

WEEKLY POOL SCHEDULE July 8th – July 14th 2024

Centennial Pool - 1970 Gottingen St, Halifax, NS - T: (902) 490-7219

DAY	PUBLIC ADULT LANE SWIM OPEN SWIMS	AQUACISE (S) = Shallow (D) = Deep 2-3 Lanes closed for each Aquacise class
MONDAY July 8	7:45am – 2:00pm (SC) 3:30pm – 8:00pm (SC)	(S) 10:00am – 11:00am (Nancy) (S) 12:15pm – 1:00pm (No Instructor)
TUESDAY July 9	7:45am – 2:00pm (SC) 3:30pm – 9:30pm (SC)	(S) 10:00am – 11:00am (No Instructor) (D) 12:15pm – 1:00pm (Hugh) (D) 5:30pm – 6:30pm (Adele)
WEDNESDAY July 10	7:45am – 2:00pm (SC) 3:30pm – 8:00pm (SC)	(S) 10:00am – 11:00am (No Instructor) (S) 12:15pm – 1:00pm (Nancy)
THURSDAY July 11	7:45am – 2:00pm (SC) 3:30pm – 9:30pm (SC)	(S) 10:00am – 11:00am (No Instructor) (D) 12:15pm – 1:00pm (Hugh)
FRIDAY July 12	7:45am – 2:00pm (SC) 3:30pm – 6:30pm (SC)	(S) 10:00am – 11:00am (Nancy) (S) 12:15pm – 1:00pm (Nancy)
SATURDAY July 13	11:00am – 12:30pm (SC) *Open Swim 1:00pm – 4:00pm 5:00pm – 6:30pm (LC) 6:30pm – 7:30pm (LC) All Gender Swim	NO CLASS
SUNDAY July 14	11:00am – 1:00pm (SC) *Open Swim 1:30pm – 4:00pm 4:30pm – 6:15pm (SC)	NO CLASS

(SC) = Short Course Lanes (LC) = Long Course Lanes

*Open Swims have all deep and 3 shallow lanes removed. (3 lanes available for lane swimming).

*The 3 metre and 5 metre diving platforms will be available during open swims