

# WEEKLY POOL SCHEDULE January 19th – January 25th 2026

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

DAY	PUBLIC ADULT LANE SWIM	AQUACISE (S) = Shallow (D) = Deep 2-3 Lanes closed for each Aquacise class
<b>MONDAY</b> Jan 19	7:45am – 2:00pm (SC) 3:30pm – 4:15pm (SC)	(S) 10:30am – 11:30am (Maureen) (S) 11:30am – 12:15pm (Maureen)
<b>TUESDAY</b> Jan 20	7:45am – 2:00pm (SC) 3:30pm – 4:15pm (SC) 8:30pm – 9:30pm (SC)	(S) 10:00am – 11:00am (Maureen) (D) 12:15pm – 1:00pm (Hugh) (D) 5:30pm – 6:30pm (Adele)
<b>WEDNESDAY</b> Jan 21	7:45am – 2:00pm (SC) 3:30pm – 4:15pm (SC)	(S) 10:00am – 11:00am (Maureen) (S) 12:15pm – 1:00pm (Nancy)
<b>THURSDAY</b> Jan 22	7:45am – 2:00pm (SC) 3:30pm – 4:15pm (SC) 8:30pm – 9:30pm (SC)	(S) 10:00am – 11:00am (Maureen) (D) 12:15pm – 1:00pm (Hugh)
<b>FRIDAY</b> Jan 23	7:45am – 2:00pm (SC) 3:30pm – 4:15pm (SC)	(S) 10:00am – 11:00am (Nancy) (S) 12:15pm – 1:00pm (Nancy)
<b>SATURDAY</b> Jan 24	<b>NO PUBLIC SWIMMING</b>	<b>NO CLASS</b>
<b>SUNDAY</b> Jan 25	2:00pm – 3:00pm (SC)	<b>NO CLASS</b>

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(SC) = Short Course Lanes