

Pool Lane Schedule – 10 March 2025



Learn to Swim, Term 1: 3 February – 12 April 2025 • Adult Learn to Swim, Term 1 (Intake 1): 4 February – 6 March 2025 (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-12.30pm Saturdays (during school terms)

MEMBERS* - NO POOL ACCESS 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-12.30pm 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-12.30pm 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-12.30pm 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
9.00am-1.45pm	6	✓	6.00am-3.00pm	6	✓	6.00am-7.30am	4	✓	6.00am-3.15pm	6	✓	6.00am-7.30am	4	✓	8.00am-9.15am	2	✓
Eight Hours Day Public Holiday Friends Health & Fitness Open 9am-2pm	3.00pm-4.00pm	3	✓	7.30am-3.15pm	6	✓	3.15pm-4.00pm	3	✓	7.30am-2.45pm	6	✓	9.15am-12.45pm	3	✓		
	4.00pm-6.00pm	0	✗	3.15pm-4.00pm	2	✓	4.00pm-6.00pm	0	✗	2.45pm-3.15pm	5	✓	12.45pm-3.15pm	4	✓		
	6.00pm-6.20pm	4	✓	4.00pm-6.00pm	0	✗	6.00pm-6.20pm	2	✓	3.15pm-4.00pm	3	✓	3.15pm-5.45pm	6	✓		
	6.20pm-7.20pm	2	✓	6.00pm-7.00pm	2	✓	6.20pm-7.20pm	2	✓	4.00pm-6.00pm	0	✗	5.45pm close				
	7.20pm-7.45pm	6	✓	7.00pm-7.45pm	6	✓	7.20pm-7.45pm	6	✓	6.00pm-6.30pm	2	✓	SUN	Lanes available	Side Lane		
	7.45pm close			7.45pm close			7.45pm close			6.30pm-7.45pm	6	✓	9.00am-5.45pm	6	✓		
	7.45pm close			7.45pm close			7.45pm close			7.45pm close			5.45pm close				
1.45pm 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.**