



# Formation Halifax Fitness & Sports Schedule

	<b>Stadplex</b> 721-6576		<b>Shearwater</b> 720-1071		<b>Fleet</b> 427-3524
	<u>Hours</u>	<u>Pool Schedule</u>	<u>Hours</u>	<u>Pool Schedule</u>	<u>Hours</u>
<b>Monday</b>	0600-2100	Lane Swim: 1130-1300 Water Works: 0730-0830	0630-2100	Lane Swim: 1130-1300	0600-1630
<b>Tuesday</b>	0600-2100	Lane Swim: 1130-1300	0630-2100	Lane Swim: 0730-0830 Lane Swim: 1130-1300	0600-1630
<b>Wednesday</b>	0600-2100	Lane Swim: 1130-1300 Water Works: 0730-0830	0630-2100	Lane Swim: 1130-1300 Open Swim: 1530-1630	0600-1630
<b>Thursday</b>	0600-2100	Lane Swim: 1130-1300	0630-2100	Lane Swim: 0730-0830 Lane Swim: 1130-1300 Open Swim: 1830-1930	0600-1630
<b>Friday</b>	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
<b>Saturday &amp; Sunday</b>	0900-1700	—	0900-1700	—	Closed
<b>Sports Stores</b>	0600-1400		0630-1430		0730-1600

***Gym Floor unavailable in Stadplex and Shearwater after 1800 or weekends***

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

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