

Lap Lane Availability

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

| Time | Mon | Tues | Weds | Thurs | Fri | Sat | Sun |
|---------|-----------------------------------|---------|---------|---------|---------|---------|---------|
| 5:00am | CLOSED | | | | | | |
| 5:30am | 4 x 25m | 4 x 25m | 4 x 25m | 4 x 25m | 4 x 25m | CLOSED | CLOSED |
| 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 | | | |
| 8:00pm | 4 x 25m | 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 | 4 x 25m | CLOSED | CLOSED |
| 9:00pm | 4 x 25m | 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 | | | | | | |
| 5:30am | 8 x 50m | 16 x 25m | 16 x 25m | 8 x 50m | 8 x 50m | CLOSED | CLOSED |
| 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 | | |
| 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 | Change Course | 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.