# Pool Lane Schedule – 13 July 2026

FRIENDS HEALTH & FITNESS

## MONDAY

| Time | Lanes Available | Side Lane (Ladder) |
|---|---|---|
| 6.00am | 4 | ✓ |
| 7.30am | 6 | ✓ |
| 4.00pm | 3 | ✓ |
| 6.00pm | 2 | ✓ |
| 7.00pm | 6 | ✓ |
| **7.45pm close** | | |

## TUESDAY

| Time | Lanes Available | Side Lane (Ladder) |
|---|---|---|
| 6.00am | 6 | ✓ |
| 4.00pm | 4 | ✓ |
| 6.20pm | 2 | ✓ |
| 7.20pm | 6 | ✓ |
| **7.45pm close** | | |

## WEDNESDAY

| Time | Lanes Available | Side Lane (Ladder) |
|---|---|---|
| 6.00am | 4 | ✓ |
| 7.30am | 4 | ✓ |
| 11.00am | 6 | ✓ |
| 3.00pm | 5 | ✓ |
| 4.00pm | 3 | ✓ |
| 6.00pm | 2 | ✓ |
| 7.00pm | 6 | ✓ |
| **7.45pm close** | | |

## THURSDAY

| Time | Lanes Available | Side Lane (Ladder) |
|---|---|---|
| 6.00am | 6 | ✓ |
| 3.00pm | 5 | ✓ |
| 4.00pm | 4 | ✓ |
| 6.00pm | 2 | ✓ |
| 6.20pm | 2 | ✓ |
| 7.20pm | 6 | ✓ |
| **7.45pm close** | | |

## FRIDAY

| Time | Lanes Available | Side Lane (Ladder) |
|---|---|---|
| 6.00am | 4 | ✓ |
| 7.30am | 6 | ✓ |
| 4.00pm | 3 | ✓ |
| 6.30pm | 6 | ✓ |
| **7.45pm close** | | |

## SATURDAY

| Time | Lanes Available | Side Lane (Ladder) |
|---|---|---|
| 8.00am | 2 | ✓ |
| 9.15am | 6 | ✓ |
| **5.45pm close** | | |

## SUNDAY

| Time | Lanes Available | Side Lane (Ladder) |
|---|---|---|
| 9.00am | 6 | ✓ |
| **5.45pm close** | | |

**KEY:** FH&F Programs | Aqua Group Fitness Class | Swim Assessments | Installation Work

**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.*