

## WEEKLY POOL SCHEDULE July 7th – July 13th 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
<b>MONDAY</b> July 7	7:45am – 2:00pm (SC) <b>NO DEEP LANES FROM 8:45am-10:15am</b> 3:30pm – 4:30pm (SC)	(S) 10:00am – 11:00am (Maureen) (S) 12:15pm – 1:00pm (Maureen)
<b>TUESDAY</b> July 8	7:45am – 2:00pm (SC) 3:30pm – 5:00pm (SC) 6:30pm -7:30pm (SC) <b>SHALLOW ONLY</b>	(S) 10:00am – 11:00am ( <b>No Instructor</b> ) (D) 12:15pm – 1:00pm (Hugh) (D) 5:30pm -6:30pm (Adele)
<b>WEDNESDAY</b> July 9	7:45am – 2:00pm (SC)  <b>NO DEEP LANES FROM 8:45am-10:15am</b> 3:30pm – 6:30pm (SC)	(S) 10:00am – 11:00am (Maureen) (S) 12:15pm – 1:00pm (Nancy)
<b>THURSDAY</b> July 10	7:45am – 2:00pm (SC) 3:30pm – 7:30pm (SC) <b>SHALLOW ONLY FROM 6:00pm-7:30pm</b>	(S) 10:00am – 11:00am ( <b>No Instructor</b> ) (D) 12:15pm – 1:00pm (Hugh)
<b>FRIDAY</b> July 11	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> July 12	9:00am – 5:00pm (SC) <b>DEEP LANES ONLY FROM 10:00am-11:30am</b>	<b>NO CLASS</b>
<b>SUNDAY</b> July 13	9:00am – 5:00pm (SC)	<b>NO CLASS</b>

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