



## INDOOR POOLS

## AUGUST 2022

### CURRENT POOL SCHEDULE

#### MAIN POOL (deep 8 lap lanes)

Mon - Thur 5:30 am - 8:45 pm  
 Fri 5:30 am - 7:45 pm  
 Sat 6 am - 5:45 pm  
 Sun Noon - 5:45 pm

#### SPLASH POOL (shallow 4 lap lanes)

**\*Splash Pool will be CLOSED Sept 6 – Sept 10 for annual maintenance.\***

Mon - Thur 6 am - 8:45 pm  
 Fri 6 am - 7:45 pm  
 Sat 7:30 am - 5:45 pm  
 Sun Noon - 5:45 pm

**Fitter/Faster Swim Clinic Aug 20 & 21**  
**MAIN POOL LIMITED LAP LANES Noon – 5:45 pm**

### Five Star Swim Team Practice

*\*Main Pool lap lanes will be limited\**

Mon-Fri mornings 10am - Noon

**Evening Practice Schedule begins Sept 6**

### SCUBA in MAIN POOL

Sundays 2:30 - 5:30pm



**Daily Hours**  
**11:30am-7:30pm**  
 \*weather permitting\*  
**Last Day Mon Sept 5**  
**Doggy Swim Days: Sept 6 & 7**

### AQUATIC FITNESS CLASSES

#### FREE for Members!

#### In the Splash Pool

**AQUA BARRE** Mon & Fri 12:15 - 1pm  
**RHYTHMIC VIBES** Mon & Fri 1 - 1:45 pm  
**SMOOTHER MOVES** (Arthritis) Tues/Thur 10:45-11:30 am

#### In the Main Pool

**HIGH INTENSITY** M, W, F 8:15 - 9am  
**DEEPER POWER** M, W, F 9:15 - 10am  
 and Mon 5:30 - 6:15pm  
**SHALLOW/DEEP** Tues 8 - 8:45am  
**Aqua Stride HIIT** Wed 6 - 7pm  
**SENIOR Water Exercise** (Office of Aging) Wed 10:45am

#### NOW HIRING: AQUATIC FITNESS INSTRUCTOR

*Inquire with Aquatics Director Heather Fittery about this part-time opportunity to grow our program!*



### JOIN our AQUATICS STAFF TEAM!

*Hiring Lifeguards & Swim Instructors*

Part-time Schedules, Seasonal or year-round!  
 Certification training available. Ages 15+  
**FREE** employee Membership at Lititz recCenter