

**REGISTER NOW
FOR SUMMER!**

**KIDS
CAMP**

JUNE 10 - AUG. 23

**Looking for a job this
summer? Now hiring
Lifeguards and Camp
Counselors!**



**NEW! Nutrition
Coaching**



**Father Daughter
Dance**



**FREE Egg
Hunt**



**NEW! Youth
Pickleball**

**SPRING
2024
Program Guide**



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**

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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!

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/hr for addl. child.

Min. time 1/2 hour; Max. time 2 1/2 hours

Meet Our New Executive Director Rick Wagner



Ephrata Rec’s new Executive Director Rick Wagner is no stranger to community centers. A Penn Manor High School and York College graduate with a major in Sports Management, Rick spent 10 years working with the Reading and Berks YMCAs in Adamstown, Mifflin and Sinking Spring where he ran Member Programs, Sports, Summer Camp and Childcare before becoming the Executive Director of the Lampeter Strasburg Y. Rick spent two-and-a-half years at the LS Y, which he said is similar to the Rec in a lot of ways, before taking over for retiring Jim Summers in January.

Rick lives in Mount Joy and has two children - Sophia, 7, and Caleb, 19, who is currently in the Air Force stationed in Mountain Home, ID. A big Pittsburgh sports fan, Rick considers himself a “homebody” and when not cheering on the Penguins, Steelers or Pirates, spends his time having fun with his family, playing basketball and officiating for both basketball and softball.

Since his arrival at the Rec, Rick observed how active the building often is and how many programs we have. He stated that the Rec has a good community outreach with both members and employees and that we are definitely meeting a community need here.

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

Apr. 4 - June 27 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.

Apr. 1 - June 24 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!

Apr. 1 - June 30

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.

Apr. 2 - June 30 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.

Aqua Fitness

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

Apr. 1 - June 28

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.

Apr. 1 - June 29

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

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

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



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

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

**Unlimited Aqua:
\$149 Non-Member \$109 Member**

**Unlimited Aerobics:
\$179 Non-Member \$139 Member**

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

Apr. 2 - June 29

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. 4 - June 29

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.

Apr. 1 - June 24

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

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

Apr. 3 - June 29

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

Apr. 1 - June 29

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.

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.

Apr. 2 - June 27

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. 3 - June 26

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.

Apr. 1 - June 29

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. 1 - June 26

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.

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

Apr. 2 - June 27

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. 1 - June 28

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.

Les Mills' Sprint

High Intensity Interval Training on the bike. This 30-minute class drives you to burn calories for hours after the workout.

Apr. 1 - June 28

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.

Apr. 2 - June 25

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



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.

Apr. 2 - June 28

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.

Apr. 3 - June 26

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!

Apr. 1 - May 6 or May 13 - June 24

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 with "FUNctional" obedience training.. Proof of standard pet vaccines requested.

Apr. 20 - June 1

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

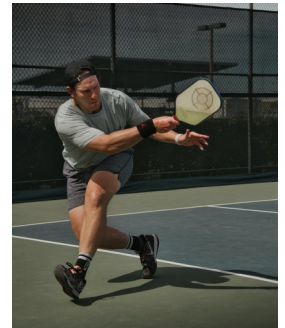
Class Price: \$149 Member Price: \$129 Platinum Price: \$99

Pickleball Fitness Whether you're a beginner or expert, all Pickleball players can benefit from this 45-minute strength and conditioning class to warm up your muscles, improve both static and dynamic postures, increase your power and decrease your risk of injury. A variety of workouts, exercise tools and drills will get your body ready for playing its best game yet.

Thurs. Apr. 4 - May 9 or May 16 - June 27

6:45 a.m. - 7:30 a.m.

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



Tai Chi Spring Workshop Discover how to align your mind and body with the rhythm of Spring. Embrace the renewal of Spring with a new way of moving in the world. Explore Tai Chi, Qigong and Mindfulness.

Tues. May 14

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

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



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 an annual 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.

Apr. 2 - June 27

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

Golden Years Member Price: \$24 per session



Youth Athletics/Activities



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

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. Led by a certified personal trainer

Apr. 2 or May 7

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

Member Price: \$24

Kids' Sports Mix

A variety of fun sports games like Wiffleball, Soccer, Basketball, Handball and more to keep kids active and engaged.

Grades 1 - 4

Apr. 23 - May 28

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

Program Price: \$44 Member Price: \$37

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.

Apr. 1 - May 6

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.

Apr. 1 - May 6

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.

Apr. 15 - May 20

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

Program Price: \$64 Member Price: \$44



Youth Pickleball NEW!

Pickleball is a sport that combines elements of tennis, badminton, and ping-pong using a paddle and plastic ball with holes. Rules for the game are simple, which makes it an ideal way to get exercise and have fun!

Ages 10 - 14

Apr. 4 - May 9

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

Program Price: \$44 Member Price: \$37

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 10 - 14

Apr. 25 - May 30

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

Program Price: \$64 Member Price: \$44

Platinum Price: \$26

Youth Tennis Lessons Classes will help kids develop hand-eye coordination, ball tracking, racquet handling skills and stroke fundamentals. Fun games and drills will help kids achieve early success in tennis. **Players should bring their own racquet.**
Four-Week Session: Sat. Apr. 20 - May 11
HELD AT TENNIS COURTS AT BLOSSOM AND MARIE AVENUES.

Ages 6-10 10:00 a.m. - 11:00 a.m.

Ages 11-14 11:00 a.m. - 12:00 p.m.

Program Price: \$69 Member Price \$54

Platinum Price \$45

Camp/Preschool



Register for
Summer 2024
Kids Camp!

June 10 - Aug. 23

Monday - Friday
Available Hours 7:00am to 5:30pm

Ages 4 - 12

Eleven weeks of swimming, crafts, field trips, lots of outdoor activities, games and much more!
Make new friends and reconnect with old ones!
Let our professional staff keep your kids active over the summer break.

Early Bird
Registration
ends March 31!

Email us at: ephratareckidscamp@yahoo.com with questions.



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



BRIGHT BEGINNINGS
PRESCHOOL PROGRAM

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 Susie via email ercpreschool@yahoo.com 717-738-1167 ext. 114



Swim Lessons Class Descriptions

Class Pricing (per eight sessions)

All classes **FREE** for Platinum family members!

Aquababies/Aquatots: Non-member \$105 Member \$70

Tadpole 1/Tadpole 2: Non-member \$115 Member \$75

Levels 1 - 4: Non-member \$115 Member \$75

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.



Swim Lessons *Spring Session*

Aquababies

(Once a week for 8 weeks)

Mar. 18 - May 6

Mon. 10:45 a.m. - 11:15 a.m.

Mar. 23 - May 11

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

Aquatots

(Once a week for 8 weeks)

Mar. 18 - May 6

Mon. 11:25 a.m. - 11:55 a.m.

Mar. 23 - May 11

Sat. 9:40 a.m. - 10:10 a.m.

Tadpole 1

(Twice a week for 4 weeks)

Mar. 18 - Apr. 12 or Apr. 22 - May 17

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

(Once a week for 8 weeks)

Mar. 23 - May 11

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.

Tadpole 2

(Twice a week for 4 weeks)

Mar. 18 - Apr. 12 or Apr. 22 - May 17

Mon./Fri. 12:40 p.m. - 1:10 p.m.

(Once a week for 8 weeks)

Mar. 23 - May 11

Sat. 9:40 a.m. - 10:10 a.m.

Sat. 10:40 a.m. - 11:10 a.m.



Minnow Level 1

(Twice a week for 4 weeks)

Mar. 18 - Apr. 10 or Apr. 22 - May 15

Mon./Wed. 4:30 p.m. - 5:00 p.m.

(Once a week for 8 weeks)

Mar. 23 - May 11

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

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

Guppy Level 2

(Twice a week for 4 weeks)

Mar. 18 - Apr. 10 or Apr. 22 - May 15

Mon./Wed. 5:10 p.m. - 5:40 p.m.

(Once a week for 8 weeks)

Mar. 23 - May 11

Sat. 9:40 a.m. - 10:10 a.m.

Sat. 10:40 a.m. - 11:10 a.m.

Sunfish Level 3

(Twice a week for 4 weeks)

Mar. 18 - Apr. 10 or Apr. 22 - May 15

Mon./Wed. 5:50 p.m. - 6:20 p.m.

(Once a week for 8 weeks)

Mar. 23 - May 11

Sat. 10:20 a.m. - 10:50 a.m.

Sat. 11:20 a.m. - 11:50 a.m.

Mini Clinic Level 4

(Twice a week for 4 weeks)

Mar. 18 - Apr. 10 or Apr. 22 - May 15

Mon./Wed. 6:30 p.m. - 7:00 p.m.

(Once a week for 8 weeks)

Mar. 23 - May 11

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

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

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. 16 - May 9

Tues. & Thurs. 5:30 p.m. - 6:30 p.m.

(must be able to swim 1 length of free & back)

Non-Member Price: \$119 Member Price: \$89 Platinum Price: \$74

Intermediate (Ages 8 - 12) Apr. 16 - May 9

Tues. & Thurs. 4:30 p.m. - 5:30 p.m.

Non-Member Price: \$119 Member Price: \$89 Platinum Price: \$74

Advanced (Ages 10 - 16) Apr. 16 - May 9

Tues. & Thurs. 3:30 p.m. - 4:30 p.m.

Non-Member Price: \$124 Member Price: \$94 Platinum Price: \$79

Start & Turn Clinic Apr. 16 - May 9

Tues. & Thurs. 6:30 p.m. - 7:15 p.m.

Non-Member Price: \$119 Member Price: \$89 Platinum Price: \$74

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. Three four-day sessions available.

Session Dates:

Friday Apr. 19 4:00 p.m. - 9:00 p.m. (prerequisites)

Friday Apr. 26 4:00 p.m. - 9:00 p.m.

Saturday Apr. 27 12:00 p.m. - 8:00 p.m.

Sunday Apr. 28 10:00 a.m. - 6:00 p.m.

Friday May 10 4:00 p.m. - 9:00 p.m. (prerequisites)

Friday May 17 4:00 p.m. - 9:00 p.m.

Saturday May 18 12:00 p.m. - 8:00 p.m.

Sunday May 19 10:00 a.m. - 6:00 p.m.

Friday June 7 4:00 p.m. - 9:00 p.m. (prerequisites)

Friday June 14 4:00 p.m. - 9:00 p.m.

Saturday June 15 12:00 p.m. - 8:00 p.m.

Sunday June 16 10:00 a.m. - 6:00 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



Now Hiring Summer Lifeguards

Denver, Ephrata, Reamstown Pools

Must be American Red Cross-Certified and at least 15 years old.

For info or to fill out an application, contact Dave Kauffman at

717-738-1167 x103 or dk@ephratarec.com. Employment

includes a Rec Center membership during working months!

Wellness

Biggest Winners Weight Loss Program

Spring Session

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

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

Couch to 5K Join this fantastic program with a running coach and go from the couch to the finish line in just 10 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. 19 - May 21

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

Class Price: \$65 Member Price: \$50 Platinum Price: \$35

***Bonus: FREE entry into the Rec's Memorial Day 5K on May 27!**



Nutrition Coaching NEW! Book a session with a certified nutrition coach and get specific guidance on how to make changes to your eating habits and overall nutrition. Good health starts in the kitchen! Call 717-738-1167 x106 to schedule a session.

One-hour session pricing:

Non-member \$60 Member \$50 Six-pack session pricing: Non-member \$330 Member \$270

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 \$50 Six-pack session pricing: Non-member \$330 Member \$270

Running Club Welcoming athletes of ALL abilities and ages looking to build speed as well as endurance for a future race. Over eight weeks, you will learn to develop a training routine, understand pacing, become mentally stronger and more from a personal trainer with over 18 years of running experience.

Apr. 4 - May 23

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

Class Price: \$89 Member Price: \$69 Platinum Price: \$49

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. 7 - May 12 or May 19 - June 30

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

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

Special Events

COME JOIN US FOR AN
**EASTER
EGG HUNT**



Bring your bucket and join us for our
FREE community egg hunt!

Sat. March 30 1:00 p.m.

Located behind the Ephrata Rec Center on the track.



FATHER DAUGHTER DANCE

DATE: SUN. APRIL 21, 2024
TIME: 5:00PM-7:00PM
WHERE: THE EPHRATA REC CENTER
REGISTRATION CAN BE DONE AT THE FRONT DESK
\$25 PER FATHER & DAUGHTER
EACH ADDITIONAL DAUGHTER IS \$5

BRING YOUR SWEET LITTLE LADY FOR AN EVENING FULL OF
MUSIC, SNACKS, DANCING, AND FUN.

(717) 738-1167
ERCPRESCHOOL@YAHOO.COM

6th Annual Rec Center

MEMORIAL DAY 5K



**Mon.
May 27th**



8:00 a.m. start

\$25 pre-register/ \$35 day of registration

Prizes for Top Finishers

T-shirts when you pre-register by May 8!

Race begins on Ephrata Middle School track behind Rec Center.
Register at ephratarec.com or pretzelcitysports.com.