



*201 Rock Lititz Boulevard*

*Suite 10, Lititz, PA 17543*

*717.626.5096 Ext. 801*

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

# MEMBER'S GUIDE

*At Lititz recROC our commitment is to expand  
the recreation opportunities available in our community by providing exciting  
and challenging new environments.*

*We will continually challenge ourselves to meet these important needs.*

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Lititz recROC is a performance fitness and bouldering facility located on the Rock Lititz Campus. As a satellite facility of Lititz recCenter, a 501(c)(3) full-service recreation provider, recROC engages Rock Lititz Community members and individuals, families, and youth from our region in personal fitness, recreation, adventure, training, and competition. Facility, program, and event access is available through membership, daily guest passes, and NonMember fees.

# ***WELCOME NEW Lititz recROC MEMBERS!***

Thank you for joining 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 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-Friday: 5 am to 8 pm*

*Saturday & Sunday: 8 am to 6 pm*

## ***Holiday Hours***

*New Year’s Eve: Early close at 6 pm*

*Christmas Eve: 8am-12pm*

*Easter: CLOSED*

*4<sup>th</sup> of July: CLOSED*

*Thanksgiving: CLOSED*

*New Year’s Day: CLOSED*

*Christmas Day: CLOSED*

*Memorial Day: 7am-12pm*

*Labor Day: 7am-12pm*

*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. facility on the Rock Lititz Campus featuring a bouldering wall, custom built GetRXd Obstacle Course and fitness training areas with dozens of weights and machines. Lititz recROC offers Memberships, daily guest passes, programs for Adults and Youth, and special events.

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. Safety waivers are required for ALL members, guests, and program participants.

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

All new members of Lititz recROC are offered a free 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 of Lititz recROC you receive a 10% discount at Gravie Kitchen+Commons with proof of membership 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.



# 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 youth ages 14-18.

## LITITZ RECROC Monthly Billing Agreement-Membership

1. When purchasing a recROC membership using the recROC EZ Pay Plan you have the option to choose a Continuing-Month-to-Month payment plan or select an end date.
2. When selecting an end date, the prorate for the current month plus one full month must be included.
3. I understand that my monthly membership fee will be withdrawn on the first of each month.
4. If the 1st falls on a weekend my deduction will be withdrawn on the following business day.
5. I understand that my EX Pay Plan 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 qualifications are automatic.
8. I understand that I am paying for the calendar month.
9. I understand that I will incur a \$30 fee any time the withdrawn amount is returned on a checking account. I further understand there is a \$30 late fee applied at the end of the month for any return on a debit or credit card.
10. I give my authorization to the bank/credit card to honor pre-authorized EFT/Charge by Lititz recCenter/recROC on my account for membership payments authorized.
11. If a deduction occurs after timely written notice has been given, Lititz recCenter/Lititz recROC will refund up to no more than one month's withdrawal. It is the responsibility of the member to ensure that written notice is received (i.e. sent to spam/junk) 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.
12. I understand that 4 payment returns in a 12-month period will result in the loss of the EZ plan option.
13. I understand that access to recROC is denied until any unpaid dues have been paid.
14. The EFT option may not be guaranteed upon rejoining following termination for nonpayment.
15. Any outstanding balance must be paid to rejoin for membership, register for any recROC programs, or purchase day passes.

16. I agree to be responsible for all costs of collection on unpaid balances including but not limited to 1.5% interest (18% annually) collection fees (up to 50%), court costs and reasonable attorney fees.

17. Membership is nonrefundable and nontransferable.

*Members who cancel and wish to rejoin are advised that a \$75 joiner's fee will be assessed to all memberships that lapse more than 30 days.*

## STAFF DIRECTORY **Lititz recROC**

717.626.5096

201 Rock Lititz Blvd. Ste 10, Lititz PA 17543

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

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## FAQ'S (Frequently asked questions)

- **Safety Waivers**

- **All Members and 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.
- **Lititz recROC requires all customers and members to fill out a new waiver at least once per year.**
- All members and guests will check in at the customer service desk before entering recROC. All recROC members must scan their membership card when entering.

- **Day Passes**

- Nonmembers: \$23/day. All Guests ages 19+ will be asked to present photo ID.
- Lititz recCenter members receive a discount on day passes at \$12/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 if you are an employee or special guest of a Rock Lititz business.

- **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: \$7- Shoes ranging from size 2 Youth to size 14 Adult.
- Chalk Rental: \$3- 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. Professional photographers and members of the media must request permission from recROC/Lititz recCenter/Rock Lititz prior to obtaining photo or video.
- Photo/media release is implied by members and participants with their contract, class, program, or day pass purchase.

- **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.
- **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. *Please look into the Lititz Rec Center App to use your mobile device for convenient 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 on the Rock Lititz campus to our members & guests, and we ask that you 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.

## AGE GUIDELINES

Children ***under the age of 8 may not use*** the Obstacle Course/Ninja Warrior equipment without supervision or a recROC Staff Member clearing them for participation.

***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.*** When not participating in a staffed program, 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.



## CODE OF CONDUCT

- Be respectful and aware of the actions of all participants while training on the boulder, obstacles, turf area and all facility 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, mobile devices, headphones or any other similar devices is prohibited while climbing or on obstacles.
- Groups and lessons in progress have priority on the turf area, routes on the bouldering wall or obstacle rig area. If an instructor needs the training space, you may be politely asked to move to another area during the time of the program or session.
- All participants must comply with the judgment and decisions of the recROC staff on duty in the facility.
- Use of drugs, tobacco products, smokeless tobacco, vapes, or any other paraphernalia is prohibited at recROC.
- Infractions may result in the loss of membership, participation, or other and all privileges.
- recROC reserves the right to refer unresolved conduct issues, harassment, abuse, or any criminal activity to local authorities.

## SAFETY @recROC

When you are climbing, be aware of your environment. Check for other climbers who might 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. Keep in mind that our policies do require you to wear appropriate clothing and footwear at all times. Horseplay or an unsafe disregard for safety and conduct rules will not be tolerated.

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

**PARENTS/GUARDIANS:** *You must directly supervise all 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 or have been cleared by certified staff.*

Please do not hesitate to ask questions or seek guidance from our staff. If an injury should occur, immediately notify a member of the recROC staff.

## BOULDER WALL INFORMATION

### ***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.

### **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 any recROC staff to assist before performing your climb or participate in any 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 with Bouldering

Learn the basics of bouldering. Scramblers for ages 6 to 13 or Bouldering Basics for ages 14+ are offered. Registration is required. Personal boulder training is also available.

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.

## OBSTACLE COURSE

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.

Information on the Ninja Warrior/GetRX'd 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

## Fitness Equipment @ recROC

Fitness equipment is available to members to use at their leisure, as part of a class, or with instruction from one of our certified trainers or staff members.

Please use fitness equipment etiquette - wipe down equipment before and after use. Share with other members who are waiting. Wear proper fitness attire which is safe and does not reveal or expose personal body parts. Use equipment in its intended manner. If you identify a safety concern or maintenance need, please report this to recROC staff.

## 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
- 4 Focus-Specific Nautilus Functional Fitness Cable Machines

## 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 @ recROC

Programs and classes are scheduled to meet weekly (bi-weekly, monthly) on a regular basis. Discounts are available to Members.

### **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 6 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 7 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 Camps for Youth (ages 6-13)**

Summer camp weeks and winter break camp offer kids recreation, fitness, and fun activity to keep them occupied while school is out.

### **Seasonal Clinics**

These are special interest activities that are created and developed seasonally such as: 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 Matt Orta. Matt 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 seasonal class schedules and fees. \*\**

## **PERFORMANCE TRAINING**

### **Personal Training**

Customized training with certified staff is available to focus on bouldering, performance, and fitness. Packages for one-on-one Personal Training as well as small group training (*up to three participants*) are available. Just check in with our friendly staff for more information.



### **360 Personal Performance Training**

One-hour personal training session with Sports Performance Trainer Matt Orta, who 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!

### **360 SG Training**

Small Group Training for *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 Sports Performance Trainer, Matt Orta.

## **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. Instructors may be added to your rental as an option. Contact 717.626.5096 Ext. 801 or email [CoreyPickel@lititzrecROC.com](mailto:CoreyPickel@lititzrecROC.com) for more information and to make your group reservation today.

## recROC EVENTS

Members are encouraged to participate in scheduled events at recROC. Often, discounted registration for events is provided to Members.

### **Boulder Bash: September 23<sup>rd</sup>, 2023**

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 for a program or event.