

2024

Winter

PROGRAM GUIDE



STRONG SENIORS AND SO MUCH MORE!



INSIDE:

**TAI CHI WORKSHOP • YOUTH ARCHERY
SILVER SNEAKERS • ADULT TAP
WOMEN'S HOUR OF POWER
SWIM LESSONS • WELLNESS
GET FITTER IN 2024!**

**130 S. Academy Drive Ephrata
717-738-1167 ephratarec.com
Sponsored by 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."

ephratarec.com facebook.com/ephratarec
www.instagram.com/ephratarec

TABLE OF CONTENTS

FITNESS/TRAINING

Group Fitness.....	3
Aqua Fitness.....	3
Group Cycle.....	4
Senior Fitness.....	4
Wellness Programs.....	10
Yoga.....	4

ADULT PROGRAMS

Adult Tap Dance.....	5
Dog Training.....	5
Pick-Up Sports.....	4

YOUTH PROGRAMS

Youth Programs.....	6
Swim Lessons.....	8-9
Preschool.....	7

SPECIAL EVENTS.....11-12

REC CENTER HOURS

MON. - FRI.

5:00 a.m. - 9:00 p.m.

*(Pool and Business Office open at 6:00 a.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.

*Note: Sat. & Sun. pool closes 15 minutes
prior to close.*

PARTY RENTALS

Hosting a party or special event?

We have you covered!

Party Room • Game Room

Pool • Gymnasium

Call 717-738-1167 x105 for Rental Info!



FAMILY FUN FITNESS



KID CARE HOURS

**Drop the kids off in our kid
care room and get your workout in!**

Mon. - Fri.

8:30 a.m. - 12:00 p.m.

Mon. - Thurs. 5:15 p.m. - 7:45 p.m.

Sat. 8:00 a.m. - 12:00 p.m.

No Sunday Kid Care Hours

Free for Platinum Members

\$4/hr for the 1st child, \$2.00/hr for addl. child.

Min. time 1/2 hour;

Max. time 2 1/2 hours



Group Fitness

Barre Above Barre Above® delivers a fusion of ballet, pilates, yoga and strength training in each workout. Beginner and Barre enthusiasts will always feel challenged with progressions designed for all ages, body types and fitness levels

Jan. 4 - Mar. 28 Thurs. 5:15 p.m. - 6:00 p.m.

Dance Gold Energizing and fun, Dance Gold is an exercise class for the Active Older adults. It's a cardio workout with easy-to-follow rhythms.

Jan. 8 - Mar. 25 Mon. 12:15 p.m. - 1:00 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!

Jan. 5 - Mar. 31

Mon. 9:00 a.m. - 9:55 a.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.

Jan. 2 - Mar. 31 Tues. 5:30 a.m. - 6:30 a.m.

Tues. 10:00 a.m. - 11:00 a.m.

Tues. 6:40 p.m. - 7:40 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.

Sat. 9:15 a.m. - 10:15 a.m.

Sun. 1:00 p.m. - 2:00 p.m.

Class Price: \$84 Member Price: \$64
Platinum Price: FREE 

Aerobic or Aqua Punch Cards:
\$84 Non-Member \$64 Member

Unlimited Aqua:
\$144 Non-Member \$104 Member

Unlimited Aerobics:
\$174 Non-Member \$134 Member

Pilates The ultimate workout for long lean muscles, strong abs and a reshaped body.

Jan. 2 - Mar. 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.

Jan. 4 - Mar. 30

Thurs. 9:00 a.m. - 9:45 a.m.

Sat. 7:45 a.m. - 8:30 a.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.

Jan. 8 - Mar. 25

Mon. 5:30 p.m. - 6:30 p.m.

X-Train HIIT High energy cardio and weight interval training workout. All levels welcome!!

Jan. 3 - Mar. 30

Wed. 9:00 a.m. - 10:00 a.m.

Sat. 8:35 a.m. - 9:10 a.m. (35-min. class)

Zumba Zumba combines fast and slow rhythms that sculpt the body and increase cardio endurance

Jan. 3 - Mar. 30

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.

Aqua Fitness

Aqua Fitness A medium-impact cardio workout to improve endurance and increase muscle.

Jan. 2 - Mar. 29

Mon. - Fri. 9:15 a.m. - 10:00 a.m.

*Class price is for one day per week.

Deep Water

Aerobics Come sweat in the water for this NO impact class that focuses on strengthening the core, toning and flexibility.

Jan. 3 - Mar. 30

Mon. 7:00 p.m. - 7:45 p.m.

Wed. 7:15 p.m. - 8:00 p.m.

Sat. 8:15 a.m. - 9:00 a.m.



Yoga

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

Two Class Discounts - Class Price: \$69/each

Yoga Punch Card: \$89 Non-member/\$69 Member

Gentle Yoga Learn the fundamental concepts and aspects of Hatha and Restorative Yoga at a slower pace.

Jan. 2 - Mar. 28

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.

Jan. 3 - Mar. 27

Wed 6:30 p.m. - 7:15 p.m.

Cycle

Class Price: \$94 Member Price: \$74 Platinum Price: FREE 
Two-Class Discounts - Class Price: \$72 each
Member Price: \$57/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.

Jan. 3 - Mar. 30

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.

Jan. 3 - Mar. 31

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 you to burn calories for hours after the workout.

Jan. 5 - Mar. 29

Mon. 5:30 a.m. - 6:00 a.m.

Fri. 5:30 a.m. - 6:00 a.m.



YogaRide 30 calorie-burning minutes on the bike and 30 flexibility-increasing, stress-reducing minutes of yoga.

Jan. 2 - Mar. 26

Tues. 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, bring your insurance card to the Rec and we can verify.

Silver Sneakers Circuit Standing circuit workout with low-impact aerobic choreography that increases your cardiovascular and muscular strength

Jan. 2 - Mar. 28

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.

Jan. 5 - Mar. 29

Mon. 10:15 a.m. - 11:00 a.m.

Mon. 11:15 a.m. - 12:00 p.m.

Fri. 10:30 a.m. - 11:15 a.m.

Pick-Up Sports

Free for Members!
Drop-in rate for times listed: \$14
Adult Athletic Punch Cards Available:
\$64 for eight punches - Save \$\$\$

Basketball

Tues/Thurs. 6:00 a.m. - 7:30 a.m.

Hockey

Mon./Wed./Fri. 6:00 a.m. - 7:30 a.m.

Pickleball 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.



Silver Sneakers/Silver & Fit Price: Free
Class Price: \$59 Member Price: \$49

Silver Sneakers Silver Splash

Improve your health in our shallow water class! No swimming ability required.

Jan. 2 - Mar. 29

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.

Fri. 10:15 a.m. - 11:00 a.m.

Silver Sneakers YogaStretch

Move through a complete series of seated and standing yoga poses, increasing your flexibility and balance.

Jan. 3 - Mar. 27

Wed. 11:00 a.m. - 11:45 a.m.



Volleyball

Mon./Thurs. 7:00 p.m. - 9:00 p.m.

Tues./Fri. 11:30 a.m. - 2:00 p.m.

Adult Activities

Adult Tap Dance Tap Dancing is an original, all-American art form that combines music and dance traditions from all over the globe! This tap dancing class is recommended for everyone - those who have some tap experience and beginners who want to have fun as well!

Jan. 8 - Feb. 12 or Feb. 19 - Mar. 25

Mon. 7:30 p.m. - 8:30 p.m.

Class Price: \$79 Member Price: \$65 Platinum Price: \$54



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 during this seven-week session. Instructor Howard Wendt has over 35 years experience training dogs. Proof of standard pet vaccines requested.

Feb. 3 - Mar. 16

Sat. 11:00 a.m. - 12:00 p.m.

Class Price: \$149 Member Price: \$129 Platinum Price: \$99



Golden Years Club

Meet old friends, make new ones, be active, stay young. The Rec Center's Golden Years Club is a social group for local young-at-heart seniors age 55 and older.

Meetings are held the first Wednesday of each month from March through December and include lunch, meeting and a program. Programs include local musical and entertainment talent, area history and informative topics. GYC members also have opportunities to participate in a yearly beach trip to Wildwood, NJ as well as pinochle at the Rec Center.

First year Golden Years membership: \$20

Renew your membership for just \$15/year.

Golden Years Aqua Fitness classes are held exclusively for Golden Years members.

Jan. 2 - Mar. 28

Tues./Thurs. 8:15 a.m. - 9:00 a.m.

Golden Years Member Price: \$24 per session



Youth Athletics/Activities


K-2 Basketball

Rec Center Kindergarten through second grade basketball is an instructional program designed to introduce boys and girls to basketball fundamentals. Players will learn dribbling, passing, shooting and defensive skills.

Jan. 9 - Mar. 26

Tues. 4:15 p.m. - 5:00 p.m.

Program Price: \$84 Member Price: \$64

Archery  Our archery club teaches the fundamentals of archery to boys and girls in first through eighth grades. Classes are held at the Center's archery building located on North Maple Street at Mohler Church Road. Equipment is provided. Archers with their own equipment are invited to bring it.

Jan. 11 - Feb. 29

Thurs. 6:30 p.m. - 7:15 p.m. (Grades 1-4)

Thurs. 7:15 p.m. - 8:00 p.m. (Grades 5-9)

Program Price: \$84 Member Price: \$64



Elementary Floor Hockey

Boys & girls in grades 1-4 will learn shooting, passing, team offense and defense while having fun. Equipment is provided.

Grades 1 - 4

Jan. 12 - Mar. 29

Fri. 4:15 p.m. - 5:15 p.m.

Program Price: \$59 Member Price: \$44



Most Youth Programs Free for Platinum Members! Look for the  symbol!

Mini Gymnastics/Tumbling from Prime Time Tumbling

Mini Tumbling is perfect for young tumblers, ages 3 - 6 who are looking for an introduction to tumbling basics such as handstands, forward and backward rolls, cartwheels, round offs and up to walk overs and handsprings.

Six-week program.

Jan. 8 - Feb. 12 or Feb. 19 - Mar. 25

Mon. 5:30 p.m. - 6:15 p.m.

Program Price \$128 Member Price \$112

Platinum Price: \$98



Open Level Tumbling from Prime Time Tumbling

Open Level Tumbling is a one hour instructed class appropriate for students ages 7-17 of all skill levels. Six-week program.

Jan. 8 - Feb. 12 or Feb. 19 - Mar. 25

Mon. 6:15 p.m. - 7:15 p.m.

Program Price \$128 Member Price \$112

Platinum Price: \$98

Preschool Soccer

Preschoolers acquire practical knowledge about teamwork, sportsmanship, taking turns and cooperation, all while engaging in physical fitness and learning the basic rules of the game.

Feb. 5 - Mar. 11

Mon. 12:15 p.m. - 1:00 p.m.

Youth Cardio & Weight Room Orientation

When your child take this class, he or she can work out in the cardio and fitness room without adult supervision. This program teaches kids ages 14-15 how to properly and safely use the equipment in the cardio and fitness rooms. Let by a certified personal trainer

Feb. 13

Tues. 4:00 p.m. - 5:00 p.m.

Member Price: \$24 Platinum Price: Free



TINY STEPS



**REGISTRATION IS OPEN
FOR 2024 - 2025 SCHOOL YEAR**

Stop at the Ephrata Recreation Center's front desk to
pay your \$100 deposit
to reserve your spot for next year.

You can also register with Miss Tiffany
via email ercTinysteps@yahoo.com
717-738-1167 ext. 114



Stop at the Ephrata Recreation Center's front desk to
pay your \$100 deposit
to reserve your spot for next year.

You can also register with Miss Susie via email
ercpreschool@yahoo.com
717-738-1167 ext. 114



Aquatics

American Red Cross Blended Learning Lifeguarding: Full & Recertification

Required for anyone age 15 (must be 15
by last day of class) or older wishing to
become a certified lifeguard.

Fri. Mar. 15 4:00 p.m. - 9:00 p.m.

Fri. Mar. 22 4:00 p.m. - 9:00 p.m.

Sat. Mar. 23 10:00 a.m. - 8:00 p.m.

Sun. Mar. 24 10:00 a.m. - 8:00 p.m.

Class Price: \$325 Member Price: \$275



All classes meet at Ephrata Rec Indoor Pool. Note: Prior to first Full Course class meeting, Red Cross requires online registration. Seven hours required online prior to the first class meeting after the pre-requisites have been met. All participants MUST attend all sessions. Strong swimming skills recommended.

Recertification Courses meet same dates and times but may dismiss early.

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.

Swim Lessons LEVELS & CLASSES

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.)**

Aquatots

The next step toward swimming lessons after Aquababies. Skills taught include floating, submerging face in water and beginning swim stroke. Parent/adult must accompany child in the water. **(Ages 18 mos. - 3 yrs.)**

Tadpole 1

First class for children ages 3 - 6 without a parent. Skills include bubbles, floating, gliding and beginning strokes

Tadpole 2

Children continue to work on progressing their skills with learning to tread water, swim with face in water, beginning backstroke and diving.



Level 1

For beginner swimmers. Includes submerging head, floating, treading and intro to freestyle and backstroke.

Level 2

Builds on skills learned in Minnow. Treading water, rotary breathing and more.

Level 3

Stroke Improvement - freestyle, backstroke, beginning breaststroke

Level 4

Focus on breaststroke, butterfly technique and intro to competitive freestyle and backstroke starts and turns.



Class Pricing (per eight sessions)

All classes FREE for Platinum family members!

Aquababies/Aquatots: Non-member \$84 Member \$64

Tadpole 1/Tadpole 2: Non-member \$89 Member \$69

Levels 1 - 4: Non-member \$89 Member \$69

Swim Lessons *Winter Session*

Aquababies

(Once a week for 8 weeks)

Jan. 13 - Mar. 2

Sat. 9:00 a.m. - 9:30 a.m.

Aquatots

(Once a week for 8 weeks)

Jan. 13 - Mar. 2

Sat. 9:30 a.m. - 10:00 a.m.



Tadpole 1

(Twice a week for 4 weeks)

Jan. 8 - Feb. 2 or Feb. 12 - Mar. 8

Mon./Fri. 12:00 p.m. - 12:30 p.m.

Mon./Fri. 1:00 p.m. - 1:30 p.m.

(Once a week for 8 weeks)

Jan. 10 - Feb. 28

Wed. 12:00 p.m. - 12:30 p.m.

Jan. 13 - Mar. 2

Sat. 9:00 a.m. - 9:30 a.m.

Sat. 10:00 a.m. - 10:30 a.m.

Sat. 10:30 a.m. - 11:00 a.m.

Tadpole 2

(Twice a week for 4 weeks)

Jan. 8 - Feb. 2 or Feb. 12 - Mar. 8

Mon./Fri. 12:30 p.m. - 1:00 p.m.

Mon./Fri. 1:30 p.m. - 2:00 p.m.

(Once a week for 8 weeks)

Jan. 10 - Feb. 28

Wed. 12:30 p.m. - 1:00 p.m.

Jan. 13 - Mar. 2

Sat. 9:30 a.m. - 10:00 a.m.

Sat. 10:00 a.m. - 10:30 a.m.

Minnow Level 1

(Once a week for 8 weeks)

Jan. 13 - Mar. 2

Sat. 10:00 a.m. - 10:30 a.m.

Jan. 14 - Mar. 3

Sun. 12:00 p.m. - 12:30 p.m.

Guppy Level 2

(Once a week for 8 weeks)

Jan. 13 - Mar. 2

Sat. 10:30 a.m. - 11:00 a.m.

Jan. 14 - Mar. 3

Sun. 12:30 p.m. - 1:00 p.m.

Sunfish Level 3

(Once a week for 8 weeks)

Jan. 13 - Mar. 2

Sat. 11:00 a.m. - 11:30 a.m.

Jan. 14 - Mar. 3

Sun. 1:00 p.m. - 1:30 p.m.

Mini-Clinic Level 4

(Once a week for 8 weeks)

Jan. 13 - Mar. 2

Sat. 11:30 a.m. - 12:00 p.m.

Jan. 14 - Mar. 3

Sun. 1:30 p.m. - 2:00 p.m.

Private Swim Lessons

Individual private lessons offered for all skill levels

Price per 30 min. session: \$35

Six-pack (3 hours): \$198

Member/Platinum Price per 30 min session: \$25

Six-pack (3 hours): \$138

Semi-Private Swim Lessons

Two or three participants and an instructor.

Price per 30 min. session: \$28 per person

Six-pack (3 hours): \$156 per person

Member/Platinum Price per 30 min session:

\$23 per person

Six-pack (3 hours): \$126 per person



Wellness

Biggest Winners Weight Loss Program

Winter Session

Sat. Jan. 13 - Mar. 23

Are you motivated to lose weight but not sure where to start? Do you know you have to make a change, but lack the tools and resources necessary to actually do it?

WE CAN HELP!

Two trainer-led group sessions a week for 10 weeks,

food logging and nutrition advice, a team atmosphere and motivation! Includes a Rec membership for the duration of the program and free fitness classes. Sessions held Tuesdays at 6:00 p.m. and Saturdays at 6:00 a.m. For more info or to register, contact Maria Rotella at 717-738-1167 x106 or maria@ephratarec.com



Boot Camp Punch Cards Are Back!

In this 45-minute interval training workout, anything goes! Team drills, circuits, partner training, challenges, games and friendly competition. Expect to move safely, have fun, **accelerate results and get motivated!** Punch cards are good for 12 classes. Use anytime! Cards expire in six months.

Mon., Wed. & Fri.

5:30 a.m. - 6:15 a.m.

Class Price: \$82 Member Price: \$68 Platinum Price: \$54

Personal Training/Aqua Personal Training We offer personalized programs for all fitness levels on land or in water. Sessions include a one-on-one consultation with a nationally-certified Rec trainer and nutritional counseling upon request. Sessions can be one hour or split into 30-minute increments. Book six sessions and save money! Call 717-738-1167 x106 to schedule a session. We'll match you with the right Rec trainer to fit your needs and goals.

One-hour session pricing:

Non-member \$60 Member \$55 Six-pack session pricing: Non-member \$330 Member \$270

Triathlon Training

Have you been wanting to work on your Swim-Bike-Run game? A personal trainer will lead you through early morning workouts focused on increasing your speed, stamina and overall performance for the next triathlon. Class focuses on cardio and strength in and out of the water to cross-train your body. Perfect for beginners or seasoned triathletes!

Jan. 11 - Feb. 15

Thurs. 6:00 a.m. - 7:00 a.m.

Class Price: \$79 Member Price: \$59 Platinum Price: \$45

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.

Jan. 7 - Feb. 11 or Feb. 18 - Mar. 31

Sun. 8:00 a.m. - 9:30 a.m.

Class Price: \$49 Member Price: \$34 Platinum Price: \$24



Check out what we have to offer!

Complimentary Class Pass

2024 Winter Program Guide

This coupon entitles you to

ONE FREE CLASS IN

Group Fitness, Yoga, Aqua or Cycling

One coupon per person/family. Bring coupon to Rec.

www.ephratarec.com. Valid 1/1/24 - 3/31/24

Name _____

E-mail _____ Phone _____

Class _____

Time _____ Date _____



130 S. Academy Dr. Ephrata 717-738-1167

Special Events

Tai Chi/Mindfulness

Embrace a Slower Pace Winter Workshop

Embrace the slower pace of Winter and align yourself with the rhythm of the season.

Embark on a journey of Tai Chi, Mindfulness and practices for self-care.

This transformative workshop is an invitation to reconsider and cultivate a *renewed you* through acceptance, forgiveness and regeneration. Nurture stability and forge a connection with the world that surrounds you. Learning evidence based Tai Chi practices for health, balance and strength, while building immunity and vitality.

Limited class size.

Tuesday February 6

12:30 p.m. - 2:30 p.m.

To Register, visit the Rec or ephratarec.com

Class Price: \$29 Member Price: \$19

Special Events

**Ephrata Rec
Center**



Tournament

Sign up for a fun basketball-filled weekend. 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 Jean at

717-738-1167 x105 or jean@ephratarec.com

**Sat. March 16
&**

Sun. March 17



***Spring Clean!
Make Money!
Help the Rec!***

**Vendors
wanted**



**Sat. March 2
6:00 a.m. -
12:00 p.m.**

\$25 Donation/ 1 table \$40 donation/2 tables

\$5.00 electric fee Tax-deductible

Free Marketing & Advertising

Indoors - Held Rain or Shine

***Space is limited! Reserve your table by
calling 717-738-1167 x105!***