

Pool Lane Schedule – 20 January 2025



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-4.00pm	6	✓	6.00am-7.30am	4	✓	6.00am-9.00am	6	✓	6.00am-7.30am	4	✓	8.00am-9.15am	2	✓
7.30am-9.00am	3	✓	9.00am-12.15pm	3	✓	7.30am-9.00am	6	✓	9.00am-12.15pm	3	✓	7.30am-9.00am	6	✓	9.15am-5.45pm	6	✓
9.00am-12.15pm	3	✓	12.15pm-12.45pm	6	✓	9.00am-12.15pm	3	✓	12.15pm-12.45pm	6	✓	9.00am-12.15pm	3	✓	5.45pm close		
12.15pm-12.45pm	6	✓	12.45pm-3.15pm	5	✓	12.15pm-12.45pm	6	✓	12.45pm-3.15pm	5	✓	12.15pm-12.45pm	6	✓	SUN	Lanes available	Side Lane
12.45pm-3.15pm	5	✓	3.15pm-4.00pm	6	✓	12.45pm-3.15pm	5	✓	3.15pm-4.00pm	6	✓	12.45pm-3.15pm	5	✓	9.00am-1.45pm	6	✓
3.15pm-4.00pm	6	✓	4.00pm-6.00pm	4	✓	3.15pm-4.00pm	6	✓	4.00pm-6.00pm	3	✓	3.15pm-4.00pm	6	✓	1.45pm close		
4.00pm-6.00pm	3	✓	6.20pm-7.20pm	2	✓	4.00pm-7.00pm	2	✓	6.00pm-6.20pm	4	✓	4.00pm-5.30pm	3	✓	Australia Day Sunday 26 January Friends Health & Fitness Centre Open 9am-2pm		
6.00pm-7.00pm	2	✓	7.20pm-7.45pm	6	✓	7.00pm-7.45pm	6	✓	6.20pm-7.20pm	2	✓	5.30pm-6.30pm	2	✓			
7.00pm-7.45pm	6	✓	7.45pm close			7.45pm close			7.20pm-7.45pm	6	✓	6.30pm-7.45pm	6	✓			
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.**

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.**