201 Rock Lititz Boulevard
Suite 10, Lititz, PA 17543
717.626.5096 Ext. 801
www.lititzrecroc.com

MEMBER'S GUIDE

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

We will continually challenge ourselves to meet these important needs.

Contents

Welcome-Facility Hours	**3**
Membership Benefits	**4**
Staff Directory	**4**
Mobile App	**5**
Membership/Billing Information	**6/7**
FAQ's	**7-10**
Age Guidelines	**10**
Code of Conduct	**10-11**
Safety at recROC	**11**
Bouldering Wall/Woods Board/Climbing Training Areas	**12-13**
Obstacle Course	**13**
Fitness Equipment	**14**
Programs/Classes	**15**
Group Rentals	**16**
Personal Training & Performance Training	**16**
Events	**16**

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 Regular 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***
- ***4th 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
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. 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 in using 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.

STAFF DIRECTORY: Lititz recROC

recROC Facility
717.626.5096 Ext. 801
201 Rock Lititz Blvd. Suite 10
Lititz, Pa. 17543
www.lititzrecROC.com

Executive Director: Karen Mailen
KarenMailen@lititzrec.com
717.626.5096 Ext. 226

Associate Executive Director: Corey Pickel
CoreyPickel@lititzrec.com
717.626.5096 Ext. 242

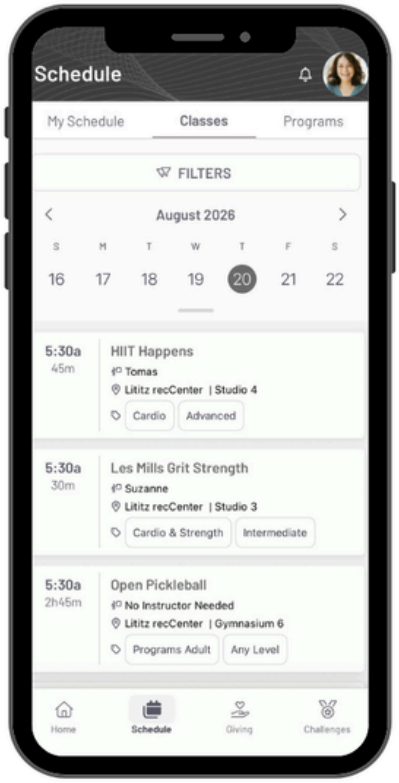
Membership Director: Emma Guinter
EmmaGuinter@lititzrec.com
717.626.5096 Ext. 236

Lititz recROC Coordinator: Ethan Fox
EthanFox@lititzrec.com
717.626.5096 Ext. 801

Property Director: Derek Hartmann
DerekHartmann@lititzrec.com
717.626.5096 Ext. 236

LrC Fitness Director: Simon Ababou
SimonAbabou@lititzrec.com
717.626.5096 Ext. 239

Upgrade Your Experience



Stay connected to the Lititz recCenter anytime, anywhere with our easy-to-use mobile app.

The Lititz recCenter App puts everything you need to manage your membership and stay engaged in one convenient place.

Download now on Apple iOS or Google Play!

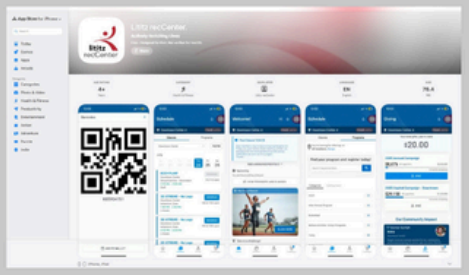
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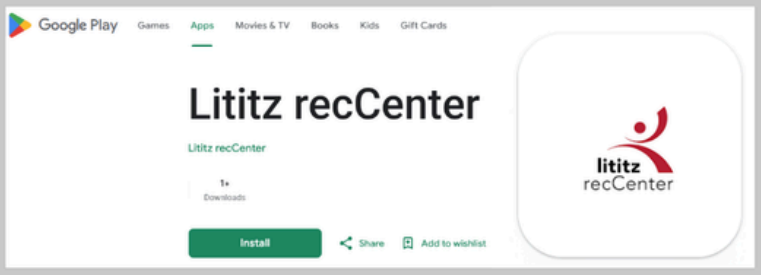
How to download the new App...

1. ***Open the Apple App Store or Google Play on your device.***
2. ***Search for "Lititz recCenter."***
   - ***Note: The Apple App Store will also display "Actively Enriching Lives."***
3. ***Select the free app for your device.***
4. ***Tap "Install" to download the app. ~ See provided images for guidance.***

Apple iOS



Google Play



Visit www.lititzrec.com or contact us at 717.626.5096 ext. 221

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 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 EZ 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 September 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 $100 joiner's fee will be assessed to all memberships that lapse more than 30 days.

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 a new waiver each 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 $92. ($23 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 & 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.*

Sauna Use

- *Must always wear shorts or pants and a top in the women's sauna. Participants may not be nude.*
- *Refrain from dumping or pouring excessive water on the rocks.*
- *Avoid splashing water on the walls, benches, or floor.*
- *Do not tamper with sensors or equipment.*
- *Ensure that all trash is properly disposed of.*
- *The use or disposal of nicotine products is strictly prohibited.*
- *Follow all safety and cleanliness protocols.*
- *Minors under the age of 18 are not permitted in the sauna.* ***NO EXCEPTIONS!***

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 monthly locker rentals with a lock for a fee to our members.*
- *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 Guidlines

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 at 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 & Policies

- *Do not climb under 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.*
- *Proper shoes must be always worn while bouldering. No bare feet or socks allowed.*
- *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

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.

Woods Board - Light Up Training Wall

The Daniel Woods Light up Training Board is a cutting-edge climbing tool designed by seasoned professionals Andy Raether and Daniel Woods, each bringing over two decades of experience in training and spray wall setting. This board is equipped with a custom-built app that enhances the climbing experience with features like a top ten leaderboard, advanced problem search, and proposed grades for unsent problems across various angles. The board's design emphasizes ergonomic and versatile holds crafted with a dual-texture that mimics wood, ensuring a seamless grip experience. Every aspect of the board, from its thousands of problems ranging from V0 to V14 to its adjustable angles between 10 and 70 degrees, is meticulously crafted to maximize enjoyment, creativity, and training potential. Whether you're a novice or an experienced climber, the Woods Board offers an unparalleled platform to elevate your skills.

For ages 18 and up ONLY

Campus Board, System Board & More!

A campus board is a training tool that has been widely adopted by sport climbers to improve their plyometric performance and led to dramatic improvements in climbing techniques in all rock-climbing disciplines. In addition to our campus board, members and guests may warm up on our variety of hang boards and suspended grips on the upper level. For advanced climbers, we have a system board to work on ambidextrous movements on a fixed 45-degree angle.

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 useful for both the beginner and the experienced individual.

Information on the Obstacle/GetRX'd Rigs:

- *Rope Climbing*
- *Floating Bridges*
- *Cargo Net climb*
- *Padded Angled Steps*
- *Padded Barriers*
- *Cannon Ball Grips*
- *Ring Swing Traverse*
- *Monkey Bars (Elevation Changes)*
- *Lache Jumps*
- *Bulb Grips Traverse*
- *Nunchuck Grips*

Strength Training Equipment

- *Hammer Strength Chest Press*
- *Hammer Strength Wide/Mid Row*
- *Hammer Strength Lat Pulldown*
- *Hammer Strength Shoulder Press*
- *Hammer Strength Leg Extension*
- *Hammer Strength Leg Press*
- *Hammer Strength Leg Curl*
- *Hammer Strength Plate-Loaded Jammer*
- *Hammer Strength Plate-Loaded Inverted Leg Press*
- *Rogue Rhino Monster Belt Squat*
- *GHD (Glute, Hamstring Developer)*
- *Nautilus Functional Cable Machines w/Attachments (4 Focus-Specific Pieces)*
- *Fitness Cable Machines*
- *Rogue Rhino Monster Belt Squat*

Functional Fitness & 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*
- *Athletic Turf 6’ & 12' x 55’*
- *Dumbbells (3 - 125 lbs.)*
- *Kettle Bells (5 – 32kg)*
- *Tires (3)*
- *Training Bands*
- *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)*
- *Juggernaut Trap Bar (125 lbs.)*
- *Trap Bar (45 lbs.)*
- *Sleds w/Harness (2)*
- *Stability Balls (2)*

Cardio Equipment

- *Treadmills w/Screen (3)*
- *Ellipticals w/Screen (2)*
- *Espresso Bikes w/Gaming Screen (2)*
- *Assault Runner*
- *Stair Climber (1)*
- *Concept 2 Rowers (2)*
- *Concept 2 SkiErgs (2)*
- *Airdyne Bikes (2)*

Programs & Classes at recROC

Programs and classes are scheduled to meet weekly and run for the duration of one month. Discounts are available to Members.

Bouldering Basics *(ages 14 to adult)*
Wednesday 6:30-7:30pm
This program is for beginners covering the basics of climbing movements, safety, and build on the fundamentals of climbing.

Scramblers *(ages 6 to 13)*
Tuesday or Wednesday 5:30-6:15pm
This class is perfect for young children who are interested in learning the basics of climbing and safety on our bouldering wall.

Ninja Kids *(ages 6-13)*
Monday or Thursday 6-7pm and Saturday 11am-Noon
Kids conquer our obstacles and course area while learning how to move through challenges safely.

Seasonal Camps for Youth *(ages 7-13)*
Summer & Winter Camp breaks offer kids recreation, fitness, challenges, and fun bouldering & obstacle activity to keep them occupied while school is out.

recROC FIT HIIT
This program is a one-hour long session with personal trainers. This small group training program is designed 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. A Drop-In option is available as well for this program.

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, and explore the use of obstacles for kids & adults interested in OCR or Ninja competitions.

See Lititzrecroc.com for seasonal class schedules and fees

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 EthanFox@lititzrecROC.com for more information and to make your group reservation today.

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 Performancel Training

One-hour personal training session our Sports Performance Trainer, 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 a Sports Performance Trainer.

recROC Events

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

Boulder Bash: ***Every year in September! Watch for date announcements.***
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 to 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 sponsorship for a program or event. Contact CoreyPickel@lititzrec.com for more details.