THE FITNESS EDGE

your health, fitness & aquatic centre

LAP LANE AVAILABILITY

Monday 12 October to Sunday 20 December 2026

Time	MON	TUES	WED	THUR	FRI	SAT	SUN
5:30AM	6	6	6	6	6	CLOSED	CLOSED
6:30AM	6	6	6	6	6	6	6
7:00AM	6	3	3	3	4	2	6
8:00AM	2	3	3	3	3	2	6
8:30 AM	6	3	3	3	3	2	2
9:00 AM	6	6	6	6	6	2	2
9:30 AM	6	6	6	6	6	2	6
10:00 AM	3	3	3	3	3	2	6
10:15 AM	3	3	3	3	3	2	6
11:00 AM	6	6	6	4	4	2	6
11:30 AM	5	6	6	4	4	2	6
12:00 PM	5	6	6	4	4	2	6
12:30 PM	6	6	6	4	6	2	6
1:00 PM	6	6	6	6	6	6	6
1:30 PM	6	6	6	6	6	6	6
2:00 PM	3	6	3	6	6	6	6
2:45 PM	3	6	3	6	6	6	6
3:00 PM	6	6	6	6	6	6	6
3:30 PM	5	6	4	6	5	6	6
4:00 PM	2	3	CLOSED	3	CLOSED	6	6
4:15 PM	2	3	CLOSED	3	CLOSED	6	6
4:30 PM	2	3	CLOSED	2	CLOSED	6	6
5:00 PM	2	3	CLOSED	2	CLOSED	6	6
5:15 PM	2	2	CLOSED	2	CLOSED	6	6
5:45 PM	2	2	CLOSED	2	CLOSED	6	6
6:00 PM	2	2	CLOSED	2	CLOSED	6	6
6:30 PM	2	2	6	2	CLOSED	CLOSED	CLOSED
6:45 PM	6	3	6	3	6	CLOSED	CLOSED
7:00 PM	6	3	6	3	6	CLOSED	CLOSED
7:40 PM	6	6	6	6	6	CLOSED	CLOSED
8:45 PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

Please note number indicates the number of lanes available.
Please note lanes are subject to change at short notice
SEE RECEPTION OR WEBSITE FOR LAP LANE AVAILABILITIES FOR THESE WEEKS

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POOL & GYM STAFF HOURS

Monday - Friday: 5:30am - 8:45pm

Weekends: 6:30am - 6:30pm

Public Holidays: 7:00am - Closing time varies - see club website

POOL RULES

1.Please follow the lap lane markers as guidelines for your own safety and enjoyment.

2. All members need to use common sense and swim in a lane that contains people of a similar swimming ability, using the lane markers as a guide. Members are no to move the markers at any time.

3. The lane closest to the pool ramp is for walkers and slow swimmers only. Many members use this lane for rehabilitation purposes.

4. Diving into the pool is prohibited.

5. All pool users must shower before entering the pool.

6. Always swim in a CLOCKWISE direction and be courteous when overtaking other swimmers.

7. The pool is unavailable for use from 3:30 - 6pm on Wednesdays and Fridays for swim school use only.

8. Pool users using lap lanes are not permitted to participate in the aqua classes.

9. Pool users should keep moving in lanes (stopping at ends only) so as not to disrupt the exercise of other users.

10. If you experience any problems, please see a staff member in the Swim School office or at the main reception of The Fitness Edge.

Please use common sense and courtesy to ensure your visit is enjoyable and rewarding as you work towards your health, fitness and aquatic goals. Thank you for your assistance.

WALKING		NO B/STROKE	LAP SWIMMING		WALKING
1	2	3	4	5	6

AQUA/LEARN TO SWIM	NO B/STROKE	LAP SWIMMING	WALKING
	4	5	6