



Pool Schedule

Monday 11 September 2017



Mon	Lanes	Side Lane	Tue	Lanes	Side Lane	Wed	Lanes	Side Lane	Thur	Lanes	Side Lane	Fri	Lanes	Side Lane	Sat	Lanes	Side Lane
6.00 - 9.30	All	✓	6.00 - 9.30	All	✓	6.00 - 9.30	All	✓	6.00 - 9.30	All	✓	6.00 - 9.30	All	✓	8.00 - 9.00 Aqua Fit	3	✓
9.30 - 12.30	2	✗	9.30 - 12.30	2	✗	9.30 - 12.30	2	✗	9.30 - 12.30	2	✗	9.30 - 12.30	2	✗	9.00 - 11.00	4	✓
12.30 - 3.30	3	✗	12.30 - 1.30	3	✗	12.30 - 1.30	3	✗	12.30 - 1.30	3	✗	12.30 - 1.30	3	✗	11.00 - 5.45	All	✓
3.30 - 6.30	2	✓	1.30 - 3.30	All	✓	1.30 - 3.30	All	✓	1.30 - 2.50	All	✓	1.30 - 3.30	All	✓	5.45	CLOSE	
6.30 - 8.45	All	✓	3.30 - 6.00	2	✓	3.30 - 4.00	2	✓	2.50 - 3.30	5	✓	3.30 - 5.30	4	✓	Sun	Lanes	Side Lane
8.45	CLOSE		6.00 - 6.30	4	✓	4.00 - 4.30	1	✓	3.30 - 6.00	2	✓	5.30 - 7.45	All	✓	9.00 - 10.00	2	✓
			6.30 - 7.30 *Aqua Fit	4	✓	4.30 - 6.00	2	✓	6.00 - 6.30	All	✓	7.45	CLOSE		10.00 - 5.45	All	✓
			7.30 - 8.45	All	✓	6.00 - 8.00	4	✓	6.30 - 7.30 *Aqua Fit	4	✓				5.45	CLOSE	
			8.45	CLOSE		8.00 - 8.45	All	✓	7.30 - 8.45	All	✓						
						8.45	CLOSE		8.45	CLOSE							

P O O L 1 1 S E P T E M B E R

Lanes = The minimum number of lanes available
 Side = Availability of side lane available ✓ = Yes ✗ = No
 Please note: this pool schedule is subject to change without notice.
 Swimming caps are mandatory in pool.

**PLEASE NOTE: NO CASUAL SWIMMING BETWEEN 3.30PM - 6PM MONDAY - THURSDAY
 (MEMBERS ONLY DURING SCHOOL TERMS)**

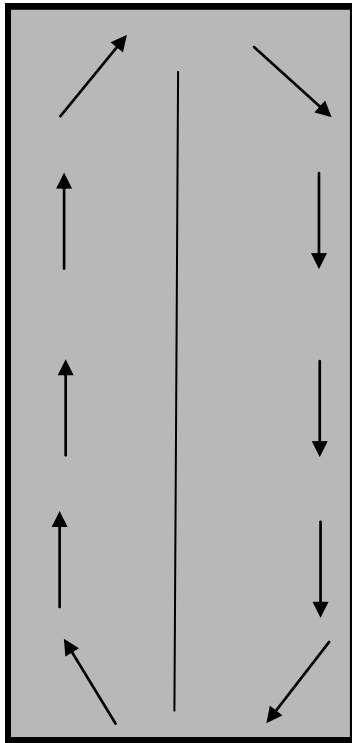


Friends Health & Fitness Lap Swimmers

Lane Etiquette Guide

Please note the Lane Etiquette Guide set out below.

By following these simple suggestions you can help to create a safe and enjoyable swim session for yourself and others.



Please swim on the left-hand side of the lane. Avoiding the possibility of any head on collisions

Check the lane speed signs and select the lane displaying the appropriate speed for your swimming ability

Give way to faster swimmers by allowing room for them to pass

When overtaking ensure your legs, feet, arms and hands are not going to contact the other swimmer