

Pool Lane Schedule – 28 July 2025

	Time	Lanes Available	Side Lane (Ladder)		Time	Lanes Available	Side Lane (Ladder)		Time	Lanes Available	Side Lane (Ladder)
MONDAY	6.00am	4	✓	TUESDAY	6.00am	6	✓	WEDNESDAY	6.00am	4	✓
	8.30am	3	✗		8.30am	3	✗		7.30am	6	✓
	10.40am	6	✓		10.30am	6	✓		8.30am	2	✗
	11.55am	3	✗		1.30pm	3	✗		10.15am	6	✓
	12.55pm	6	✓		3.15pm	3	✓		11.30am	1	✗
	3.15pm	3	✓		4.00pm	0	✗		3.15pm	3	✓
	4.00pm	0	✗		6.00pm	4	✓		4.00pm	0	✗
	6.00pm	2	✓		6.20pm	2	✓		6.00pm	2	✓
	7.00pm	6	✓		7.20pm	6	✓		7.00pm	6	✓
7.45pm close				7.45pm close				7.45pm close			
THURSDAY	6.00am	6	✓	FRIDAY	6.00am	4	✓	SATURDAY	8.00am	2	✓
	8.30am	2	✗		7.30am	6	✓		9.15am	3	✓
	10.30am	6	✓		8.30am	2	✗		12.45am	4	✗
	11.10am	1	✗		10.30am	6	✓		3.15pm	6	✓
	1.40pm	3	✗		11.30am	1	✗	5.45pm close			
	3.15pm	3	✓		1.30pm	2	✗	SUNDAY	Time	Lanes Available	Side Lane (Ladder)
	4.00pm	0	✗		2.45pm	5	✓		9.00am	6	✓
	6.00pm	2	✓		3.15pm	3	✓	5.45pm close			
	6.20pm	2	✓		4.00pm	0	✗				
	7.20pm	6	✓		6.00pm	2	✓				
7.45pm close				7.45pm close							

KEY: FH&F Programs Aqua Group Fitness Class School Swim Program Pool booking

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 | This pool schedule is subject to change without notice

Learn to Swim, Term 3: 21 July – 27 Sept 2025 • Adult Learn to Swim, Term 3 (Intake 1): 22 July – 21 Aug 2025 (Both these classes are part of the FH&F Program Sessions above)

POOL HALL RESTRICTIONS

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.