

Indoor Pool Schedule



DECEMBER 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 5:30-6:30pm	High Intensity Deeper Power AquaStride HIIT	Main Pool Main Pool 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	Pools Open Noon - 6:45pm		

Swim Team Practices

Five Star
M-F 4:30 - 7:15pm
Sat 8-11:15am

High School Swim Teams
M-F 7-8:45pm
Warwick Fri 3:30-5pm

**Looking for
Swim Lessons or
Private Sessions?**

Contact us at
717.626.5096 Ext. 227 or
visit www.lititzrec.com

**MEMBER REGISTRATION
OPENS OCTOBER 6TH**

**PRESCHOOL
LESSONS**



**YOUTH
LESSONS**



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

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

2025/2026 Swim MEET Schedule

DECEMBER

- | | | |
|-------------------------|-----------------|------------------------|
| • Tuesday, December 2 | Manheim Central | Main Pool closes @ 7pm |
| • Thursday, December 4 | Warwick | Main Pool closes @ 7pm |
| • Tuesday, December 9 | Manheim Central | Main Pool closes @ 7pm |
| • Thursday, December 18 | Warwick | Main Pool closes @ 7pm |

JANUARY

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|------------------------|-----------------------------|-------------------------|
| • Saturday, January 10 | Five Star | Main Pool CLOSED |
| • Sunday, January 11 | Five Star | Main Pool CLOSED |
| • Thursday, January 15 | Warwick (<i>Tri-Meet</i>) | Main Pool closes @ 7pm |
| • Tuesday, January 20 | Manheim Central | Main Pool closes @ 7pm |
| • Tuesday, January 27 | Manheim Central | Main Pool closes @ 7pm |
| • Thursday, January 29 | Warwick | Main Pool closes @ 7pm |

FEBRUARY

- | | | |
|-------------------------|-----------|-------------------------|
| • Saturday, February 21 | Five Star | Main Pool CLOSED |
| • Sunday, February 22 | Five Star | Main Pool CLOSED |

