

# Pool Lane Schedule – 23 December 2024



**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 25 DEC	THURS 26 DEC	FRI	Lanes available	Side Lane	SAT	Lanes available	Side Lane		
6.00am-7.30am	4	✓	6.00am-1.45pm	6	✓	<b>Christmas Day Closed</b>	<b>Boxing Day Closed</b>	6.00am-7.30am	4	✓	8.00am-9.15am	2	✓		
7.30am-1.45pm	6	✓	<b>1.45pm close</b>					7.30am-4.00pm	6	✓	9.15am-5.45pm	6	✓		
1.45pm-3.45pm	5	✓	<b>** CHRISTMAS EVE **</b>					4.00pm-5.00pm	3	✓	<b>5.45pm close</b>				
3.45pm-4.00pm	6	✓						5.00pm-6.30pm	2	✓	<b>SUN</b>	Lanes available	Side Lane		
4.00pm-6.00pm	3	✓	6.30pm-7.45pm	6	✓			9.00am-5.45pm	6	✓					
6.00pm-7.00pm	2	✓	<b>7.45pm close</b>					<b>5.45pm close</b>							
7.00pm-7.45pm	6	✓													
<b>7.45pm close</b>															

*Wishing you all a Merry Christmas and Happy New Year from Friends Health & Fitness*



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

**Lanes available:** Number of lap swimming lanes available | **Side Lane:** Availability of side lane (✓ yes OR ✗ no stairs and no ladder side lane) | **Swimming caps are mandatory in the pool.**