Pool Lane Schedule – 14 April 2025

FRIENDS HEALTH & FITNESS

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
6.00am-9.00am	6	✓
9.00am-12.30pm	3	✓
12.30pm-4.00pm	6	✓
4.00pm-6.00pm	3	✓
6.00pm-7.00pm	2	✓
7.00pm-7.45pm	6	✓
7.45pm close		

TUE	Lanes available	Side Lane
6.00am-9.00am	6	✓
9.00am-12.30pm	3	✓
12.30pm -4.00pm	6	✓
4.00pm-6.20pm	4	✓
6.20pm-7.20pm	2	✓
7.20pm-7.45pm	6	✓
7.45pm close		

WED	Lanes available	Side Lane
6.00am-9.00am	6	✓
9.00am-12.30pm	3	✓
12.30pm-4.00pm	6	✓
4.00pm-5.00pm	3	✓
5.00pm-7.00pm	2	✓
7.00pm-7.45pm	6	✓
7.45pm close		

THURS	Lanes available	Side Lane
6.00am-9.00am	6	✓
9.00am-12.30pm	3	✓
12.30pm-4.00pm	6	✓
4.00pm-5.00pm	4	✓
5.00pm-6.20pm	3	✓
6.20pm-7.20pm	2	✓
7.20pm-7.45pm	6	✓
7.45pm close		

FRI	Lanes available	Side Lane
Good Friday Public Holiday 18 April 2025 FHF Closed		

SAT	Lanes available	Side Lane
9.00am-10.15am	3	✓
10.15am-1.45pm	6	✓
Easter Saturday 19 April 2025 FHF Open • 9am-2pm		
1.45pm close		

SUN	Lanes available	Side Lane
9.00am-1.45pm	6	✓
Easter Sunday 20 April 2025 FHF Open • 9am-2pm		
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.**