Indoor Pool Schedule

November 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 *LIMITED LANES: M-F 4:30 - 7PM & SAT 8-11AM*

Looking for Swim Lessons or Private Sessions?

PRESCHOOL LESSONS

YOUTH LESSONS

PRIVATE LESSONS

Get set up with an instructor today by contcting us at 717.626.5096 ext. 245

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

Aquatics Department: Aquatics@lititzrec.com 717.626.5096 Ext. 245 & 227