

# WEEKLY POOL SCHEDULE November 20th 2023 – November 26th 2023

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

| DAY                               | PUBLIC ADULT LANE SWIM  | AQUACISE<br>(S) = Shallow (D) = Deep<br>2-3 Lanes closed for each Aquacise class                 |
|-----------------------------------|---|--|
| <b>MONDAY</b><br><b>Nov 20</b>    | 7:45am – 2:00pm (SC)<br>3:30pm – 4:15pm (SC)  | (S) 10:00am – 11:00am (Maureen)<br>(S) 12:15pm – 1:00pm (Maureen)                                |
| <b>TUESDAY</b><br><b>Nov 21</b>   | 7:45am – 2:00pm (SC)<br>3:30pm – 4:15pm (SC)<br>4:15pm – 5:15pm (SC) <b>Deep Only</b><br>8:30pm - 9:30pm (SC)<br><b>Lane 6 (deep) closed from 11:00am-12:00pm</b> | (S) 10:00am – 11:00am (Maureen)<br>(D) 12:15pm – 1:00pm (Maureen)<br>(D) 5:30pm – 6:30pm (Adele) |
| <b>WEDNESDAY</b><br><b>Nov 22</b> | 7:45am – 2:00pm (SC)<br>3:30pm – 4:15pm (SC)  | (S) 10:00am – 11:00am (Maureen)<br>(S) 12:15pm – 1:00pm (Nancy)                                  |
| <b>THURSDAY</b><br><b>Nov 23</b>  | 7:45am – 2:00pm (SC)<br>3:30pm – 4:15pm (SC)<br>8:30pm – 9:30pm (SC)  | (S) 10:00am – 11:00am (Maureen)<br>(D) 12:15pm – 1:00pm (Maureen)                                |
| <b>FRIDAY</b><br><b>Nov 24</b>    | 7:45am – 2:00pm (SC)<br>3:30pm – 4:15pm (SC)  | (S) 10:00am – 11:00am (Nancy)<br>(S) 12:15pm – 1:00pm (Nancy)                                    |
| <b>SATURDAY</b><br><b>Nov 25</b>  | 6:30pm – 7:30pm (LC)  | No Classes   |
| <b>SUNDAY</b><br><b>Nov 26</b>    | 4:30pm – 6:15pm (SC) <b>3 Shallow, 3 Deep</b>   | (D) 5:45pm – 6:30pm (Nancy)  |

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