

# 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			
THURSDAY	6.00am	6	✓	FRIDAY	6.00am	4	✓	SATURDAY	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	✓				
	6.00pm	2	✓		4.00pm	3	✓	SUNDAY	Time	Lanes Available	Side Lane (Ladder)
	6.20pm	2	✓		6.30pm	6	✓		9.00am	6	✓
	7.00pm	6	✓	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.