



201 Rock Lititz Boulevard

Suite 10, Lititz, PA 17543

Phone: 717.874.3281

[www.lititzrecroc.com](http://www.lititzrecroc.com)

# MEMBER'S GUIDE

The mission of the Lititz recROC, a program of Lititz recCenter, is to expand the recreation opportunities available in our community by providing exciting & challenging new environments. We will continually challenge ourselves to meet these important needs.

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**WELCOME NEW  
Lititz recROC MEMBERS!**

Thank you for joining the Lititz recROC. We are excited that you have decided to become a part of our ever growing “family.” Whatever interest you choose to pursue here at the Lititz recROC, whether bouldering, obstacle course or fitness training we promise to provide you with a safe and enjoyable experience. Our staff will keep you informed, listen to your suggestions, and advise you on your choices of activities and services.

Karen A. Mailen  
Executive Director

**recROC Hours**

**M/W/F: 5 am to 9 pm**  
**T/TH: 7 am to 9 pm**  
**S/S: 8 am to 8 pm**

**Holiday Hours**

<b>New Year’s Eve: 11-6 pm</b>	<b>New Year’s Day: 11-6 pm</b>
<b>Christmas Eve: Closed</b>	<b>Christmas Day: Closed</b>
<b>Easter: Closed</b>	<b>Memorial Day: Closed</b>
<b>4<sup>th</sup> of July: Closed</b>	<b>Labor Day: Closed</b>
<b>Thanksgiving: Closed</b>	

Inclement weather, closings, and delays? Check our website ~ [www.lititzrecroc.com](http://www.lititzrecroc.com)  
WGAL News 8 @ [www.WGAL.com](http://www.WGAL.com) and CBS 21’s Stormwatch @ [www.cbs21.com](http://www.cbs21.com)

## Membership Benefits

Lititz recROC is a state-of –the-art 2000 sq. ft. Bouldering wall, custom built Obstacle Course and Fitness Training Facility with weights and fitness machines. Lititz recROC offers Membership and programs for Adults and Youth.

Your membership at Lititz recROC allows you to freely come and go during our open hours. You may participate on all the equipment in the facility; the bouldering wall, obstacle course and fitness equipment. All members are asked to view the facility safety video.

Along with your Membership at Lititz recROC, you receive Member pricing on any programs, classes, services, or events being held at Lititz recROC or at the Lititz recCenter.

All new members of Lititz recROC are offered a Fitness & Goal Assessment. We encourage you to schedule an appointment with one of our certified personal trainers and jump-start your exercise program. Together you will develop a workout to address your personal goals and needs, whether you are a beginner or more advanced. Personal trainers can assist you with your exercise program, complete a health history form, and help you feel confident and get results! Our trainers can also help introduce you to our unique equipment and help you develop new athletic skills.

Lititz recROC offers exceptional Locker rooms for showering and dressing before or after your workout. Members are encouraged to bring their own locks.

As a part of the Rock Lititz Community and a member here at the Lititz recROC facility you receive a 10% discount at Gravie Kitchen+Commons with the proof of your membership card at the register on Wednesdays. The discount applies for lunch purchases only-and does not apply during daily happy hour (2-3 pm). The discount is valid for the lunch hour on Wednesdays from 11:30am-2:00pm.



**New Les Mills Virtual Fitness Classes!** Included with membership! See front desk for schedule.

## Membership Information

### Membership Types and Descriptions

- Family Membership: A Family Membership is considered a husband, wife, domestic partners and their children. Roommates do not qualify. If you have legal custody of a child, they may be included with the family. Single parents and their children are considered a family. College students under 23 still living at home can be included on the family memberships.
- Individual Membership: An individual membership is for any one person age 19 and above.
- Youth Membership: An individual membership for any one youth ages 14-18.

### recROC EZ Pay Plan Agreement Basics:

When purchasing a recROC membership using the recROC EZ Pay Plan Agreement you have the option to choose a Continuing-Month to Month membership or select an End Date. Fee changes for members using recROC EZ Pay Plan option automatically go into effect July 1 of the current year. Payment is drafted the 1<sup>st</sup> of each month for that calendar month. If payment is returned access to the facility is denied until payment is received in full.

For complete details regarding the recROC EZ Pay Plan agreement refer to the contract.

1. Continuing Month to Month. Note that a seven-business day written notice is required to cancel. Withdrawals will continue until we receive written notice to cancel. You will receive notification that the cancellation request was processed. recROC EZ Pay Plan Agreement signature is required.
2. End Date selected: When selecting an end-date, the prorated for the current month plus one full month must be included. recROC EZ Pay Plan Agreement signature is required.

Members who cancel and wish to rejoin are advised that a \$65 joiner's fee will be assessed to all memberships that lapse more than 30 days.

## **Staff Directory**

Lititz recROC Phone Number: 717.874.3281

Executive Director: Karen Mailen

[Karenmailen@lititzrec.com](mailto:Karenmailen@lititzrec.com)

717.626.5096 ext. 226

Lititz recROC Coordinator: Corey Pickel

[CoreyPickel@lititzrec.com](mailto:CoreyPickel@lititzrec.com)

717.874.3281

Fitness Director: Simon Ababou

[Simonababou@lititzrec.com](mailto:Simonababou@lititzrec.com)

717.626.5096 ext. 239

Property Director: Kevin Zook

[Kevinzook@lititzrec.com](mailto:Kevinzook@lititzrec.com)

717.626.5096 ext. 236

Membership Director: Emma Guinter

[Emmaguinter@lititzrec.com](mailto:Emmaguinter@lititzrec.com)

717.626.5096 ext. 238

## FAQ's (Frequently asked questions)

- Waiver Information
  - **All participants must sign a waiver!** Participants under 18 years old must have the Youth waiver completed by their parents or court-appointed legal guardian in order to come into the facility. All youth under the age of 14 must be accompanied and supervised by a parent, or a court appointed legal guardian to be permitted in the facility.
  - **The Lititz recROC requires all customers and members to fill out a new waiver every year.**
  - All members and guests will check in at the customer service desk before entering the recROC. All recROC members must scan their membership card when entering.
- Day Passes
  - Nonmembers: \$20/day. All 19+Guests will be asked to present picture ID.
  - Lititz recCenter members receive a discount on day pass at \$10/day
  - Flex Cards are Available!
    - Purchase one punch (flex) card which is good for 5 visits at Lititz recROC.
    - These 5 visits can be used whenever and is valid until a year after purchase date.
    - The cost for a flex card is \$75. (\$25 Savings)
  - The purchase of a day pass allows you to use the obstacle course, boulder wall and fitness equipment.
- Rock Lititz Community Discounts
  - Be sure to check with Member Service Staff to learn more about discounts available.
- Shoe and Chalk Rental
  - We do have the option of renting chalk and/or shoes to improve your experience while at the recROC.
    - Shoe Rentals: \$6- Shoes ranging from size 2 Youth to size 13 Adult.
    - Chalk Rental: \$2- Bag of chalk that you can use to absorb the sweat on your hands to make climbing easier.
- Proper Attire
  - Appropriate climbing footwear must be worn while on climbing surfaces.
    - Rock climbing shoes, running or tennis shoes are appropriate footwear for climbing.
    - No street shoes, cleats, sandals or leather soled boots or shoes are allowed.
  - **No bare feet are allowed in the gym**, boulder or obstacle areas, except for locker rooms.

- If wearing rental climbing shoes socks must be worn.
- Participants must have appropriate clothing on at all times:
  - **Shirts must be worn in facility!** Please dress respectfully.
- No rings, loose jewelry, keys, etc. when participating in climbing or obstacles; long hair should be pulled back.
- Taking Photos
  - It is our policy that anyone intending to take pictures on the recROC property is requested to carry a photo ID. Management reserves the right to see such ID.
- Conducting Business
  - Members are not allowed to conduct business of any type on the Lititz recROC property.
- Locker Policy
  - Your valuables and personal possessions are your responsibility.
  - We offer cubbies and lockers in both our men's and women's locker rooms. **If you would like to lock your belongings in a locker please bring your own lock and remove the lock at the end of your visit.**
  - Backpacks, shoes, coats, etc. must be stored in a locker or cubbies. Do not store items around areas of activity.
- Food Policy
  - No snacks, food or beverages are allowed in the gym past the customer service desk. The only exception is bottled water.
  - Please use the designated seating area in the Pod #2 common area for snacks and beverages.
- The Use of Chalk
  - Do not wear chalk bag while climbing. All chalk must be contained in chalk bag.
- Membership Cards
  - Membership cards are required and will give you quick entry to the facility. Membership cards are non-transferable. Allowing another person to use your card for any purpose will result in loss of your membership privileges, and there will be no refund.
- Membership Cancellations
  - Membership is non-refundable. A seven (7) business day written notice is required after the initial one (1) month contract is met to cancel your E-Z Pay Plan debit amount.
- Lost & Found
  - Lost & Found items are kept for approximately 2 weeks. After that items will be sent to local charities.
- Parking
  - Parking is available to our members and guests we ask that you would honor the handicapped spaces and not park in the fire lanes.



- Gift Cards Available!
  - We have gift cards available to purchase in the amount you choose! These would make a great gift for any adventurous person who enjoys climbing or the challenge of overcoming obstacles.

### **Code of Conduct**

- Be respectful and aware of the actions of all participants while training on the boulder, obstacles and equipment.
- Experienced participants are encouraged to assist less experienced participants.
- It is our policy that anyone intending to take pictures on the Lititz recROC grounds is requested to carry a photo ID. Management reserves the right to see such ID.
- No horseplay or misconduct will be tolerated. Example: taking high intentional falls onto crash pads.
- No climbing or obstacle training is allowed while under the influence of intoxicating substances.
- The use of vulgar language or improper conduct will result in loss of recROC privileges without a refund.
- The use of cellular phones, MP3 players, headphones or similar devices is prohibited while climbing or on obstacles.
- Groups and lessons in progress have priority on routes or obstacles. If an instructor needs the training space, you may be asked to move to another area.
- All participants must comply with the judgment and decisions of the recROC staff on duty in the facility.
- Infractions may result in the loss of membership privileges.

### **Age Guidelines**

Children under the age of 8 **may not use** the Obstacle Course/Ninja Warrior equipment.

Fitness Cardio equipment may only be used by Ages 14 to Adult. Parents of youth please supervise teenagers when using equipment & assist as needed.

Youth under the age of 14 must be accompanied by a parent or court appointed legal guardian. Children must always be within sight of parents while in the facility. Parents must be engaging and participating in activities with their children. Due to safety concerns, children may not be in the facility with tablets, phones, coloring books, etc. while their parent is working out, climbing or using obstacle course. Participants under 18 years old must have the Youth Waiver completed by their parents before using the facility.

## **Safety at Lititz recROC**

When you are climbing be aware of your environment. Check for other climbers that may be in the path you intend to take before you begin. To remain aware, refrain from using headphones while climbing. Never sit or stand below a climber unless you are spotting them. When you reach the top of a problem either safely top out over the wall onto the mezzanine or make an attempt to down-climb before jumping off to prevent injury. Keep the pads free of personal belongings to ensure no one will fall or injure themselves.

When falling, be sure to never lock up your knees, let your body roll back to absorb the shock. Avoid trying to catch yourself with your arms.

Please be courteous when climbing with others, practice good climbing etiquette by paying attention to the rotation of climbers on the wall. Bear in mind that our policies do require you to wear appropriate clothing and footwear at all times. Horse-play or an unsafe disregard for the rules will not be tolerated.

Similar principles apply to obstacle training. Make sure your path is free of other participants or objects before beginning. Be respectful of others using the obstacles. Do not stand under obstacles if you are not using them, never walk under someone who is using an obstacle.

**PARENTS:** You must directly supervise children under the age of 14 at all times. Children under 8 are not allowed on the obstacle course. Unless they are working with a recROC instructor.

Please do not hesitate to ask any questions you may have. If an injury should occur, immediately notify a member of the recROC staff.

## **Bouldering Protocols and Policies**

- Do not climb underneath or above other climbers. Either down climb before dropping or top out.
- Do not walk underneath the boulder.
- Use spotters when necessary. Use proper spotting technique.
- Report any loose holds to recROC staff. Do not use any loose holds.
- Report all injuries and facility issues to recROC staff.

These rules are designed to reduce the chances that climbers, obstacle training participants and spectators get injured. Even with all rules being followed injuries, including serious injuries and death, can occur. You must recognize that climbing and obstacle training is an inherently dangerous activity and that your safety is your responsibility. If you have questions please ask recROC staff before performing your climb or participate in training.

## **Bouldering Wall**

Bouldering continues to grow in popularity and many people enjoy it because it gives them a great sense of achievement. Bouldering is a form of climbing practiced on small rocks and boulders requiring problem solving skills. The activity is incredibly physical and uses many muscle groups, both in the upper and lower body. Fingers, arm, back, and shoulders as well as abdominal muscles all get exercised. Regular climbing improves stamina and endurance as well as muscle strength. All the reaching and stretching improves flexibility and agility. Pre-planning routes and mental preparation are important to master this activity.

### **Getting Started...**

Bouldering routes, called “problems” begin at the taped hold. Next to this hold you will see a card with the letter V followed by a number. The number notes the difficulty of the problem. Starting with V0 as the easiest, problems will increase in difficulty with each number grade. Your goal is to start at the beginning and make your way along the problem to the top, only using same-colored holds for your hands and feet as you go. As mentioned above, when you reach the top you can either top out the problem or safely down climb.

### **Information on the Boulder Wall**

- Bouldering - rock climbing without ropes
  - RecROC Boulder 65’ Wide x15’ Tall—Approximately 2000 Square Feet of Climbing Space
  - Boulder Training Equipment (upstairs) – System board, campus board, and hang board
  - Our boulder offers up to 50 unique climbing routes/problems
  - Bouldering classes for all ages and skill levels

With almost 2,000 square feet of boulder available to challenge climbers with geometric panels and curving lines that allows for unlimited route-setting options. Bright colored holds add color and dimension leading climbers to their next reach. Climbers can train to improve their level of fitness/climbing strength using the system board, campus board and the hang board located in the mezzanine area. Routes are updated bi-weekly.

Learn the basics of bouldering. Scramblers for ages 4 to 14 or Bouldering Basics for ages 14+ are offered on a monthly basis. Registration is required.

## Obstacle Course

- Information on the Obstacle Course
  - Ninja Warrior/Obstacle Course
    - Rope Climbing
    - Floating Bridges
    - Warped Walls (heights of 10 feet, 12 feet, and 14 feet)
    - 18' Cargo Net climb
    - Swinging doors
    - Salmon ladderz
    - Padded Angled Steps
    - Padded Barriers
    - Ring Swing Traverse
    - Dog Bone Grips
    - Monkey Bars (Elevation Changes)
    - Lache Jumps
    - Bulb Grips Traverse
    - Nunchck Grips
    - Cannon Ball Grips

Obstacle course training will prepare participants for races and raise fitness levels. The obstacles are arranged to balance out the fatigue as you move safely through them. The course will be usable for both the beginner and the experienced individual.

## **Fitness Equipment**

### **CARDIO EQUIPMENT**

Treadmills w/Screen (3)

Ellipticals w/Screen(2)

Stair Climber (1)

Recombinant Bikes w/Screen (2)

Concept 2 Rowers (2)

Concept 2 SkiErgs (2)

Airdyne Bikes (2)

### **STRENGTH TRAINING MACHINES**

Hammer Strength Chest Press

Hammer Strength Wide/Mid Row

Hammer Strength Lat Pulldown

Hammer Strength Shoulder Press

Hammer Strength Leg Press

Cable Machine w/Attachments

### **FUNCTIONAL FITNESS AND TRAINING EQUIPMENT**

Hammer Strength Half Rack

Hammer Strength Half Rack w/Platform

Hammer Strength Power Rack

Hammer Strength Deadlift Platform

Rogue Functional Training Racks (2)

Hammer Strength Adjustable Benches (4)

CFF Adjustable Benches (3)

Weight Plates

Bumper Plates

Juggernaut Trap Bar (125 lbs.)

Trap Bar (45 lbs.)

Dumbbells (3 - 125 lbs.)

Kettle Bells (5 – 32kg)

Slam Balls (10 - 30 lbs.)

Wall Balls (8 - 20 lbs.)

Medicine Balls (4 - 20 lbs.)

Battle Ropes (4)

Bosu Balls (4)

CFF Black Padded Boxes (5)

CFF Padded Platforms 3" (2)

CFF Padded Platforms 6" (2)

CFF Padded Platforms 12" (2)

Athletic Turf 6' x 70'

Sleds w/Harness (2)

Tires (3)

Training Bands

Stability Balls (2)

## **Programs/Classes/Clinics at Lititz recROC**

**Bouldering Basics** (ages 14 to adult) Course for beginners, covers the basic of climbing movements, safety and builds on the fundamentals of climbing.

**Intermediate Bouldering** (ages 14+)

**ROCFIT WARRIOR** (ages 14 to adult) This class prepares you with a Spartan workout with focusing on a full body workout and obstacle course training.

**Rise & Grind Boot Camp** Free group fitness challenge for recROC members!

**Scramblers** (ages 5 to 13) This class is perfect for young children who are interested in learning the basics of climbing and safety on our bouldering wall

**Parkour** (ages 8 to 13) With certified parkour coaches they will teach the heart of parkour training, such as courage, integrity, honesty, perseverance, and the fundamentals of parkour. Program offered monthly.

Andy Keller, Director of Parkour Generations Americas, who was one of the first coaching candidates to receive the world recognized ADAPT level Two Coaching Qualification in the United States. He trains in a tight-knit, dedicated parkour community in Lancaster, Pennsylvania. Andy brings a diverse experience and a creative coaching style to events and workshops!

**Ninja Kids** (ages 6-13) Kids conquer our obstacle course, learn how to move through challenges safely.

**Seasonal Clinics** offered on diverse topics. For Example; Bouldering Assessment, Mental Fortitude in Climbing, Boulder prep for the Great Outdoors, Beginner Parkour for Adults, Parkour Explore for kids, and Advanced Obstacles.

**Scouting logo/Badge work logo.** Scouts can earn a variety of merit badges through their participation at Lititz recROC! Please contact 717-874-3281 to learn about options and schedule your merit badge training!

See [Lititzrecroc.com](http://Lititzrecroc.com) for additional class offerings, dates and times.

## 360 Performance Training Programs



### 360 Training Small Groups

Small Group (Ages 10+). Come ready to train and leave feeling stronger. This program focuses on all elements of fitness to build stronger, more confident, performance on and off the field or courts. Goal oriented results with master trainer Coach Rich Garcia.

### Personal Performance Training

One-hour personal training session with master trainer Coach Rich Garcia to help you reach your ultimate fitness level. Get fit, be a stronger competitor or get noticed by scouts. Coach has a game plan to get you there!

### ROC-OUT Group Rentals

School field trips, scout events, corporate or church outings; whatever you have in mind it is sure to be a big hit at Lititz recROC. Contact 717.874.3281 for more information and to make your Group reservation. In 2020 – add a party room with Rock Candy 2 for a complete food and fun party!

### Lititz recROC Events

#### March

The Boulder Bash is Lititz recROC's annual climbing competition. This is a bouldering competition for climbers of all skill levels. Everyone is invited to test their skills and join in on the fun at Lititz recROC. Competitors will have three hours to successfully complete as many routes as possible. The score of each route climbed within the competitor's selected division will count toward their final score. Prizes will be awarded for the competitors with the top three highest scores in each division.



**November:** Food Collection for the Warwick Community Chest

**Member Appreciation Days at recROC.** Throughout the year these days allow members the chance to share the fun with a friend and bring a non-member to the facility for free.

**recROC Summer Camps:** for kids ages 6 and up – weekly schedules for kids to be active inside with peers climbing and racing in kid-style parkour, ninja, and boulder activities.

**Sponsorship & Advertising Opportunities:** Showcase your business and support recreation programs in the community with a sponsorship.

### **Lititz recCenter Events**

May:

- LrC Golf Tournament
- Legacy League Luncheon

June/July/August:

- LrC Adult Triathlon
- Round-Up Campaign
- Summer Camps
- Free Summer Playground Program

September:

- LrC Pretzel Twist 5-K Run/Walk/Kid's Run
- Youth Triathlon
- Annual Rochelle "Skip" Clair Community Partnership Campaign