

Indoor Pool Schedule



September 2026



MONDAY	Aquatic Fitness		
Pools Open 5:30am - 8:45pm	8:15-9am 9:15-10am 12:15-1pm 1-1:45pm 5:30-6:15pm	High Intensity Deeper Power Aqua Barre Rhythmic Vibes Deeper Power	Main Pool Main Pool Splash Pool Splash Pool Main Pool
TUESDAY	Aquatic Fitness		
Pools Open 5:30am - 8:45pm	8:15-9am 10-10:45am	Shallow Workout Smoother Moves	Main Pool Splash Pool
WEDNESDAY	Aquatic Fitness		
Pools Open 5:30am - 8:45pm	8:15-9am 9:15-10am 10:45-11:45am 5:30-6:30pm	High Intensity Deeper Power Office of Aging AquaStride HIIT	Main Pool Main Pool Main Pool Main Pool
THURSDAY	Aquatic Fitness		
Pools Open 5:30am - 8:45pm	8:15-9am 9:15-10am 10:15-11am	Aqua Yoga High Intensity Smoother Moves	Splash Pool Main Pool Main Pool
FRIDAY	Aquatic Fitness		
Pools Open 5:30am - 8:45pm	8:15-9am 9:15-10am 12:15-1pm 1-1:45pm	High Intensity Deeper Power Aqua Barre Rhythmic Vibes	Main Pool Main Pool Splash Pool Splash Pool
SATURDAY	SUNDAY		
MAIN POOL Open 6am 6:45pm SPLASH POOL Open 7:30am-6:45pm	Pools Open Noon - 6:45pm		
	LIMITED LANES: M-F 4:30 - 7PM & SAT 8-11AM		

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LESSONS**



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717.626.5096 ext. 245

Please note that pool schedules might be adjusted to accommodate events or programs.

Aquatics Department: Aquatics@lititzrec.com 717.626.5096 Ext. 245 & 227