

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	Smoother 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	Smoother 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		Pools Open Noon - 6:45pm <i>*Special Olympics 4-5:30pm in Main Pool*</i>	
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		Looking for Swim Lessons or Private Sessions? Contact us at 717.626.5096 Ext. 227 or visit 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