

# GWM Shorts

**HA  
RC Hempfield**

recCenters of Lancaster County

## Hempfield Rec Center Is “Opening Doors To Wellness” With New Fitness Center Equipment

Have you realized that summer is on its way whether your body is ready or not? Do you need extra motivation to help you stay on track or help you start a fitness routine? Hempfield Rec Center has the programs, facility, equipment, and staff to help you.

Hempfield Rec Center has recently acquired more than \$42,000 of fitness equipment from Precor®, which designs and builds premium fitness equipment for effective workouts that feel smooth and natural. Our Fitness staff took some time choosing this specific new line of equipment, visiting several facilities that featured three different types of equipment. “By taking staff members who had different body types and were of different ages and abilities on these visits, Fitness and Well-

ness Director Jeff Book said that they all arrived on the decision that the brand we selected was the best and easiest for all to use.” Our Precor® Discovery Series Selectorized Line has been installed to benefit the workout experiences of the first-time user to the seasoned athlete. Hempfield Rec Center offers affordable membership options [www.hempfield-rec.com/membership-types/](http://www.hempfield-rec.com/membership-types/) which include a full Fitness Center orientation and unlimited land and water exercise classes. We also have several nationally certified trainers available to help you with health and fitness goals [www.hempfieldrec.com/personal-training/](http://www.hempfieldrec.com/personal-training/). Contact Fitness and Wellness Director Jeff Book at 898-3102, ext. 36, [jbook@hempfieldrec.com](mailto:jbook@hempfieldrec.com) for details.





## “Everyone Belongs” Campaign Exceeds Goal!

In six short weeks, our first Annual Campaign using more than 40 volunteers exceeded its goal of raising \$30,000. The purpose of this campaign was to raise the community’s awareness of the fact that Hempfield Area Recreation Commission, a nonprofit organization, provides financial support to those who are experiencing financial hardship and can’t afford to participate in our valuable programs. In 2013 more than \$80,000 was granted to 336 families and members of our community.

More than 245 individuals and businesses donated and made pledges to this year’s campaign. “We were very pleased with the financial support from our members and community businesses,” stated Chris Gibbons, campaign chairman. “We are still accepting tax-deductible contributions through the end of the year and all contributors will be recognized in upcoming publications.”

On behalf of the board of directors and staff, we thank you for your generous support and the resources to help those less fortunate.



## Safety Committee Sets Storm Shelter Area

The Safety Committee of Hempfield Rec has designated the hallway by its gymnasium as a safe location in the event of a threat of a tornado or dangerous storms. This location is ideal in that it is away from windows and on the bottom floor of the main structure. When and if a tornado or dangerous storms are predicted, HARC staff will direct all persons in the facility to this location until the threat is lifted.

The Safety Committee is comprised of management and part time employees who meet monthly to monitor the safety of its members and staff. The committee reviews safety procedures and advocates safe practices throughout the organization.



## Pool Memberships include HARC and East Petersburg Pools

Hempfield Rec Center will manage both our own and the East Pete Community Pool this summer, and if you sign up for a summer pool membership, you can take advantage of BOTH pools! Don’t forget to get a college membership for any students who will be home for the summer! Only \$99!

For more information. [www.hempfieldrec.com/summer-pool-rates/](http://www.hempfieldrec.com/summer-pool-rates/)



## Hempfield Community Flea Market—Labor Day

HARC and The Hempfield Woman’s Club are working together to produce the bi-annual Flea Markets that the Hempfield Woman’s Club has successfully managed for more than 30 years. Proceeds from the event are used for scholarships and other community endeavors. Come and browse and buy! If you are interested in reserving a space for the event, or have questions, please contact Karen at 717-898-3102, ext. 32, or e-mail [kmichnya@hempfieldrec.com](mailto:kmichnya@hempfieldrec.com).

#13255 Labor Day, Monday, September 1

\$30 per space—Rain or Shine

Amos Herr Park, 1756 Nissley Road, Landisville

Registration form: [www.hempfieldrec.com/wp-content/uploads/Flea-Mkt-both-20141.pdf](http://www.hempfieldrec.com/wp-content/uploads/Flea-Mkt-both-20141.pdf)

## Did you know?



We recently upgraded our lighting to LED on indoor tennis courts 5 & 6 and also added industrial strength fans for cooling, a capital project totaling \$29,000.

## Crafters Needed For Amos Herr Park Country Fair

Sunday, September 21, 11 a.m.–4 p.m.  
(Rain date: 9/28)

Amos Herr Park, Landisville

Save \$5 on the booth fee if you register by 7/31!

Join the fun with the Landisville Lions Antique & Classic Car Show, crafts, food, and more! Your support helps HARC assist those in need with program or membership assistance. Go here for registration form: [www.hempfield-rec.com/wp-content/uploads/AHCF14.pdf](http://www.hempfield-rec.com/wp-content/uploads/AHCF14.pdf)



**KOSER JEWELERS**  
Main Street, Mount Joy  
**\$25,000**  
**Pro Circuit**  
**Tennis Challenge**  
**August 3–10, 2014**

USTA Membership  
Appreciation Day  
Championship Sunday  
August 10, Noon

Stop by the USTA booth  
for a free gift!

Catch A Rising Star Today!  
[proccircuit.usta.com](http://proccircuit.usta.com)

All matches FREE

**HARC Hempfield**

[www.landisvilleproccircuit.com](http://www.landisvilleproccircuit.com)  
[proccircuit.usta.com](http://proccircuit.usta.com)

**Qualifying Tournament**  
Sunday & Monday 10am

**Main Draw Tournament**  
Tuesday – Friday 10am

**Wednesday Feature Match**  
**5:30pm**  
NEW BALANCE GIVE-AWAY

**Thursday Feature Match**  
**5:30pm**  
WILSON SPORTING GOODS  
GIVE-AWAY

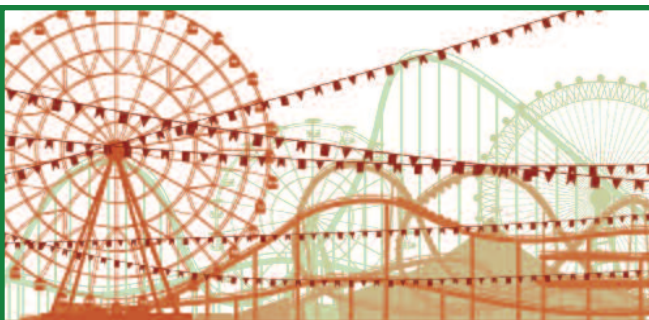
**Friday Feature Match**  
**5:30pm**  
BABOLAT GIVE-AWAY

**SUPER SATURDAY**  
Semi-Finals 10am

**CHAMPIONSHIP SUNDAY**  
Finals 12pm

Follow Tournament  
Information  
[www.landisvilleproccircuit.com](http://www.landisvilleproccircuit.com)

Contact Wilson Pipkin at  
[wpipkin@hempfieldrec.com](mailto:wpipkin@hempfieldrec.com)  
to get involved.



## DISCOUNT AMUSEMENT PARK TICKETS

Making your plans to visit the Baltimore Aquarium, Longwood Gardens, Knoebels Park, or Hersheypark? Remember that we sell tickets for many attractions at rock-bottom prices, and your purchase will benefit HARC. We also sell discount movie tickets! Go here to see the savings! [www.hempfieldrec.com/wp-content/uploads/amusementpark.pdf](http://www.hempfieldrec.com/wp-content/uploads/amusementpark.pdf)



## SilverSneakers® Helps Keep These Ladies Young!

Pat Royer, 89, Louise Brooks, 95, and Edna Hauck (seated), 96, are all regular attendees of our SilverSneakers® classes taught by Kay Shyver. Classes are FREE to members and non-members can pay per class or session; schedules available at Front Desk or on the website.



# HARC Hempfield

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## ATLANTIC CITY—ON YOUR OWN Friday, July 18

Plan a weekday getaway in Atlantic City on your own to walk on the boardwalk, visit the casinos, or shop. Drop off will be near one of the casinos, where adults will get a bonus package.  
Registration form: [www.hempfieldrec.com/wp-content/uploads/atlanticcity.pdf](http://www.hempfieldrec.com/wp-content/uploads/atlanticcity.pdf)

## U.S. OPEN TENNIS TOURNAMENT Friday, August 29

Two buses leave at 6:15 a.m., with one returning after the day session and second bus returning after last night match. Tickets include seats in the Arthur Ashe Stadium and surrounding courts.  
Registration form: [www.hempfieldrec.com/wp-content/uploads/2014usopen.pdf](http://www.hempfieldrec.com/wp-content/uploads/2014usopen.pdf)



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

# Amos Herr 5k Honey Run & Kids' Fun Run

The 15th Annual Amos Herr 5K Honey Run will be held at A. Herr Park on Sunday, August 24. Proceeds from this year's event support the HARC scholarship fund and restoration projects at the 1852 Herr Family Homestead in Landisville. The major sponsor is Dutch Gold Honey of Lancaster, and the Kid's Fun Run sponsor is Sardina Dental Group.

Download an entry form or to register online go to [www.hempfieldrec.com](http://www.hempfieldrec.com)  
Pick up an entry form at Hempfield Rec Center or the Herr Family Homestead, Play It Again Sports, and Inside Track.

Sunday, August 24

- Kids' Fun Run at 5 p.m.
- 5K Race at 6 p.m.

**5K Run Awards:** Overall Male and Female: each receive \$100 cash award, specialty glass, and bronze Honey Bear trophy. Additional cash awards and specialty glasses for top finishers in each age group based upon number of participants. New! Chip Timing!

**Kids' Run Awards:** Participants receive ribbons; gift certificates for top finishers.

**Pre-Registration Deadline: Aug. 8**

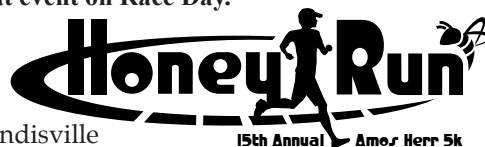
**Late Registration Aug: 11–18**

**Registration after Aug. 18 must be done at event on Race Day.**

Race Day Sign Ups:

4 p.m. until 1/2 hour before Kids' and 5K events.

Amos Herr Park, 1756 Nissley Road, Landisville



## 5th Annual RECREATIONAL YOUTH TRIATHLON

"TRI 4 FUN"

#13749

**SUNDAY, JULY 6**

**6:30 P.M. CHECK IN**

**7:00 P.M. WALK THROUGH**

**7:15 P.M. START TIME**

**COST: \$25**

**Registration Deadline: June 25**

**NO Day of Event Registration!**

**Age Groups: Boy/Girls 7-8; 9-10, 11-12**

**Boy/Girl 7-8**

**50M SWIM • 6 LAPS BIKE  
1/4M RUN**

**Boy/Girl 9-10**

**50M SWIM • 8 LAPS BIKE  
1/2M RUN**

**Boy/Girl 11-12**

**100M SWIM • 10 LAPS BIKE  
1/2M RUN**

Awards: Each child will receive a t-shirt and medal for participation; indicate t-shirt size.