



INDOOR POOL CLASSES & SCHEDULES

FREE Swimming & Aquatic Fitness for Members

Aquatics Director: HeatherFittery@lititzrec.com • 717-626-5096 ext. 227

Aquatic Fitness Classes offer Members of all ages and abilities a lower-impact, resistance exercise option. Classes are offered year-round in our two indoor pools at Lititz recCenter – a deep lap pool or our shallower zero-entry Splash Pool.

AQUATIC FITNESS CLASSES

DEEPER POWER
SMOOTHER MOVES
RHYTHMIC VIBES
HIGH INTENSITY
AQUA STRIDE HIIT

AQUA YOGA
AQUA BARRE
SHALLOW WORKOUT
SENIOR WATER EXERCISE
Free to the community



Scan here for class descriptions & schedules

AQUATIC SWIM LESSONS

Parent & Child

Parent with Child
6 mos - 2 years

Mon 9-9:30am
5:15-5:45pm
Sat 8:30-9am

\$88 Member
\$118 NonMember

Preschool 3-5 yrs

\$93 Member
\$134 NonMember

Starfish (Level 1)

Mon 9:35-10:05am
5:50-6:20pm
Tues 9-9:30am
6:45-7:15pm
Wed 6:45-7:15pm
Thurs 10:45-11:15am
5-5:30pm
Fri 9-9:30am
Sat 9:05-9:35am

Guppy (Level 2)

Mon 10:10-10:40am
6:25-6:55pm
Tues 9:35-10:05am
6:10-6:40pm
Wed 6:10-6:40pm
Thurs 10:10-10:40am
5:35-6:05pm
Fri 9:35-10:05am
Sat 9:40-10:10am

Penguin (Level 3)

Mon 10:45-11:15am
7-7:30pm
Tues 10:10-10:40am
5:35-6:05pm
Wed 5:35-6:05pm
Thurs 9:35-10:05am
6:10-6:40pm
Fri 10:10-10:40am
Sat 10:15-10:45am

Sea Squirt (Level 4)

Tues 10:45-11:15am
5-5:30pm
Wed 5-5:30pm
Thurs 9-9:30am
6:45-7:15pm
Fri 10:45-11:15am
Sat 10:50-11:20am

Youth 6-12 yrs

\$93 Member
\$134 NonMember

Jellyfish (Level 1)

Mon 4:30-5:10pm
Wed 6-6:40pm
Thurs 6:45-7:25pm
Sat 8:30-9:10am

Seahorse (Level 2)

Mon 5:15-5:55pm
Tues 4:30-5:10pm
Wed 5:15-5:55pm
Thurs 6-6:40pm
Sat 9:15-9:55am

Otter (Level 3)

Mon 6-6:40pm
Tues 5:15-5:55pm
Wed 4:30-5:10pm
Thurs 5:15-5:55pm
Sat 10-10:40am

Seal (Level 4)

Mon 6:45-7:25pm
Tues 6-6:40pm
Thurs 4:30-5:10pm
Sat 10:45-11:25am

Dolphin (Level 5)

Tues 6:45-7:25pm
Sat 11:30am-12:10pm

PARTNERSHIP PROGRAM

Our community partnership program reaches approximately 200 residents each year. Speak to our team and see if you qualify for assistance that may help your child with swimming lesson registrations! Call us at 717-626-5096

Private Swim Lessons for all ages & swim levels.

Available for one swimmer or up to 3 in a group with a 30-minute session. Lessons offer creative & focused instruction along with flexible scheduling. Choose a time that works best for your busy schedule.

30 min session – One Swimmer: member \$30 nonmember \$55
30 min session – Group up to 3 swimmers: member \$50 non-member \$70

