

# Indoor Pool Schedule



## JANUARY 2026



MONDAY	Aquatic 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	Aquatic Fitness		
Pools Open 5:30am - 8:45pm	8:15-9am 10-10:45am	Shallow Workout Smoother Moves	Main Pool Splash Pool
WEDNESDAY	Aquatic Fitness		
Pools Open 5:30am - 8:45pm	8:15-9am 9:15-10am 10:45-11:45am 5:30-6:30pm	High Intensity Deeper Power Office of Aging AquaStride HIIT	Main Pool Main Pool Main Pool Main Pool
THURSDAY	Aquatic Fitness		
Pools Open 5:30am - 8:45pm	8:15-9am 9:15-10am 10:15-11am	Aqua Yoga High Intensity Smoother Moves	Splash Pool Main Pool Main Pool
FRIDAY	Aquatic 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](http://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](mailto:Heather.Fittery@lititzrec.com) 717.626.5096 Ext. 227

# 2026 Swim MEET Schedule

## JANUARY

- |                        |                             |                         |
|------------------------|-----------------------------|-------------------------|
| • Saturday, January 10 | Five Star                   | Main Pool <b>CLOSED</b> |
| • Sunday, January 11   | Five Star                   | Main Pool <b>CLOSED</b> |
| • 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 <b>CLOSED</b> |
| • Sunday, February 22   | Five Star | Main Pool <b>CLOSED</b> |

