

Pool Lane Schedule – 14 September 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	✓
	8.30am	6	✓		9.30am	2	✗		7.30am	6	✓
	9.30am	2	✗		12.45pm	6	✓		9.30am	2	✗
	12.45pm	6	✓		3.15pm	3	✓		12.45pm	6	✓
	3.15pm	3	✓		4.00pm	0	✗		3.15pm	2	✓
	4.00pm	0	✗		6.00pm	2	✓		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			
	Time	Lanes Available	Side Lane (Ladder)		Time	Lanes Available	Side Lane (Ladder)		Time	Lanes Available	Side Lane (Ladder)
THURSDAY	6.00am	6	✓	FRIDAY	6.00am	4	✓	SATURDAY	8.00am	2	✓
	9.30am	2	✗		7.30am	6	✓		9.15am	3	✓
	12.45pm	6	✓		9.30am	2	✗		12.45pm	4	✓
	3.15pm	3	✓		12.45pm	6	✓		3.15pm	6	✓
	4.00pm	0	✗		3.30pm	3	✓		5.45pm close		
	6.00pm	2	✓		4.00pm	0	✗	SUNDAY	Time	Lanes Available	Side Lane (Ladder)
	6.20pm	2	✓		6.00pm	2	✓		9.00am	6	✓
	7.20pm	6	✓		6.30pm	6	✓		5.45pm 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

Learn to Swim, Term 3: 27 Aug – 3 Oct 2026 • Adult Learn to Swim, Term 3 (Intake 2): 29 Aug – 1 Oct 2026 (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.

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.