

WEEKLY POOL SCHEDULE March 16th – March 22nd 2026

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

DAY	PUBLIC ADULT LANE SWIM *NOTE NEW LONG COURSE LANE SWIM	AQUACISE (S) = Shallow (D) = Deep 2-3 Lanes closed for each Aquacise class
MONDAY March 16	7:45am – 2:00pm (SC) 3:30pm – 4:15pm (SC)	(S) 10:30am – 11:30am (Maureen) (S) 11:30am – 12:15pm (Maureen)
TUESDAY March 17	* 7:45am – 9:15am (LC) 9:30am – 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)
WEDNESDAY March 18	7:45am – 2:00pm (SC) 3:30pm – 4:15pm (SC)	(S) 10:00am – 11:00am (Maureen) (S) 12:15pm – 1:00pm (No Instructor)
THURSDAY March 19	* 7:45am – 9:15am (LC) 9:30am – 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)
FRIDAY March 20	7:45am – 2:00pm (SC) 3:30pm – 4:15pm (SC)	(S) 10:00am – 11:00am (No Instructor) (S) 12:15pm – 1:00pm (No Instructor)
SATURDAY March 21	12:30pm – 2:30pm (SC)	NO CLASS
SUNDAY March 22	3:30pm – 5:00pm (SC)	NO CLASS

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