

Indoor Pool Schedule

September 2025

| MONDAY | Aquac 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 | Aquac Fitness | | |
| Pools Open 5:30am - 8:45pm | 8:15-9am 10:15-11am | Shallow Workout Smoother Moves | Main Pool Splash Pool |
| WEDNESDAY | Aquac Fitness | | |
| Pools Open 5:30am - 8:45pm | 8:15-9am 9:15-10am 10:45-11:45am 6-7pm | High Intensity Deeper Power Senior Water Exercise AquaStride HIIT | Main Pool Main Pool Main Pool <i>*Free*</i> Main Pool |
| THURSDAY | Aquac Fitness | | |
| Pools Open 5:30am - 8:45pm | 8:15-9am 9-9:45am 10:15-11am | Aqua Yoga High Intensity Smoother Moves | Splash Pool Main Pool Main Pool |
| FRIDAY | Aquac 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 <i>*Sat, Sept 6th Splash Pool will open at 6am*</i> | Pools Open Noon - 6:45pm | | |
| 5 Star Practice Mon - Fri 3:30 - 7:15pm Sat 8 - 11:15am <i>*Starting Sept. 15th*</i> | INDOOR POOL MAINTENANCE SEPT 2nd-9th NO AQUATICS CLASSES DURING CLOSURE Grab a pool maintenance schedule at the Front Desk or call 717.626.5096 for more info on accommodations. | | |

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

Aquatics Director: Heather Fittery@lititzrec.com 717.626.5096 Ext. 227