your whole body.
Apr. 8 - July 3
Thurs. 9:00 a.m. - 9:45 a.m.
Sat. 7:45 a.m. - 8:30 a.m.

Strong Nation Stop counting the reps. Start training to the beat. STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to music.
Apr. 8 - July 1
Thurs. 5:30 p.m. - 6:15 p.m.

Tighten & Tone Reshape your entire body using barbells, hand weights, bands and tubes. Something different each week in this hour-long strength training workout.
Apr. 5 - June 28 Mon. 5:30 p.m. - 6:30 p.m.

X-Train HIIT High energy cardio and weight interval training workout. All levels welcome!!
Apr. 6 - July 3
Tues. 9:00 a.m. - 10:00 a.m.
Wed. 9:30 a.m. - 10:30 a.m.
Sat. 8:35 a.m. - 9:05 a.m. (30-min. class)

Zumba Zumba combines fast and slow rhythms that sculpt the body, achieving a unique blended balance of cardio and muscle-toning benefits.
Apr. 5 - July 3
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: $79 Member Price: $59
Platinum Price: FREE
Unlimited Aqua:
$139 Non-Member
$99 Member
Aqua Punch Cards:
$79 Non-Member/$59 Member

Cycle

Class Price: $89 Member Price: $69 Platinum Price: FREE
Two-Class Discounts - Class Price: $67 each
Member Price: $52/each. *Must be in the same 13-week session.

Cycle/Sculpt Get some strength training with your ride. Work through intervals with the bike, weights and more.
Apr. 5 - July 3
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. 5 - June 30
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.
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. 5 - June 28
Mon. 5:30 a.m. - 6:00 a.m.
Mon. 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. 6. - June 29
Tues. 5:30 p.m. - 6:30 p.m.

Yoga

Class Price: $79 Member Price: $59 Platinum Price: FREE
Yoga Punch Card: $79 Non-member/$59 Member

Gentle Yoga Learn the fundamental concepts and aspects of hatha and restorative yoga at a slower pace.
Apr. 8 - July 1 Tues 11:15 a.m. - 12:00 p.m.
Thurs. 11:15 a.m. - 12:00 p.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. 7 - June 30
Wed 6:30 p.m. - 7:15 p.m.

Senior Fitness

SilverSneakers by Tivity Health

Silver&Fit®

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. 6 - July 1
Tues. 9:00 a.m. - 9:45 a.m.
Thurs. 9:00 a.m. - 9:45 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. 5 - July 2**
Mon. 11:00 a.m. - 11:45 a.m.
Friday 11:15 a.m. - 12:00 p.m.

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

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. 6 - July 1
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.

Silver Sneakers YogaStretch
Move through a complete series of seated and standing yoga poses, increasing your flexibility and balance.
Apr. 7- June 30
Wed. 11:00 a.m. - 11:45 a.m.

Adult Activities

Adult Swim Lessons Friendly and patient instructors will help you master beginner and advanced swimming skills.
Mar. 17 - May 5
Wed. 7:00 p.m. - 7:45 p.m. All levels
Class Price: $70 Member Price: $55
Platinum Price: Free

Dog Training Does your dog need to learn some manners? This class will teach dogs age 12 weeks and older basic, practical commands in a social group setting. There is much emphasis on maximal development of communication between human and dog. There will be every allowance made for social distancing between people. Instructor Howard Wendt has over 35 years experience training dogs in various settings. Proof of standard pet vaccines requested.
Apr. 17 - May 22
Sat. 1:00 p.m. - 2:00 p.m.
Class Price: $119 Member Price: $99 Platinum Price: $85

Pickleball Fun, social and friendly, Pickleball is a cross between tennis, badminton and ping pong. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Beginner and Advanced Sessions Available. **Playing times vary - get the free TeamReach App on your Smartphone or Device to check details. Enter Group Code Michele to join the Ephrata Rec Pickleball Group.**
Non-member Price: $5.00/session Member Price: Free

Virtual Tai Chi (on Zoom) Tai Chi is an ancient practice evolved from a self defense system to a method for personal development and longevity exercises. Engage body, mind and breath using gentle flowing movements. Science suggests Tai Chi benefits immunity, resilience, flexibility, strength, balance and present moment awareness. Learn Tai Chi principles, Yang style 5 form, easy to access for beginners. Acquire skills to improve self care and deepen practice from the comfort of your own home! Ideal for all ages and fitness levels.
Mar. 12 - Apr. 30
Fri. 11:00 am. - 12:00 p.m.
Class Price: $40 Member Price: $30 Platinum Price: $25

Summer Kids Kamp

Register for Summer 2021 Kids 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 7 - Aug. 20
Mon. - Fri. 7:00 a.m. - 5:30 p.m.
Daily Rate: $34 Weekly Rate $109

Youth Athletics/Activities

Kids' Sports Mix **NEW!** A variety of fun sports games like Wiffleball, Soccer, Basketball, Handball and more to keep kids active and engaged.
Grades 1 - 4
Apr. 15 - May 20
Thurs. 4:15 p.m. - 5:00 p.m.
Program Price: $39 Member Price: $32

Preschool Soccer Preschoolers acquire practical knowledge about teamwork, sportsmanship, taking turns and cooperation while learning basic soccer game rules.
Apr. 14 - May 19
Wed. 1:15 p.m. - 2:00 p.m.
Program Price $59 Member Price $39

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
Mar. 30 - May 6 or May 11 - June 17
Tues & Thurs 6:00 p.m. - 6:30 p.m.
Ages 5 to 11 Kids/Beginners
Tues. &Thurs. 6:30 p.m. - 7:30 p.m.
Ages 12 & Up Adult/Advanced
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)

Lifeguarding

Full Class Price $325 **Re-Cert Class Price: $169**
Member Price: $275 **Member Price: $139**

Youth Cardio & Circuit Orientation
After your teen takes this class, he or she can work out in the cardio and fitness room without adult supervision. This program teaches kids ages13-15 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 and more. 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. 17 or May 22
Sat. 12:00 p.m. - 1:30 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. 13 - May 18
Tues. 4:15 p.m. - 5:00 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. 17 - May 8 or
May 15 - June 5
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

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 & Recertification Courses
Sat. Apr. 10 & 17 & Sun. Apr. 18 or Sat. May 8 & 15 & Sun. May 16
Sat. Apr. 10 or May 8 1:00 p.m. - 5:00 p.m. Pretest, Paperwork, Entries & Approaches followed by one-week break to complete online assignments
Sat. Apr. 17 or May 15 10:00 a.m. - 8:00 p.m. (Early Dismissal for Re-Certs)
Sun. Apr. 18 or May 16 11:00 a.m. - 8:00 p.m. (Class Dismissed After Final Testing)

Masters Swimming

Masters Swimming Workouts Led by a Tidal Waves competitive swim team coach, this class features practices designed to fit the ability of any competitive swimmer. Workouts, personal instruction and feedback will be available for anyone looking to improve technique, increase their endurance or perfect the swimming leg of the next triathlon. Must be 18 or older.
Feb. 21 - Apr. 18 (no class on Easter)
Sun. 10:00 a.m. - 11:00 a.m.
Class Price:$80 Member Price:$64 Platinum Price:$45

Preschool Swim Lessons

All preschool lessons FREE for Platinum members!

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. 22 - Apr. 16 or Apr. 19 - May 14
Mon. & Fri. 11:30 a.m. - 12:00 p.m.
(twice a week for 4 weeks)
Mar. 23 - May 11
Tues. 7:00 p.m. - 7:30 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. 22 - Apr. 16 or Apr. 19 - May 14
Mon. & Fri. 12:00 p.m. - 12:30 p.m.
(twice a week for 4 weeks)
Mar. 23 - May 11
Tues. 7:30 p.m. - 8:00 p.m.
Class Price: $79 Member Price: $59
Platinum Price: Free

Youth Swim Lessons

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

Minnow (Level 1) For beginner swimmers. Includes submerging head, floating, treading and intro to freestyle and backstroke.
Mar. 22 - Apr. 14
Mon. & Wed. 4:30 p.m. - 5:00 p.m.
(twice a week for 4 weeks)
Mar. 27 - May 15
Sat. 9:00 a.m. - 9:30 a.m.
Sat. 10:00 a.m. - 10:30 a.m.
Mar. 28 - May 23 (no class on Easter)
Sun. 12:30 p.m. - 1:00 p.m.

Guppy (Level 2) Builds on skills learned in Minnow. Treading water, rotary breathing and more.
Mar. 22 - Apr. 14
Mon. & Wed. 5:00 p.m. - 5:30 p.m.
(twice a week for 4 weeks)
Mar. 27 - May 15
Sat. 9:30 a.m. - 10:00 a.m.
Sat. 10:30 a.m. - 11:00 a.m.
Mar. 28 - May 23 (no class on Easter)
Sun. 1:00 p.m. - 1:30 p.m.

Tadpole 1 First class for children ages 3 - 6 without a parent. Skills include bubbles, floating, gliding and beginning strokes.
Mar. 22 - Apr. 16 or Apr. 19 - May 14
Mon. & Fri. 12:30 p.m. - 1:00 p.m.
(twice a week for 4 weeks)
Mar. 22 - Apr. 14
Mon. & Wed. 4:00 p.m. - 4:30 p.m.
(twice a week for 4 weeks)
Mar. 27 - May 15
Sat. 9:00 a.m. - 9:30 a.m.
Sat. 10:00 a.m. - 10:30 a.m.
Sat. 11:00 a.m. - 11:30 a.m.
Mar. 28 - May 23 (no class on Easter)
Sun. 11:30 a.m. - 12:00 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. 22 - Apr. 16 or Apr. 19 - May 14
Mon. & Fri. 1:00 p.m. - 1:30 p.m.
Mar. 22 - Apr. 14
Mon. & Wed. 3:30 p.m. - 4:00 p.m.
(twice a week for 4 weeks)
Mar. 27 - May 15
Sat. 9:30 a.m. - 10:00 a.m.
Sat. 10:30 a.m. - 11:00 a.m.
Sat. 11:30 a.m. - 12:00 p.m.
Mar. 28 - May 23 (no class on Easter)
Sun. 12:00 p.m. - 12:30 p.m.
Class Price: $84 Member Price: $64
Platinum Price: Free

Sunfish (Level 3) Stroke Improvement - freestyle, backstroke, beginning breaststroke.
Mar. 22 - Apr. 14
Mon. & Wed. 5:30 p.m. - 6:00 p.m.
(twice a week for 4 weeks)
Mar. 27 - May 15
Sat. 11:00 a.m. - 11:30 a.m.
Mar. 28 - May 23 (no class on Easter)
Sun. 1:30 p.m. - 2:00 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. 22 - Apr. 14
Mon. & Wed. 6:00 p.m. - 6:30 p.m.
(twice a week for 4 weeks)
Mar. 27 - May 15
Sat. 11:30 a.m. - 12:00 p.m.
Mar. 28 - May 23 (no class on Easter)
Sun. 2:00 p.m. - 2:30 p.m.

Deadline for all Swim Lesson Registrations: Wed. Mar. 17!

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 15
Tues. & Thurs. 5:15 p.m. - 6:00 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 15
Tues. & Thurs. 4:30 p.m. - 5:15 p.m.
Non-Member Price: $99 Member Price: $79 Platinum Price: $59

Advanced (Ages 10-16) Apr. 20 - May 14
Tues. & Thurs. 3:30 p.m. - 4:30 p.m.
Non-Member Price: $119 Member Price: $89 Platinum Price: $74

Start & Turn Clinic Apr. 20 - May 14
Tues. & Thurs. 6:00 p.m. - 6:45 p.m.
Non-Member Price: $99 Member Price: $79 Platinum Price: $59

Wellness

Summer Bodies Are Built in Spring!
Biggest Winners Spring Training

Lose Pounds - Gain Energy
Lose Doubts - Gain Confidence
Lose Excuses - Gain a New and Healthier You!
Apr. 3 - May 15
One group training session per week
Gym membership, free group fitness classes,
nutritional guidance with food logging,
team members to support you, plus more!
Call Maria Rotella at 717-738-1167 x106

Boot Camp Punch Cards Take your workouts to the next level with our small group training boot camps. Work with a certified personal trainer in a team atmosphere to get quicker, leaner, stronger. **Two class times!**

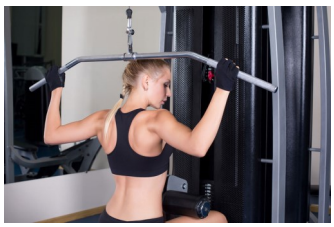
Early Morning Boot Camp
Mon., Wed. & Fri. 5:30 a.m. - 6:15 a.m.

Evening Boot Camp
Mon. & Wed. 6:30 p.m. - 7:15 p.m.
Punch Card Prices:
Non-Member Price: $82 Member Price: $68
Platinum Price: $54

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. 23 - May 18
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!

Personal Training/Aqua 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. Sessions can be one hour or split into 30-minute increments.
Call 717-738-1167 x106 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.
Apr. 11 - May 16 or May 23 - June 27
Sun. 8:00 a.m. - 9:00 a.m.
Class Price: $45 Member Price: $30
Platinum Price: $20