Holiday Schedule
December 31st, 2023 – January 6th, 2024

Aquatic Fitness

Make Time for You to

Shine On

Sunday, Dec 31st

8:30am – 9:30am Lane Swim
9:40am – 10:40am Adult Leisure Swim with 2 lanes
11:00pm – 12:00pm Family Open Swim
(Call to book your families spot 902-562-9622 #1)
12:00pm - 1:00pm Lane Swim

Monday, Jan 1st

CLOSED

Tuesday, Jan 2nd

6:30am – 7:45am Lane Swim
7:45 am – 8:40am Open Swim/2 Lanes
8:45 am - 9:45am Aqua fitness
10:00am – 10:45am Play Pals Swim
10:50am – 11:50am Aqua Stretch
12:00 pm – 1:00pm Lane Swim
1:15 pm – 2:00pm Aqua Therapy
6:00pm – 7:00pm Family Swim
(Call to book your families spot 902-562-9622 #1)
7:00pm – 8:00pm Family Swim
(Call to book your families spot 902-562-9622 #1)
8:10pm – 9:10pm Lane Swim

Wednesday, Jan 3rd

6:20-7:20am Lane Swim
7:30-8:30am Aqua Fitness
8:30-9:30am Open Swim
10:00-10:45am Adult Leisure Swim
10:50-11:50am Aqua Recovery
12:00pm - 1:00pm Lane Swim
1:05pm -2:00pm Lane Swim
5:45pm - 6:45pm Family Open Swim
(Call to book your families spot 902-562-9622 #1)
7:00pm – 8:00pm Aqua Fitness
8:15 pm – 9:15pm Lane Swim

Thursday, Jan 4th

6:30am–7:45am Lane Swim
7:45am–8:40am Open Swim/2 Lanes
8:45am-9:45am Aqua fitness
10:00am–10:45 Play Pals Swim
12:00pm–1:00pm Lane Swim
1:15pm–2:00pm Aqua Therapy
6:00pm – 7:00pm Family Swim
(Call to book your families spot 902-562-9622 #1)
7:00pm – 8:00pm Family Swim
(Call to book your families spot 902-562-9622 #1)
8:10pm – 9:10pm Lane Swim
6:00pm – 7:00pm Family Swim

Friday, Jan 5th

6:20am – 7:20am Lane Swim
7:30am – 8:30am Aqua Fitness
8:30am – 9:30am Open Swim
10:00am – 10:45am Adult Leisure Swim
10:50am – 11:50am Aqua Recovery
12:00pm – 1:00pm Lane Swim
1:05pm – 2:00pm Lane Swim
6:00pm – 7:00pm Family Swim

Saturday Jan 6th

8:15am – 9:15am Lane Swim
9:30am – 10:45am Adult Open Swim
11:00am – 12:00pm Lane Swim
1:00pm – 2:00pm Family Swim
(Call to book your families spot 902-562-9622 #1)
2:10pm – 3:10pm Family Swim
(Call to book your families spot 902-562-9622 #1)

Shine On **Y** Cape Breton