

# WEEKLY POOL SCHEDULE January 6th – January 12th 2025

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 6	7:45am – 2:00pm (SC) 3:30pm – 4:30pm (SC)	(S) 10:00am – 11:00am (Maureen) (S) 12:15pm – 1:00pm (Maureen)
<b>TUESDAY</b> Jan 7	7:45am – 2:00pm (SC) 3:30pm – 5:00pm (SC) <b>Deep Lanes Only from 4:30pm -5:00pm</b> 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 8	7:45am – 2:00pm (SC) 3:30pm – 4:30pm (SC)	(S) 10:00am – 11:00am (Maureen) (S) 12:15pm – 1:00pm (Nancy)
<b>THURSDAY</b> Jan 9	7:45am – 2:00pm (SC) 3:30pm – 4:30pm (SC) 8:30pm – 9:30pm (SC)	(S) 10:00am – 11:00am (Maureen) (D) 12:15pm – 1:00pm (Hugh)
<b>FRIDAY</b> Jan 10	7:45am – 2:00pm (SC) 3:30pm – 4:30pm (SC)	(S) 10:00am – 11:00am (Nancy) (S) 12:15pm – 1:00pm (Nancy)
<b>SATURDAY</b> Jan 11	12:00pm – 2:30pm (SC) 5:00pm - 6:30pm (LC) 6:30pm – 7:30pm (LC) <b>All Gender Swim</b>	<b>NO CLASS</b>
<b>SUNDAY</b> Jan 12	3:00pm – 6:00pm (SC)	(D) 5:45pm – 6:30pm (Nancy)

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

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