

# Indoor Pool Schedule



## MARCH 2026



MONDAY	Aquatic Fitness		
<b>Pools Open 5:30am - 8:45pm</b>	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		
<b>Pools Open 5:30am - 8:45pm</b>	8:15-9am	Shallow Workout	Main Pool
	10-10:45am	Smoother Moves	Splash Pool
WEDNESDAY	Aquatic Fitness		
<b>Pools Open 5:30am - 8:45pm</b>	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		
<b>Pools Open 5:30am - 8:45pm</b>	8:15-9am	Aqua Yoga	Splash Pool
	9:15-10am	High Intensity	Main Pool
	10:15-11am	Smoother Moves	Main Pool
FRIDAY	Aquatic Fitness		
<b>Pools Open 5:30am - 8:45pm</b>	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		
<b>MAIN POOL Open 6am 6:45pm</b> <b>SPLASH POOL Open 7:30am-6:45pm</b>	<b>Pools Open Noon - 6:45pm</b> <i>*Special Olympics 4-5:30pm in Main Pool*</i>		

**Sunday**  
March 29th  
STARTING AT 1PM

**Sunday**  
March 29th

- 1-1:45pm Ages 3-5
- 2-2:45pm Ages 6-10
- 3-3:45pm Ages 6-10

1pm Start

2pm Start

3pm Start

### 5 Star Swim Practice

Monday-Friday 4:30-7:15pm  
Saturday 8-11:15am

**Looking for Swim Lessons or Private Sessions?**

**PRESCHOOL LESSONS**

**YOUTH LESSONS**

**PRIVATE 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**