Pool Lane Schedule – 29 July 2024

FRIENDS HEALTH & FITNESS

Learn to Swim, Term 3: 22 July – 28 September 2024 • Adult Learn to Swim, Term 3 (Intake 1): 23 July – 23 August 2024 (Both these classes are part of the FH&F Program Sessions below)

MEMBERS ONLY for Steam & Spa at peak times: 3pm-6pm Monday to Friday AND 9.30am-2.30pm Saturdays (during school terms) NO MEMBER entries for Lap Swimming during these peak times: 4pm-6pm Monday to Friday (during school terms)

MEMBERS ONLY for Lap Swimming during these peak times: 3pm-4pm Monday to Friday AND 9.30am-2.30pm Saturdays (during school terms) NO Casual or Visit Pass entries during peak times (Pool, Steam or Spa): 3pm-6pm Monday to Friday AND 9.30am-2.30pm Saturdays - This applies during school terms only, in line with our Learn to Swim Program (which runs to the Saturday after the last day of school)

The following conditions apply to pool hall access during the peak times specified above:

- Members are defined as holding an active, financial membership and do not include 'Visit Pass' holders.
- Members ONLY permitted for spa and steam room access during peak times as shown.
- Members ONLY permitted for lap swimming 3pm-4pm Monday to Friday and 9.30am-2.30pm Saturday.

NOTE: A Family & General Activity lane is provided ONLY when 4 or more lanes are available during off-peak times, and at the discretion of Centre Management.

MON	Lanes available	Side Lane	TUE	Lanes available	Side Lane	WED	Lanes available	Side Lane	THURS	Lanes available	Side Lane	FRI	Lanes available	Side Lane	SAT	Lanes available	Side Lane
6.00am- 7.30am	4	>	6.00am- 9.30am	6	~	6.00am- 7.30am	4	~	6.00am- 8.30am	6	✓	6.00am- 7.30am	4	~	8.00am- 9.15am	2	✓
7.30am- 8.30am	6	~	9.30am- 10.30am	3	✓	7.30am- 8.30am	6	~	8.30am- 10.30am	3	✓	7.30am- 8.30am	6	✓	9.15am- 12.45pm	3	✓
8.30am- 10.30am	3	~	10.30am -11.00pm	6	~	8.30am- 10.30am	3	~	10.30am- 11.00am	6	✓	8.30am- 10.30am	3	✓	12.45pm- 3.15pm	4	✓
10.30am -1.30pm	6	>	11.00pm -1.00pm	3	~	10.30am- 11.30am	6	>	11.00am- 1.00pm	1	×	10.30am- 11.30am	6	✓	3.15pm- 5.45pm	6	✓
1.30pm- 2.30pm	3	>	1.00pm- 1.30pm	6	✓	11.30am- 1.00pm	1	×	1.00pm- 1.30pm	6	✓	11.30am- 1.00pm	1	×	5.45pm close		
2.30pm- 3.15pm	6	~	1.30pm- 3.30pm	2	×	1.00pm- 2.45pm	6	~	1.30pm- 3.30pm	2	×	1.00pm- 1.30pm	6	✓	SUN	Lanes available	Side Lane
3.15pm- 4.00pm	3	~	3.30pm- 4.00pm	3	✓	2.45pm- 3.15pm	5	~	3.30pm- 4.00pm	3	✓	1.30pm- 3.30pm	3	✓	9.00am- 5.45pm	6	✓
4.00pm- 6.00pm	0	×	4.00pm- 6.00pm	0	×	3.15pm- 4.00pm	2	~	4.00pm- 6.00pm	0	×	3.30pm- 4.00pm	3	✓	5.45pm close		
6.00pm- 7.00pm	2	✓	6.00pm- 6.20pm	5	 Image: A start of the start of	4.00pm- 6.00pm	0	×	6.00pm- 6.20pm	3	~	4.00pm- 6.00pm	0	×			
7.00pm- 7.45pm	6	~	6.20pm- 7.20pm	2	✓	6.00pm- 7.00pm	2	~	6.20pm- 7.20pm	2	✓	6.00pm- 6.30pm	2	 Image: A start of the start of			
7.45pm close			7.20pm- 7.45pm	6	✓	7.00pm- 7.45pm	6	>	7.20pm- 7.45pm	6	✓	6.30pm- 7.45pm	6	✓			
		7.45pm close			7.45pm close			7.45pm close			7.45pm close						

KEY: FH&F Programs Aqua Group Fitness Class School Swim Program Pool booking | This pool schedule is subject to change without notice.