

## **WEEKLY POOL SCHEDULE January 5th – January 11th 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 5	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 6	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 7	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 8	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 9	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 10	12:30pm – 2:30pm (SC)	<b>NO CLASS</b>
<b>SUNDAY</b> Jan 11	12:30pm – 2:30pm (SC)	<b>NO CLASS</b>

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**(SC) = Short Course Lanes**