

# Indoor Pool Schedule

## MAY 2026



MONDAY	Aquatic Fitness		
<p><b>Pools Open 5:30am - 8:45pm</b></p>	<p>8:15-9am 9:15-10am 12:15-1pm 1-1:45pm 5:30-6:15pm</p>	<p>High Intensity Deeper Power Aqua Barre Rhythmic Vibes Deeper Power</p>	<p>Main Pool Main Pool Splash Pool Splash Pool Main Pool</p>
TUESDAY	Aquatic Fitness		
<p><b>Pools Open 5:30am - 8:45pm</b></p>	<p>8:15-9am 10-10:45am</p>	<p>Shallow Workout Smoother Moves</p>	<p>Main Pool Splash Pool</p>
WEDNESDAY	Aquatic Fitness		
<p><b>Pools Open 5:30am - 8:45pm</b></p>	<p>8:15-9am 9:15-10am 10:45-11:45am 5:30-6:30pm</p>	<p>High Intensity Deeper Power Office of Aging AquaStride HIIT</p>	<p>Main Pool Main Pool Main Pool Main Pool</p>
THURSDAY	Aquatic Fitness		
<p><b>Pools Open 5:30am - 8:45pm</b></p>	<p>8:15-9am 9:15-10am 10:15-11am</p>	<p>Aqua Yoga High Intensity Smoother Moves</p>	<p>Splash Pool Main Pool Main Pool</p>
FRIDAY	Aquatic Fitness		
<p><b>Pools Open 5:30am - 8:45pm</b></p>	<p>8:15-9am 9:15-10am 12:15-1pm 1-1:45pm</p>	<p>High Intensity Deeper Power Aqua Barre Rhythmic Vibes</p>	<p>Main Pool Main Pool Splash Pool Splash Pool</p>
SATURDAY	SUNDAY		
<p>MAIN POOL Open 6am 6:45pm SPLASH POOL Open 7:30am-6:45pm</p>	<p><b>Pools Open Noon - 6:45pm</b> <i>*Special Olympics 4-5:30pm in Main Pool*</i></p>		
<p><b>5 Star</b> <b>Swim Practice</b> Monday-Friday 4:30-7:15pm Saturday 8-11:15am</p>	<p><b>Looking for Swim Lessons or Private Sessions?</b></p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="841 1850 1003 1980"> <p>PRESCHOOL LESSONS</p> </div> <div data-bbox="1073 1850 1230 1980"> <p>YOUTH LESSONS</p> </div> <div data-bbox="1333 1850 1490 1980"> <p>PRIVATE LESSONS</p> </div> </div>		

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

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