



Formation Halifax Fitness & Sports Schedule

| | Stadplex 721-6576 | | Shearwater 720-1071 | | Fleet 427-3524 |
|---|-----------------------------|--|-------------------------------------|--|--------------------------|
| | Hours | Pool Schedule | Hours | Pool Schedule | Hours |
| Monday | 0600-2100 | Lane Swim: 1130-1300 Water Works: 0730-0830 | 0630-2100 | Lane Swim: 1130-1300 | 0600-1630 |
| Tuesday | 0600-2100 | Lane Swim: 1130-1300 | 0630-2100 | Lane Swim: 0730-0830 Lane Swim: 1130-1300 | 0600-1630 |
| Wednesday | 0600-2100 | Lane Swim: 1130-1300 Water Works: 0730-0830 | 0630-2100 | Lane Swim: 1130-1300 Open Swim: 1530-1630 | 0600-1630 |
| Thursday | 0600-2100 | Lane Swim: 1130-1300 | 0630-2100 | Lane Swim: 0730-0830 Lane Swim: 1130-1300 Open Swim: 1830-1930 | 0600-1630 |
| Friday | 0600-2100 | Lane Swim: 1130-1300 Water Works: 0730-0830 | 0630-2100 Open Rec: 1600-1830 | Lane Swim: 1130-1300 Open Swim: 1530-1630 | 0600-1630 |
| Saturday & Sunday | 0900-1700 | — | 0900-0700 | — | Closed |
| Sports Stores | 0600-1400 | | 0630-1430 | | 0730-1600 |
| <i>Gym Floor unavailable in Stadplex and Shearwater after 1800 or weekends</i> | | | | | |

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| Shannon Park Arena Info: 722-4602 | |
| Open Daily: 0800-2330 | |
| <u>Shinny Hockey</u> | |
| Tuesday & Thursday | 1200-1300 |
| <u>Casual Skate</u> | |
| Monday | 1200-1300 |
| Saturday & Sunday | 1300-1400 |

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|---|-----------|
| Shearwater Arena Info: 720-1078 | |
| Open Daily: 0800-2330 | |
| <u>Shinny Hockey</u> | |
| Tuesday & Thursday | 1130-1300 |
| <u>Casual Skate</u> | |
| Monday & Wednesday | 1200-1300 |
| Wednesday | 1500-1600 |
| Thursday | 1830-1930 |
| Saturday | 1530-1700 |
| Sunday | 1500-1630 |