

SWIM LESSONS  
PAGE 9

**SUMMER 2026**

# PROGRAM GUIDE

**NEW  
GYM FLOOR!**

FROM  
THIS...



TO  
THIS!



**JULY 4<sup>TH</sup>  
FIRECRACKER  
NEW ROUTE!**

**KICKIN'  
CLASSES!**



**EPHRATA REC CENTER 130 S. ACADEMY DRIVE EPHRATA  
717-738-1167 EPHRTAREC.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.”

[ephratarec.com](http://ephratarec.com)    [facebook.com/ephratarec](https://facebook.com/ephratarec)  
[www.instagram.com/ephratarec](https://www.instagram.com/ephratarec)

## TABLE OF CONTENTS

- 3 Group Fitness Classes
- 4 Full Fitness Schedule
- 5 Senior Fitness
- 6 Adult Programs
- 6-7 Youth Programs
- 8-9 Swim Lessons
- 10 Wellness
- 11 Promos
- 12 Special Events

## 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 Packages include use of the pool, game room,  
gymnasium and party room.

Party room rental also available on its own.

Call 717-738-1167 x106 to schedule your event.



## 2026 MEMBERSHIP RATES

*BASED ON A 1-YEAR MONTHLY EFT MEMBERSHIP*

Preschool (up to 5 years old)	<b>FREE</b>
Student (k-12)	<b>\$20.50</b>
Individual (18 years and older)	<b>\$32</b>
Family (includes up to 22 yrs old)	<b>\$63</b>
Couple	<b>\$49</b>
Individual Matinee Mon - Fri 10 am - 2 pm	<b>\$23</b>
Couple Matinee Mon - Fri 10 am - 2 pm	<b>\$31</b>
Platinum Individual	<b>\$70</b>
Platinum Couple	<b>\$103</b>
Platinum Family	<b>\$115.50</b>

**EFT Monthly Payment Plan:**  
requires initial start-up and an  
annual administration fee.  
Other payment plans are available.

## KID CARE HOURS

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

Mon. - Fri. 8:30 a.m. - 11:00 a.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 \$5/hr for the  
1st child, \$3/hr for addl. child.

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

# GROUP FITNESS CLASS DESCRIPTIONS

**Aqua Fitness** A medium-impact cardio workout to improve endurance in the pool.

**Aqua Combat** Aquatic resistance meets the intensity of kick-boxing and mixed martial arts. aqua combat enhances muscular strength, endurance and coordination, propelling your fitness journey to new heights.

**Breathe, Balance & Stretch Yoga** A journey into self-awareness using basic Yoga postures to stretch and strengthen as well as reduce the effects of stress.

**Cycle/Sculpt** Get some strength training with your ride. Work through intervals with the bike, weights and more.

**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.

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

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

**Group Cycling** High energy, great music and cardio training.

**Les Mills BodyCombat** High-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed.

**Les Mills BodyPump** Increase your strength and endurance using a barbell. You'll cover every muscle group in this weight workout and learn the meaning of "time under tension."

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

**Pilates** A low-impact full body workout focused on improving your core strength with standing and floor work.

**Pilates/Barre Combo** The best of both worlds! Pilates and Barre work similar muscle groups in similar ways for an all-around great workout.

**Pound** Pound fuses cardio interval training with drumming to provide a challenging, heart-pumping workout that targets your whole body.

**Tighten & Tone** Reshape your entire body using barbells, hand weights, bands and tubes.

**X-Train HIIT** High energy cardio and weight interval training workout. A different workout each class to get you stronger and fitter. All levels welcome!!

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

**Zumba** An interval-style dance fitness party that combines low-intensity and high-intensity moves.

## CLASS PRICING - 13-Week Session

Aerobics		Aqua		Cycle		Yoga	
Non-Member	\$94	Non-Member	\$94	Non-Member	\$99	Non-Member	\$99
Member	\$69	Member	\$69	Member	\$78	Member	\$73
Platinum	Free	Platinum	Free	Platinum	Free	Platinum	Free
<b>Unlimited Aerobics</b>		<b>Unlimited Aqua</b>		<b>Two-Class Discount</b>		<b>Two-Class Discount</b>	
Non-Member	\$184	Non-Member	\$149	Non-Member	\$77	Non-Member	\$77
Member	\$139	Member	\$104	Member	\$62	Member	\$62

*Two Class Discount shows per class price.*

# SUMMER GROUP FITNESS SCHEDULE JUNE 28 - SEPT. 27

MONDAY		
5:30 a.m. - 6:00 a.m.	Sprint	Spin Room
9:00 a.m.- 9:55 a.m.	BodyCombat	Assembly Room
9:00 a.m. - 10:00 a.m.	Cycle Sculpt	Spin Room
9:15 a.m. - 10:00 a.m.	Aqua Fitness	Pool
12:15 p.m. - 1:00 p.m.	Dance Gold	Assembly Room
5:30 p.m. - 6:30 p.m.	Tighten & Tone	Assembly Room
5:30 p.m. - 6:15 p.m.	Zumba	Aerobic Room
5:45 p.m. - 6:30 p.m.	Group Cycle	Spin Room
7:00 p.m. - 7:45 p.m.	Deep Water	Pool

TUESDAY		
5:30 a.m. - 6:30 a.m.	BodyPump	Assembly Room
9:15 a.m. - 10:00 a.m.	Aqua Fitness	Pool
10:00 a.m. - 11:00 a.m.	BodyPump	Assembly Room
11:15 a.m. - 12:00 p.m.	Gentle Yoga	Assembly Room
5:30 p.m. - 6:30 p.m.	YogaRide	Spin Room
5:30 p.m. - 6:25 p.m.	BodyCombat	Assembly Room
6:30 p.m. - 7:30 p.m.	Pilates	Aerobic Room
6:40 p.m. - 7:40 p.m.	BodyPump	Assembly Room
7:00 p.m. - 7:45 p.m.	Aqua Combat	Pool

WEDNESDAY		
5:30 a.m. - 6:30 a.m.	Group Cycle	Spin Room
9:00 a.m. - 10:00 a.m.	Xtrain HIIT	Assembly Room
9:00 a.m. - 10:00 a.m.	Cycle Sculpt	Spin Room
9:15 a.m. - 10:00 a.m.	Aqua Fitness	Pool
5:30 p.m. - 6:15 p.m.	Zumba	Assembly Room
5:45 p.m. - 6:30 p.m.	Group Cycle	Spin Room
6:30 p.m. - 7:15 p.m.	Breathe, Balance & Stretch Yoga	Assembly Room
7:00 p.m. - 7:45 p.m.	Deep Water	Pool

THURSDAY		
5:30 a.m. - 6:30 a.m.	BodyPump	Assembly Room
9:00 a.m. - 9:45 a.m.	Pound	Gymnasium
9:15 a.m. - 10:00 a.m.	Aqua Fitness	Pool
10:00 a.m. - 11:00 a.m.	BodyPump	Assembly Room
11:15 a.m. - 12:00 p.m.	Gentle Yoga	Assembly Room
5:30 p.m. - 6:30 p.m.	Tighten & Tone	Assembly Room
6:40 p.m. - 7:40 p.m.	BodyPump	Assembly Room

FRIDAY		
5:30 a.m. - 6:00 a.m.	Sprint	Spin Room
9:00 a.m.- 9:55 a.m.	BodyCombat	Assembly Room
9:15 a.m. - 10:00 a.m.	Aqua Fitness	Pool

SATURDAY		
7:45 a.m. - 8:30 a.m.	Pound	Assembly Room
8:15 a.m. - 9:15 a.m.	Cycle Sculpt	Spin Room
8:15 a.m. - 9:00 a.m.	Deep Water	Pool
8:35 a.m. - 9:05 a.m.	Xtrain HIIT	Assembly Room
9:15 a.m. - 10:15 a.m.	BodyPump	Assembly Room
9:30 a.m. - 10:15 a.m.	Zumba	Aerobic Room
10:30 a.m. - 11:30 a.m.	Pilates/Barre	Aerobic Room

SUNDAY		
12:00 p.m. - 12:55 p.m.	BodyCombat	Assembly Room
1:00 p.m. - 2:00 p.m.	BodyPump	Assembly Room

## CLASS PRICING - 13 Week Session

Class Type	Non M	Member	Platinum
Aerobics/Aqua	\$94	\$69	FREE
Cycle	\$104	\$78	FREE
Yoga	\$99	\$73	FREE

**Wellness Punch Cards: 12 Punches Non-member: \$94 Member: \$74 Platinum: \$59**

**Use on two programs:**

**EARLY MORNING BOOT CAMP Mon., Wed. Fri. 5:30 a.m. - 6:15 a.m.**

**WOMEN'S HOUR OF POWER Sun. 8:00 a.m. - 9:30 a.m.**

**UNLIMITED AEROBICS (INCLUDES ALL FITNESS CLASSES OTHER THAN CYCLE & YOGA) : \$184 NON-MEMBER \$139 MEMBER**

**UNLIMITED AQUA: \$149 NON-MEMBER \$104 MEMBER**

**AEROBIC/AQUA PUNCH CARDS: 13 PUNCHES FOR \$99 NON-MEMBER \$73 MEMBER**

# SENIOR FITNESS CLASS DESCRIPTIONS

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 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.

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

## Silver Sneakers Silver Splash

A shallow-water exercise class designed for seniors of all skill levels, including non-swimmers. Splash offers a fun and engaging way to improve agility, flexibility, cardiovascular health, strength, and stability.

## Silver Sneakers Yoga Stretch

This yoga class incorporates seated and standing yoga poses to improve flexibility, balance and range of motion. It uses a chair for support and incorporates breathing exercises for relaxation and stress reduction.

# SILVER SNEAKERS CLASS SCHEDULE

## MONDAY

10:15 a.m. - 11:00 a.m. Classic Assembly Room  
 11:15 a.m. - 12:00 p.m. Classic Assembly Room

## TUESDAY

9:00 a.m. - 9:45 a.m. Circuit Assembly Room  
 10:15 a.m. - 11:00 a.m. Silver Splash Pool  
 11:15 a.m. - 12:00 p.m. Silver Splash Pool

## WEDNESDAY

11:00 a.m. - 11:45 a.m. Yoga Stretch Assembly Room  
 12:00 p.m. - 12:45 p.m. Yoga Stretch Assembly Room

## THURSDAY

9:00 a.m. - 9:45 a.m. Circuit Assembly Room  
 10:15 a.m. - 11:00 a.m. Silver Splash Pool  
 11:15 a.m. - 12:00 p.m. Silver Splash Pool

## FRIDAY

10:15 a.m. - 11:00 a.m. Silver Splash Pool  
 10:30 a.m. - 11:15 a.m. Classic Assembly Room  
 11:15 a.m. - 12:00 p.m. Silver Splash Pool

Class Pricing - 13-Week Session	
Non-Member	\$67
Member	\$52
Silver Sneaker/Silver & Fit/Renew Active	Free

# 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. GYC members also have opportunities to participate in pinochle at the Rec.

**First-year Golden Years membership: \$25**  
**Renew your membership for just \$20/year.**  
 Golden Years Aqua Fitness classes are held exclusively for Golden Years members.

**June 30 - Sept. 24**

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

**Golden Years Member Price:**  
**\$35 per session**





# PICK-UP SPORTS

## 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.

## Volleyball

Mon./Thurs. 6:45 p.m. - 8:45 p.m.

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

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

# ADULT PROGRAMS

## Country Line Dancing

Join Kick the Dust Up Line Dancing for a six-week course designed for both beginners and line-dance enthusiasts. Moves and choreography will be broken down step-by-step so you learn as you go and feel confident in several dances. Ages 15 & up.

Aug. 3 - Sept. 14 (no class Sept. 7 for Labor Day)

Mon. 6:45 p.m. - 8:15 p.m.

Class Price: \$88 Member Price: \$69

Platinum Price: \$57



# YOUTH PROGRAMS

**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 trainer.

July 7, Aug. 4, Sept. 1

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

Member Price: \$26





At the Ephrata Rec Center 

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 fun loving staff keep your kids active over the summer

Email us at: [ephratareckidscamp@yahoo.com](mailto:ephratareckidscamp@yahoo.com).

# Register for Summer 2026 Kids Camp!

June 8 - Aug. 21

Monday - Friday

Available Hours 7:00am to 5:30pm

Ages 4 - 12

### Pricing





**\$179 Weekly**

**\$60 Daily**

**REGISTRATION NOW OPEN!**

## BRIGHT BEGINNINGS PRESCHOOL

Our experienced teachers and engaging curriculum offer children the opportunity to learn and grow in a safe, nurturing environment.

-  Play-based learning
-  Outdoor play
-  Developmentally appropriate curriculum
-  Swim lessons included

### FOR MORE INFORMATION

[ercpreschool@yahoo.com](mailto:ercpreschool@yahoo.com)  
(717)738-1167 ext. 114



# 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.)

## 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 (Minnow)

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

## Level 2 (Guppy)

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

## Level 3 (Sunfish)

Stroke Improvement - freestyle, backstroke, beginning breaststroke.

## Level 4 (Mini-Clinic)

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 \$115 Member \$75**

**Tadpole 1/Tadpole 2:**

**Non-member \$125 Member \$80**

**Levels 1 - 4:**

**Non-member \$125 Member \$80**

# SWIM LESSONS

<b>LEVEL</b>	<b>DATES</b>	<b>TIME</b>
Aquababies	Sat. June 13- Aug. 1	9:00 a.m. - 9:30 a.m.
Aquatots	Sat. June 13- Aug. 1	9:40 a.m. - 10:10 a.m.
Tadpole 1	Mon. June 8 - Wed. July 1	1:00 p.m. - 1:30 p.m.
Tadpole 1	Mon. July 13 - Wed. Aug. 5	1:00 p.m. - 1:30 p.m.
Tadpole 1	Sat. June 13- Aug. 1	9:00 a.m. - 9:30 a.m.
Tadpole 1	Sat. June 13- Aug. 1	10:20 a.m. - 10:50 a.m.
Tadpole 2	Mon. June 8 - Wed. July 1	1:40 p.m. - 2:10 p.m.
Tadpole 2	Mon. July 13 - Wed. Aug. 5	1:40 p.m. - 2:10 p.m.
Tadpole 2	Sat. June 13- Aug. 1	9:40 a.m. - 10:10 a.m.
Tadpole 2	Sat. June 13- Aug. 1	11:00 a.m. - 11:30 a.m.
Level 1	Mon. June 8 - Wed. July 1	4:30 p.m. - 5:00 p.m.
Level 1	Mon. July 13 - Wed. Aug. 5	4:30 p.m. - 5:00 p.m.
Level 1	Sat. June 13- Aug. 1	9:00 a.m. - 9:30 a.m.
Level 2	Mon. June 8 - Wed. July 1	5:10 p.m. - 5:40 p.m.
Level 2	Mon. July 13 - Wed. Aug. 5	5:10 p.m. - 5:40 p.m.
Level 2	Sat. June 14 - Aug. 2	9:40 a.m. - 10:10 a.m.
Level 3	Mon. June 8 - Wed. July 1	5:50 p.m. - 6:20 p.m.
Level 3	Mon. July 13 - Wed. Aug. 5	5:50 p.m. - 6:20 p.m.
Level 3	Sat. June 13- Aug. 1	10:20 a.m. - 10:50 a.m.
Level 4	Mon. June 8 - Wed. July 1	6:30 p.m. - 7:00 p.m.
Level 4	Mon. July 13 - Wed. Aug. 5	6:30 p.m. - 7:00 p.m.
Level 4	Sat. June 13- Aug. 1	11:00 a.m. - 11:30 a.m.



## Private Swim Lessons

Individual private lessons offered for all skill levels

Price per 30 min. session: \$40 Six-pack (3 hours): \$203

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: \$33 per person

Six-pack (3 hours): \$161 per person

Member/Platinum Price per 30 min session: \$23 per person

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

# WELLNESS

## BRICK Training

Looking to participate in a triathlon? This program is the perfect way to train two of the three legs of your next tri. BRICK training helps athletes make the transition from biking to running in a race, training your legs to adjust from cycling muscles to running muscles. You'll begin each session with a timed bike ride followed by a run. You'll gain the physical and mental toughness that's required for your first or next tri!

**June 27 - Aug. 1**

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

**Class Price: \$74 Member Price: \$53 Platinum Price: \$37**



## Nutrition Coaching

2026 is the year you put your health first and that all starts with good nutrition. If you aren't sure where to start, book a session with a certified nutrition coach and get specific guidance on how to make changes to your eating habits and overall diet. Call 717-738-1167 x106 to schedule a session.

**One-hour session pricing:**

**Non-member \$65 Member \$50**

**Six-pack session pricing: Non-member \$335 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. 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. Check out our trainer wall in the cardio room!

**One-hour session pricing: Non-member \$65 Member \$50**

**Six-pack session pricing: Non-member \$335 Member \$270**



**Wellness Punch Cards** Wow! One punch card, three great programs. Wellness punch cards can be used on Early Morning Boot Camp Monday, Wednesday and Friday at 5:30 a.m., Women's Hour of Power Sunday at 7:30 a.m. or Mobility Workshop Saturday at 11:30 a.m. Punch cards are good for 12 classes. Use anytime, it's the perfect way to try out a new program and get in great condition.

**Cards expire in six months.**

**Non-member Price: \$94 Member Price: \$74**

**Platinum Price: \$59**

## Women's Hour of Power

Are you intimidated by the weight room?

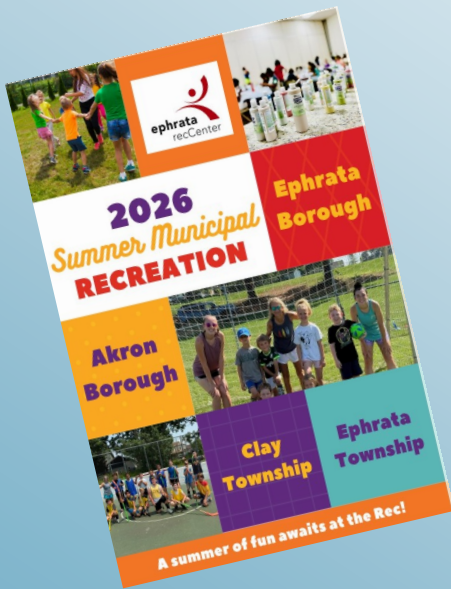
Do you want to lose body fat and get stronger without bulk?

Are you unsure about proper lifting technique and form? 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. Research shows that weightlifting is one of the most important things women can do for themselves!

**July 5 - Aug. 9 or Aug. 16 - Sept. 27**

**Sun. 7:30 a.m. - 9:00 a.m.**

**Class Price: \$57 Member Price: \$36 Platinum Price: \$26**



# Have you registered your kids for our Summer Municipal Camps?

Camps run from June through August!



## Different camps every week!

Aquatic Nature, Sewing, Art, Soccer, Basketball, Hockey, Swim Lessons and so many more!

Camps are free for residents of Ephrata Borough, Akron and Clay Township. All others pay a small fee. Check out the full camp brochure at [ephratarec.com](http://ephratarec.com) or stop in for registration forms at the front desk.

Don't miss out on these activities for your kids!

Most camps are for ages 6 & up.



# SUMMER

**3 MONTH MEMBERSHIP SPECIAL  
OFFER VALID MAY 15TH-JUNE 30TH**

*Shed the winter weight the healthy way!*

**3-MONTH  
MEMBERSHIP: \$119**

**3-MONTH  
PLATINUM: \$140  
(INCLUDES ALL  
GROUP FITNESS  
CLASSES)**

**GREAT FOR  
STUDENTS  
AND  
TEACHERS!**



# SPECIAL EVENTS



**8:00 a.m. Start Time**  
**Register at the Rec or**  
**pretzelcitysports.com.**

**Eight age group categories**  
**with awards for top three**  
**finishers in each!**

<b>14 &amp; Under (3)</b>	<b>14 &amp; Under (3)</b>
<b>15 - 19 (3)</b>	<b>15 - 19 (3)</b>
<b>20 - 29 (3)</b>	<b>20 - 29 (3)</b>
<b>30 - 39 (3)</b>	<b>30 - 39 (3)</b>
<b>40 - 49 (3)</b>	<b>40 - 49 (3)</b>
<b>50 - 59 (3)</b>	<b>50 - 59 (3)</b>
<b>60 - 69 (3)</b>	<b>60 - 69 (3)</b>
<b>70 &amp; Over (3)</b>	<b>70 &amp; Over (3)</b>

**Firecracker Performance Shirt**  
**included with**  
**pre-registration!**

**New course for 2026!**  
**Race begins at Ephrata High School.**

- Start on Oak Blvd in front of Ephrata High School (facing Old Mill Rd)
- Straight to Old Mill Rd
- Left on Old Mill
- Left on State
- Crossover Main St/Square/322
- Right on Pine
- Right on Lincoln
- Right on Main
- Crossover State St/Square
- Left on Fulton to immediate Straight on Cocalico St
- Follow the curve past Eicher House and EPAC toward pool
- Left at Pool (sidewalk)
- Straight on Vine
- Right on Sunset
- Right on Oak St
- Continue past the high school (cross the start line)
- Right on Old Mill
- Right into first entrance to upper parking lot (NOT the main/auditorium entrance)
- Straight thru open ticket gate
- Proceed as directed to finish near 50-yard line of football field