

# Indoor Pool Schedule



# FEBRUARY 2026



## MONDAY

## Aquatic Fitness

**Pools Open 5:30am - 8:45pm**

8:15-9am	High Intensity	Main Pool
9:15-10am	Deeper Power	Main Pool
12:15-1pm	Aqua Barre	Splash Pool
1-1:45pm	Rhythmic Vibes	Splash Pool
5:30-6:15pm	Deeper Power	Main Pool

## TUESDAY

## Aquatic Fitness

**Pools Open 5:30am - 8:45pm**

8:15-9am	Shallow Workout	Main Pool
10-10:45am	Smoothen Moves	Splash Pool

## WEDNESDAY

## Aquatic Fitness

**Pools Open 5:30am - 8:45pm**

8:15-9am	High Intensity	Main Pool
9:15-10am	Deeper Power	Main Pool
10:45-11:45am	Office of Aging	Main Pool
5:30-6:30pm	AquaStride HIIT	Main Pool

## THURSDAY

## Aquatic Fitness

**Pools Open 5:30am - 8:45pm**

8:15-9am	Aqua Yoga	Splash Pool
9:15-10am	High Intensity	Main Pool
10:15-11am	Smoothen Moves	Main Pool

## FRIDAY

## Aquatic Fitness

**Pools Open 5:30am - 8:45pm**

8:15-9am	High Intensity	Main Pool
9:15-10am	Deeper Power	Main Pool
12:15-1pm	Aqua Barre	Splash Pool
1-1:45pm	Rhythmic Vibes	Splash Pool

## SATURDAY

## SUNDAY

**MAIN POOL Open 6am 6:45pm**

**SPLASH POOL Open 7:30am-6:45pm**

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

SWIM MEETS  
Sat, Feb 21 - **MAIN POOL CLOSED**  
Sat, Feb - **MAIN POOL CLOSED**

**Pools Open Noon - 6:45pm**

**\*Special Olympics 4-5:30pm in Main Pool\***

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

Contact us at  
717.626.5096 Ext. 227 or  
visit [www.lititzrec.com](http://www.lititzrec.com)

**MEMBER REGISTRATION  
OPENS  
FEBRUARY 9TH**

**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**