

# Lap Lane Availability

## Program Pool (25m) - Week Starting 04/11/2024

Time	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
5:30am – 6am	4 x 25m	4 x 25m	4 x 25m	4 x 25m	4 x 25m	<b>CLOSED</b>	<b>CLOSED</b>
6am – 7am	4 x 25m	4 x 25m	4 x 25m	4 x 25m	4 x 25m	<b>CLOSED</b>	<b>CLOSED</b>
7am – 8am*	4 x 25m	4 x 25m	3 x 25m	4 x 25m	3 x 25m	4 x 25m	4 x 25m
8am – 9am	0 x 25m	0 x 25m	3 x 25m	0 x 25m	0 x 25m	0 x 25m	0 x 25m
9am – 10am	2 x 25m	3 x 25m	0 x 25m	3 x 25m	3 x 25m	0 x 25m	0 x 25m
10am – 11am	2 x 25m	3 x 25m	0 x 25m	3 x 25m	3 x 25m	0 x 25m	0 x 25m
11am – 12pm	0 x 25m	3 x 25m	0 x 25m	3 x 25m	0 x 25m	0 x 25m	0 x 25m
12pm – 1pm	0 x 25m	3 x 25m	0 x 25m	3 x 25m	0 x 25m	0 x 25m	0 x 25m
1pm – 2pm	4 x 25m	0 x 25m	0 x 25m	0 x 25m	4 x 25m	0 x 25m	0 x 25m
2pm – 3pm	4 x 25m	0 x 25m	0 x 25m	0 x 25m	4 x 25m	3 x 25m	3 x 25m
3pm – 4pm*	0 x 25m	0 x 25m	0 x 25m	0 x 25m	0 x 25m	3 x 25m	3 x 25m
4pm – 5pm	0 x 25m	0 x 25m	0 x 25m	0 x 25m	0 x 25m	3 x 25m	3 x 25m
5pm – 6pm	0 x 25m	0 x 25m	0 x 25m	0 x 25m	0 x 25m	4 x 25m	4 x 25m
6pm – 7pm	0 x 25m	0 x 25m	0 x 25m	0 x 25m	0 x 25m	4 x 25m	4 x 25m
7pm – 8pm	0 x 25m	0 x 25m	0 x 25m	0 x 25m	0 x 25m	<b>CLOSED</b>	<b>CLOSED</b>
8pm – 9pm	4 x 25m	4 x 25m	4 x 25m	4 x 25m	4 x 25m	<b>CLOSED</b>	<b>CLOSED</b>
9pm – 9:15pm	4 x 25m	4 x 25m	4 x 25m	4 x 25m	4 x 25m	<b>CLOSED</b>	<b>CLOSED</b>

**Please be advised that we are hosting our Schools Program on Wednesday from 9:00am-2:00pm. During this period, no lanes will be available in our Program Pool, and Aqua Aerobics has been moved to 2:00pm.**

\*Lap lanes will be changed at approx. 7:45am, 11:30am, 1:30pm & 3:00pm in preparation for various programs throughout the day.

# Lap Lane Availability

## Competition Pool (50m) - Week Starting 04/11/2024

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30am – 6am	3 x 50m	8 x 25m	8 x 25m	3 x 50m	3 x 50m	<b>CLOSED</b>	<b>CLOSED</b>
6am – 7am	3 x 50m	8 x 25m	8 x 25m	3 x 50m	3 x 50m	<b>CLOSED</b>	<b>CLOSED</b>
7am – 8am	3 x 50m	16 x 25m	8 x 25m	3 x 50m	3 x 50m	8 x 25m	8 x 50m
8am – 9am	8 x 50m	16 x 25m	16 x 25m	8 x 50m	8 x 50m	13 x 25m	8 x 50m
9am – 10am	7 x 50m	16 x 25m	16 x 25m	7 x 50m	8 x 50m	13 x 25m	7 x 50m
10am – 11am	8 x 50m	16 x 25m	16 x 25m	8 x 50m	8 x 50m	13 x 25m	7 x 50m
11am – 12pm	8 x 50m	16 x 25m	16 x 25m	8 x 50m	8 x 50m	13 x 25m	7 x 50m
12pm – 1pm	16 x 25m	16 x 25m	16 x 25m	8 x 50m	8 x 50m	13 x 25m	7 x 50m
1pm – 2pm	16 x 25m	16 x 25m	16 x 25m	8 x 50m	8 x 50m	13 x 25m	7 x 50m
2pm – 3pm	16 x 25m	16 x 25m	16 x 25m	8 x 50m	16 x 25m	13 x 25m	7 x 50m
3pm – 4pm	14 x 25m	14 x 25m	14 x 25m	6 x 50m	14 x 25m	8 x 50m	8 x 50m
4pm – 5pm	6 x 25m	6 x 25m	6 x 25m	3 x 50m	6 x 25m	8 x 50m	8 x 50m
5pm – 6pm	6 x 25m	6 x 25m	6 x 25m	3 x 50m	6 x 25m	8 x 50m	8 x 50m
6pm – 7pm	6 x 25m	6 x 25m	6 x 25m	3 x 50m	6 x 25m	8 x 50m	8 x 50m
7pm – 8pm	6 x 25m	6 x 25m	6 x 25m	3 x 50m	14 x 25m	<b>CLOSED</b>	<b>CLOSED</b>
8pm – 9pm	8 x 25m	6 x 25m	8 x 50m	6 x 50m	16 x 25m	<b>CLOSED</b>	<b>CLOSED</b>
9pm – 9:15pm	16 x 25m	8 x 25m	8 x 50m	8 x 50m	16 x 25m	<b>CLOSED</b>	<b>CLOSED</b>

**\*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**

### Lap Lane Etiquette

To ensure your lap swimming session is a rewarding one, please refer to our website for the lap lane guide. This will ensure all centre users can experience the best possible visit.