# **THREE WEEKS: RESTRICTIONS**

### **Three Weeks: Restrictions**

Forbidden during the *Three Weeks* :

- Saying she'hecheyanu;
- Shaving;
- Haircuts;
- Listening to music (even recorded);
- Getting married.

## Three Weeks: Moving into New Dwelling

You may move into a new home or apartment, whether owning or renting, during the <u>*Three Weeks*</u> before <u>*Tish'a b'Av*</u>. Ideally, you should not move into a new place during the <u>*Nine Days*</u> but if necessary, it is permitted.

## **Three Weeks: Swimming**

If you are swimming for:

- Pleasure, you may swim during the *Three Weeks* but not during the *Nine Days*.
- Exercise (you don't particularly enjoy swimming or you are not doing it for fun or to cool off), you may be permitted to swim even during the *Nine Days*. Consult a *rabbi*.

## **Three Weeks: Socializing**

Activities for socializing are not prohibited during the <u>*Three Weeks*</u> before <u>*Rosh Chodesh Av*</u> (but the activities might be prohibited for other reasons such as if they are dangerous).

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