

Lap Lane Availability

Program Pool (25m) - Week Starting 05/01/2026

Time	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
5:00am	CLOSED					CLOSED	CLOSED
5:30am	4 x 25m	4 x 25m	4 x 25m	4 x 25m	4 x 25m		
6:00am	4 x 25m	4 x 25m	4 x 25m	4 x 25m	4 x 25m		
6:30am	4 x 25m	4 x 25m	4 x 25m	4 x 25m	4 x 25m		
7:00am	3 x 25m	3 x 25m	3 x 25m	3 x 25m	3 x 25m	4 x 25m	4 x 25m
7:30am	3 x 25m	3 x 25m	3 x 25m	3 x 25m	3 x 25m	4 x 25m	4 x 25m
8:00am	AQUA	AQUA	3 x 25m	AQUA	AQUA	4 x 25m	4 x 25m
8:30am			3 x 25m			4 x 25m	4 x 25m
9:00am	2 x 25m	2 x 25m	2 x 25m	2 x 25m	2 x 25m	3 x 25m	3 x 25m
9:30am	2 x 25m	2 x 25m	2 x 25m	2 x 25m	2 x 25m	3 x 25m	3 x 25m
10:00am	2 x 25m	2 x 25m	2 x 25m	2 x 25m	2 x 25m	3 x 25m	3 x 25m
10:30am	2 x 25m	2 x 25m	2 x 25m	2 x 25m	2 x 25m	3 x 25m	3 x 25m
11:00am	3 x 25m	3 x 25m	3 x 25m	3 x 25m	3 x 25m	3 x 25m	3 x 25m
11:30am	AQUA	3 x 25m	AQUA	3 x 25m	AQUA	3 x 25m	3 x 25m
12:00pm		3 x 25m		3 x 25m		3 x 25m	3 x 25m
12:30pm	3 x 25m	3 x 25m	3 x 25m	3 x 25m	3 x 25m	3 x 25m	3 x 25m
1:00pm	3 x 25m	3 x 25m	3 x 25m	3 x 25m	3 x 25m	3 x 25m	3 x 25m
1:30pm	3 x 25m	AQUA	3 x 25m	AQUA	3 x 25m	3 x 25m	3 x 25m
2:00pm	3 x 25m		3 x 25m		3 x 25m	3 x 25m	3 x 25m
2:30pm	3 x 25m	3 x 25m	3 x 25m	3 x 25m	3 x 25m	3 x 25m	3 x 25m
3:00pm	3 x 25m	3 x 25m	3 x 25m	3 x 25m	3 x 25m	3 x 25m	3 x 25m
3:30pm	1 x 25m	1 x 25m	1 x 25m	1 x 25m	1 x 25m	3 x 25m	3 x 25m
4:00pm	1 x 25m	1 x 25m	1 x 25m	1 x 25m	1 x 25m	3 x 25m	3 x 25m
4:30pm	1 x 25m	1 x 25m	1 x 25m	1 x 25m	1 x 25m	3 x 25m	3 x 25m
5:00pm	1 x 25m	1 x 25m	1 x 25m	1 x 25m	1 x 25m	3 x 25m	3 x 25m
5:30pm	1 x 25m	1 x 25m	1 x 25m	1 x 25m	1 x 25m	3 x 25m	3 x 25m
6:00pm	1 x 25m	1 x 25m	1 x 25m	1 x 25m	1 x 25m	4 x 25m	4 x 25m
6:30pm	1 x 25m	1 x 25m	1 x 25m	1 x 25m	1 x 25m	4 x 25m	4 x 25m
7:00pm	AQUA	4 x 25m	AQUA	4 x 25m	4 x 25m	4 x 25m	4 x 25m
7:30pm		4 x 25m		4 x 25m	4 x 25m	CLOSED	CLOSED
8:00pm	4 x 25m	4 x 25m	4 x 25m	4 x 25m			
8:30pm	4 x 25m	4 x 25m	4 x 25m	4 x 25m			
9:00pm	4 x 25m	4 x 25m	4 x 25m	4 x 25m			
9:15pm	PATRONS EXIT POOLS TO CHANGEROOMS						

**Note: Our Holiday Intensive Program is taking place in the Program Pool. Lane space will be restricted. Additionally, one lane has been allocated as 'Recreation' to allow for additional free space over the holidays*

Lap Lane Availability

Competition Pool (50m) - Week Starting 05/01/2026

Time	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
5:00am	CLOSED					CLOSED	CLOSED
5:30am	8 x 50m	16 x 25m	16 x 25m	8 x 50m	8 x 50m		
6:00am	8 x 50m	16 x 25m	16 x 25m	8 x 50m	8 x 50m		
6:30am	8 x 50m	16 x 25m	16 x 25m	8 x 50m	8 x 50m		
7:00am	8 x 50m	16 x 25m	16 x 25m	8 x 50m	8 x 50m	16 x 25m	8 x 50m
7:30am	8 x 50m	16 x 25m	16 x 25m	8 x 50m	8 x 50m	16 x 25m	8 x 50m
8:00am	8 x 50m	16 x 25m	13 x 25m	8 x 50m	8 x 50m	12 x 25m	5 x 50m
8:30am	8 x 50m	16 x 25m	13 x 25m	8 x 50m	8 x 50m	12 x 25m	5 x 50m
9:00am	7 x 50m	11 x 25m	11 x 25m	7 x 50m	7 x 50m	15 x 25m	7 x 50m
9:30am	7 x 50m	11 x 25m	11 x 25m	7 x 50m	7 x 50m	15 x 25m	7 x 50m
10:00am	7 x 50m	11 x 25m	11 x 25m	7 x 50m	7 x 50m	15 x 25m	7 x 50m
10:30am	7 x 50m	11 x 25m	11 x 25m	7 x 50m	7 x 50m	15 x 25m	7 x 50m
11:00am	7 x 50m	11 x 25m	11 x 25m	7 x 50m	7 x 50m	15 x 25m	7 x 50m
11:30am	7 x 50m	11 x 25m	11 x 25m	7 x 50m	7 x 50m	15 x 25m	7 x 50m
12:00pm	Change Course	11 x 25m	11 x 25m	7 x 50m	Change Course	15 x 25m	7 x 50m
12:30pm		11 x 25m	11 x 25m	7 x 50m		15 x 25m	7 x 50m
1:00pm	15 x 25m	11 x 25m	11 x 25m	7 x 50m	15 x 25m	15 x 25m	7 x 50m
1:30pm	15 x 25m	11 x 25m	11 x 25m	7 x 50m	15 x 25m	15 x 25m	7 x 50m
2:00pm	15 x 25m	11 x 25m	11 x 25m	7 x 50m	15 x 25m	15 x 25m	7 x 50m
2:30pm	15 x 25m	11 x 25m	11 x 25m	7 x 50m	15 x 25m	15 x 25m	7 x 50m
3:00pm	15 x 25m	15 x 25m	15 x 25m	7 x 50m	15 x 25m	15 x 25m	7 x 50m
3:30pm	15 x 25m	15 x 25m	15 x 25m	7 x 50m	15 x 25m	15 x 25m	7 x 50m
4:00pm	15 x 25m	15 x 25m	15 x 25m	7 x 50m	15 x 25m	15 x 25m	7 x 50m
4:30pm	15 x 25m	15 x 25m	15 x 25m	7 x 50m	15 x 25m	15 x 25m	7 x 50m
5:00pm	15 x 25m	15 x 25m	15 x 25m	7 x 50m	15 x 25m	15 x 25m	8 x 50m
5:30pm	15 x 25m	15 x 25m	15 x 25m	7 x 50m	15 x 25m	15 x 25m	8 x 50m
6:00pm	15 x 25m	15 x 25m	15 x 25m	7 x 50m	15 x 25m	15 x 25m	8 x 50m
6:30pm	15 x 25m	15 x 25m	15 x 25m	7 x 50m	15 x 25m	Change Course	8 x 50m
7:00pm	16 x 25m	13 x 25m	16 x 25m	7 x 50m	16 x 25m		8 x 50m
7:30pm	16 x 25m	13 x 25m	16 x 25m	7 x 50m	16 x 25m	CLOSED	CLOSED
8:00pm	16 x 25m	16 x 25m	16 x 25m	8 x 50m	16 x 25m		
8:30pm	16 x 25m	16 x 25m	Change Course	8 x 50m	16 x 25m		
9:00pm	16 x 25m	16 x 25m		8 x 50m	16 x 25m		
9:15pm	PATRONS EXIT POOLS TO CHANGEROOMS						

Note: No recreational swimming will be allowed in the 50m Pool during our peak periods during the week (3:00pm-7:30pm). Lap swimming will only be allowed at this time.