

WEEKLY POOL SCHEDULE July 14th – July 20th 2025

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
MONDAY July 14	7:45am – 2:00pm (SC) NO DEEP LANES FROM 8:45am-10:15am 3:30pm – 4:30pm (SC)	(S) 10:00am – 11:00am (Maureen) (S) 12:15pm – 1:00pm (Maureen)
TUESDAY July 15	7:45am – 2:00pm (SC) 3:30pm – 5:00pm (SC) 6:30pm -7:30pm (SC) SHALLOW ONLY	(S) 10:00am – 11:00am (No Instructor) (D) 12:15pm – 1:00pm (No Instructor) (D) 5:30pm -6:30pm (Adele)
WEDNESDAY July 16	7:45am – 2:00pm (SC) NO DEEP LANES FROM 8:45am-10:15am 3:30pm – 6:30pm (SC)	(S) 10:00am – 11:00am (Maureen) (S) 12:15pm – 1:00pm (Nancy)
THURSDAY July 17	7:45am – 2:00pm (SC) 3:30pm – 7:30pm (SC) SHALLOW ONLY FROM 6:00pm-7:30pm	(S) 10:00am – 11:00am (No Instructor) (D) 12:15pm – 1:00pm (No Instructor)
FRIDAY July 18	7:45am – 2:00pm (SC) 3:30pm – 4:30pm (SC)	(S) 10:00am – 11:00am (Nancy) (S) 12:15pm – 1:00pm (Nancy)
SATURDAY July 19	9:00am – 2:30pm (SC)	NO CLASS
SUNDAY July 20	9:00am – 5:00pm (SC)	NO CLASS

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