

Indoor Pool Schedule

October 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 <i>*Sat, Sept 6th Splash Pool will open at 6am*</i>	Pools Open Noon - 6:45pm		

Five Star Practice

Mon - Fri 4:30 - 7:15pm
Sat 8 - 11:15am

**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



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

Aquatics Director: Heather.Fittery@lititzrec.com 717.626.5096 Ext. 227