

# Pool Lane Schedule – 19 January 2026



	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	✓		
	7.30am	6	✓		9.00am	3	✓		7.30am	6	✓		
	9.00am	3	✓		12.45pm	6	✓		9.00am	3	✓		
	12.45pm	6	✓		4.00pm	4	✓		12.45pm	6	✓		
	4.00pm	3	✓		6.20pm	2	✓		4.00pm	3	✓		
	6.00pm	2	✓		7.20pm	6	✓		6.00pm	2	✓		
	7.00pm	6	✓		7.45pm close				7.00pm	6	✓		
7.45pm close			7.45pm close			7.45pm close			7.45pm close				
THURSDAY	Time	Lanes Available	Side Lane (Ladder)	FRIDAY	Time	Lanes Available	Side Lane (Ladder)	SATURDAY	Time	Lanes Available	Side Lane (Ladder)		
	6.00am	6	✓		6.00am	4	✓		8.00am	2	✓		
	9.00am	3	✓		7.30am	6	✓		9.15am	6	✓		
	12.45pm	6	✓		9.00am	3	✓		5.45pm close				
	4.00pm	3	✓		12.45pm	6	✓		7.45pm close				
	6.00pm	2	✓		4.00pm	3	✓		7.45pm close				
	6.20pm	2	✓		6.30pm	6	✓		7.45pm close				
7.45pm close			7.45pm close			7.45pm close			9.00am				
7.45pm close			7.45pm close			7.45pm close			7.45pm close				

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

**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**

**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.