# YMCA of Greater Halifax/Dartmouth
**John W. Lindsay YMCA**
**AQUATIC CENTRE SCHEDULE**

Effective January 11-February 7, 2021

AQUATIC CENTRE

January 11-February 7, 2021

## LANE POOL SCHEDULE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| 6:00 | LANE SWIM ↑↓ ↑↓ ↑↓ | LANE SWIM ↑↓ ↑↓ ↑↓ | LANE SWIM ↑↓ ↑↓ ↑↓ | LANE SWIM ↑↓ ↑↓ ↑↓ | LANE SWIM ↑↓ ↑↓ ↑↓ | | |
| 6:15 | | | | | | | |
| 6:30 | | | | | | | |
| 6:45 | | | | | | | |
| 7:00 | | | | | | | |
| 7:15 | | | | | | | |
| 7:30 | | | | | | | |
| 7:45 | | | | | | | |
| 8:00 | | | | | | | LANE SWIM ↑↓ ↑↓ ↑↓ |
| 8:15 | | | | | | | |
| 8:30 | | | | | | | |
| 8:45 | | | | | | | |
| 9:00 | | | | | ↑↓ AQUA FIT | | |
| 9:15 | | | | | | | ↑↓ AQUA FIT |
| 9:30 | ↑↓ AQUA FIT | | | | | | |
| 9:45 | | | | | | | |
| 10:00 | | ↑↓ AQUA FREE | | ↑↓ AQUA FREE | | LANE SWIM ↑↓ ↑↓ ↑↓ | |
| 10:15 | | | | | | | |
| 10:30 | | | | | | | |
| 10:45 | | | | | | | |
| 11:00 | LANE SWIM ↑↓ ↑↓ ↑↓ | | ↑↓ AQUA FIT | | LANE SWIM ↑↓ ↑↓ ↑↓ | | ↑↓ ↑↓ ↑↓ |
| 11:15 | | LANE SWIM ↑↓ ↑↓ ↑↓ | | LANE SWIM ↑↓ ↑↓ ↑↓ | | | |
| 11:30 | | | LANE SWIM ↑↓ ↑↓ ↑↓ | | | | |
| 11:45 | | | | | | | |
| 12:00 | | | | | | | |
| 12:15 | | | | | | | |
| 12:30 | | | | | | | |
| 12:45 | | | | | | | |
| 1:00 | | | | | | | |
| 1:15 | | | | | | | |
| 1:30 | | | | | | | |
| 1:45 | | | | | | | |
| 2:00 | | | | | | | |
| 2:15 | | | | | | | |
| 2:30 | | | | | | | |
| 2:45 | | | | | | | |
| 3:00 | | | | | | | |
| 3:15 | | | | | | | |
| 3:30 | | | | | | | |
| 3:45 | LANE SWIM ↑↓ ↑↓ ↑↓ | LANE SWIM ↑↓ ↑↓ ↑↓ | LANE SWIM ↑↓ ↑↓ ↑↓ | LANE SWIM ↑↓ ↑↓ ↑↓ | LANE SWIM ↑↓ ↑↓ ↑↓ | | |
| 4:00 | | | | | | LANE SWIM ↑↓ ↑↓ ↑↓ | |
| 4:15 | | | | | | | |
| 4:30 | | | | | | | |
| 4:45 | | ↑↓ ↑↓ | | ↑↓ ↑↓ | | | |
| 5:00 | | | | | | ↑↓ AQUA FIT | LANE SWIM ↑↓ ↑↓ ↑↓ |
| 5:15 | | | | | | | |
| 5:30 | | ↑↓ ↑↓ AQUA FIT | | ↑↓ ↑↓ AQUA FIT | | | |
| 5:45 | | | | | | | |
| 6:00 | | | | | | ↑↓ ↑↓ ↑↓ | |
| 6:15 | | | | | | | |
| 6:30 | | | | | | | |
| 6:45 | | ↑↓ ↑↓ ↑↓ | | ↑↓ ↑↓ ↑↓ | | | |
| 7:00 | | | | | | | |
| 7:15 | | | | | | | |
| 7:30 | | | | | | | |

**PLEASE NOTE:**

The **DIRRECTIONAL** arrows indicate the number of lanes available for lane swims.

**ATTENTION:**

**HYDROTHERAPHY WHIRLPOOL has a maximum capacity of TWO (2) and has the same operational hours as the Lane Pool.**

**REMEMBER:**

Reserve your time in the Aquatic Centre through our My Y App!

**We make every attempt to offer a consistent schedule, however, schedules and instructors are subject to change. For more information about any Aquatics Programs, please contact our Aquatics Ma nager, Sarah Elliot, at sarah.elliot@halifax.ymca.ca.**