

# Indoor Pool Schedule



## Summer 2026 June - August



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>		

**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**