



201 Rock Lititz Boulevard

Suite 10, Lititz, PA 17543

Phone: 717.874.3281

www.lititzrecroc.com

MEMBER'S GUIDE

The mission of the Lititz recROC, our commitment 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

Monday through Friday: 5 am to 8 pm

Saturday & Sunday: 8 am to 6 pm

Holiday Hours

Christmas Eve: Closed

Christmas Day: Closed

Easter: Closed

Memorial Day: 5am to 12pm

4th of July: Closed

Labor Day: 5am to 12pm

Thanksgiving: Closed

Inclement weather, closings, and delays? Check our website ~ www.lititzrecroc.com

WGAL News 8 @ www.WGAL.com and CBS 21's Stormwatch @ 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.



*****Please check with our friendly staff and our website for up to date COVID-19 guidelines and suggestions at our facility*****

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:

LITITZ RECROC Monthly Billing Agreement-Membership

1. When purchasing a recROC membership using automatic pay, I understand I am choosing a Continuing-Month-to-Month payment.
2. If I select an end date the prorated for the current month plus one full month is the shortest term available.
3. I understand that my monthly membership fee will be withdrawn on the first of each month.
4. If the 1st falls on the weekend my deduction will be withdrawn on the following business day.
5. I understand that my payment will automatically continue until I notify recROC in writing to cancel, and receive notification of completion.
6. I may cancel membership at any time providing I give 7 business days written notice.
7. I am aware that fee changes take effect July 1st of each year, and occur automatically. Changes in discount group qualification are automatic.
8. I understand that I am paying for the calendar month.
9. The Lititz recCenter uses Daxko Full-Service Billing to provide billing and account management services for both Credit Card and ACH Resubmissions using Daxko's Smart Date Technology. By signing you are authorizing the resubmission of credit card, debit card, and/or ACH transactions that are declined. Daxko Billing will be applying a **\$30 NSF fee** for insufficient funds declines and **\$10 fee** to other decline reasons.
10. I understand that I may receive up to 3 emails and phone calls to update credit card or account information.

11. I have given my authorization to the above named bank/credit card to honor preauthorized EFT/Charge by Lititz rec Center/recROC on my account for membership payments authorized.
12. If a deduction occurs after timely written notice has been given, Lititz recCenter/recROC will refund up to no more than one month's withdrawal. It is the responsibility of the member to insure that written notice is received (i.e. sent to spam/trash) or mail that is not received is the responsibility of the member. recROC upon receipt of email notification will send a verification of receipt to the provided email; recROC will sign for certified mail.
13. I understand that 4 payment returns in a 12 month period will result in the loss of this payment option.
14. I understand that access to recROC is denied until any unpaid dues have been paid. After 2 consecutive months of unpaid dues the membership will be terminated.
15. The EFT option may not be guaranteed upon rejoining following termination for nonpayment.
16. Any outstanding balance must be paid to rejoin for membership, register for any recROC programs or purchase day passes.
17. I agree to be responsible for all costs of collection on unpaid balances including, but not limited to, 1 1/2% interest (18% annually), collection fees (up to 50%), court costs and reasonable attorney fees. Outstanding balances will be turned over for collection.
18. Membership is nonrefundable and nontransferable.

Staff Directory

Lititz recROC Phone Number: 717.874.3281

Executive Director: Karen Mailen

Karenmailen@lititzrec.com

717.626.5096 ext. 226

Lititz recROC Coordinator: Corey Pickel

CoreyPickel@lititzrec.com

717.874.3281

Fitness Director: Simon Ababou

Simonababou@lititzrec.com

717.626.5096 ext. 239

Property Director: Kevin Zook

Kevinzook@lititzrec.com

717.626.5096 ext. 236

Membership Director: Emma Guinter

Emmaguinter@lititzrec.com

717.626.5096 ext. 238

FAQs (*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 \$80. (\$20 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 and 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 without a recROC Staff Member.

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. 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 ladders
 - Padded Angled Steps
 - Padded Barriers
 - Ring Swing Traverse
 - Dog Bone Grips
 - Money Bars (Elevation Changes)
 - Lache Jumps
 - Bulb Grips Traverse
 - Nunchuck 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 @ recROC

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.

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 Explore (ages 6 to 13) Our recROC coaches will teach the heart of parkour training, such as courage, integrity, honesty, perseverance, and the fundamentals of parkour. Program offered monthly. Program offered monthly to all skill levels.

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.

recROC FIT HIIT

This program is a one-hour long session with personal trainer Brennan White. Brennan designs this small group training program to challenge all participants' fitness levels. You can be sure to get results all while having fun with the recROC Team.

This program runs monthly and you may attend unlimited sessions during the paid for segment. Drop-In option is available as well for this program.

See Lititzrecroc.com for additional class offerings, dates and times

Performance Training Programs

360 Training

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 Sport Performance Trainer, Matt Orta.

Personal Performance Training

One-hour personal training session with Sport Performance Trainer Matt Orta will assist you in reaching your ultimate fitness level. Get fit, be a stronger competitor or get noticed by scouts. Matt 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.

Lititz recROC Events

September 11th, 2021

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.

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