

Indoor Pool Schedule



DECEMBER 2025



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 10:15-11am	Shallow Workout Smoother Moves Main Pool Splash Pool
WEDNESDAY		Aquatic Fitness	
Pools Open 5:30am - 8:45pm		8:15-9am 9:15-10am 5:30-6:30pm	High Intensity Deeper Power AquaStride HIIT Main Pool Main Pool Main Pool
THURSDAY		Aquatic 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		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 <i>Five Star</i> M-F 4:30 - 7:15pm Sat 8-11:15am <u>High School Swim Teams</u> 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 |

