

# Indoor Pool Schedule



# JANUARY 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**

**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 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>

