

Indoor Pool Schedule



NOVEMBER 2025



MONDAY	Aquac 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	Aquac Fitness		
Pools Open 5:30am - 8:45pm	8:15-9am 10:15-11am	Shallow Workout Smoother Moves	Main Pool Splash Pool
WEDNESDAY	Aquac Fitness		
Pools Open 5:30am - 8:45pm	8:15-9am 9:15-10am 10:45-11:45am 6-7pm	High Intensity Deeper Power Senior Water Exercise AquaStride HIIT	Main Pool Main Pool Main Pool <i>*Free*</i> Main Pool
THURSDAY	Aquac Fitness		
Pools Open 5:30am - 8:45pm	8:15-9am 9-9:45am 10:15-11am	Aqua Yoga High Intensity Smoother Moves	Splash Pool Main Pool Main Pool
FRIDAY	Aquac 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

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

2025/2026 Swim MEET Schedule

DECEMBER

- | | | |
|-------------------------|-----------------|------------------------|
| • Tuesday, December 2 | Manheim Central | Main Pool closes @ 7pm |
| • Thursday, December 4 | Warwick | Main Pool closes @ 7pm |
| • Tuesday, December 9 | Manheim Central | Main Pool closes @ 7pm |
| • Thursday, December 18 | Warwick | Main Pool closes @ 7pm |

JANUARY

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|------------------------|-----------------------------|-------------------------|
| • Saturday, January 10 | Five Star | Main Pool CLOSED |
| • Sunday, January 11 | Five Star | Main Pool CLOSED |
| • 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

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|-------------------------|-----------|-------------------------|
| • Saturday, February 21 | Five Star | Main Pool CLOSED |
| • Sunday, February 22 | Five Star | Main Pool CLOSED |

