Pool Lane Schedule – 9 November 2026

FRIENDS HEALTH & FITNESS

MONDAY

Time	Lanes Available	Side Lane (Ladder)
6.00am	4	✓
8.30am	6	✓
9.00am	2	✗
12.30pm	6	✓
1.00pm	2	✗
2.30pm	6	✓
3.15pm	3	✓
4.00pm	0	✗
6.00pm	2	✓
7.00pm	6	✓

7.45pm close

TUESDAY

Time	Lanes Available	Side Lane (Ladder)
6.00am	6	✓
9.00am	2	✗
12.30pm	6	✓
1.00pm	2	✗
2.30pm	6	✓
3.15pm	3	✓
4.00pm	0	✗
6.00pm	2	✗
6.20pm	2	✓
7.20pm	6	✓

7.45pm close

WEDNESDAY

Time	Lanes Available	Side Lane (Ladder)
6.00am	4	✓
7.30am	6	✓
9.00am	2	✗
12.30pm	6	✓
1.00pm	2	✗
2.30pm	6	✓
3.15pm	2	✓
4.00pm	0	✗
6.00pm	2	✓
7.00pm	6	✓

7.45pm close

THURSDAY

Time	Lanes Available	Side Lane (Ladder)
6.00am	6	✓
9.00am	2	✗
12.30pm	6	✓
1.00pm	2	✗
2.30pm	6	✓
3.15pm	3	✓
4.00pm	0	✗
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	✓
9.00am	2	✗
12.30pm	6	✓
1.00pm	2	✗
2.45pm	5	✓
3.30pm	3	✓
4.00pm	0	✗
6.00pm	2	✓
6.30pm	6	✓

7.45pm close

SATURDAY

Time	Lanes Available	Side Lane (Ladder)
8.00am	2	✓
9.15am	3	✓
12.45pm	4	✓
3.15pm	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 | 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 4: 19 Oct – 19 Dec 2026 • Adult Learn to Swim, Term 4 (Intake 1): 20 Oct – 19 Nov 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.*