

Lap Lane Availability

Pool 1 Program pool (week starting 06/05/24)

| 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 | CLOSED | CLOSED |
| 6am – 7am | 4 x 25m | 4 x 25m | 3 x 25m | 4 x 25m | 3 x 25m | CLOSED | CLOSED |
| 7am – 8am | 4 x 25m | 4 x 25m | 2 x 25m | 4 x 25m | 4 x 25m | 4 x 25m | 4 x 25m |
| 8am – 9am | 2 x 25m | 0 x 25m | 2 x 25m | 0 x 25m | 0 x 25m | 0 x 25m | 0 x 25m |
| 9am – 10am | 2 x 25m | 2 x 25m | 2 x 25m | 2 x 25m | 2 x 25m | 0 x 25m | 0 x 25m |
| 10am – 11am | 2 x 25m | 2 x 25m | 2 x 25m | 2 x 25m | 2 x 25m | 0 x 25m | 0 x 25m |
| 11am – 12pm | 0 x 25m | 2 x 25m | 0 x 25m | 2 x 25m | 0 x 25m | 0 x 25m | 0 x 25m |
| 12pm – 1pm | 0 x 25m | 4 x 25m | 0 x 25m | 4 x 25m | 0 x 25m | 0 x 25m | 0 x 25m |
| 1pm – 2pm | 4 x 25m | 0 x 25m | 4 x 25m | 0 x 25m | 4 x 25m | 4 x 25m | 4 x 25m |
| 2pm – 3pm | 4 x 25m | 0 x 25m | 4 x 25m | 0 x 25m | 4 x 25m | 4 x 25m | 4 x 25m |
| 3pm – 4pm* | 0 x 25m | 0 x 25m | 0 x 25m | 0 x 25m | 0 x 25m | 4 x 25m | 4 x 25m |
| 4pm – 5pm | 0 x 25m | 0 x 25m | 0 x 25m | 0 x 25m | 0 x 25m | 4 x 25m | 4 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 | CLOSED | CLOSED |
| 8pm – 9pm | 4 x 25m | 4 x 25m | 4 x 25m | 4 x 25m | 4 x 25m | CLOSED | CLOSED |
| 9pm – 9.30pm | 4 x 25m | 4 x 25m | 4 x 25m | 4 x 25m | 4 x 25m | CLOSED | CLOSED |

*Aqua Aerobics will be taking place from 1:45pm on Tuesday and Thursday afternoon

*Lap lanes will be changed at approx. 7:30am & 3:15pm in preparation for various programming

Lap Lane Availability

Pool 2 50m Pool (week starting 06/05/24)

| 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 | CLOSED | CLOSED |
| 6am – 7am | 3 x 50m | 8 x 25m | 8 x 25m | 3 x 50m | 3 x 50m | CLOSED | CLOSED |
| 7am – 8am | 3 x 50m | 8 x 25m | 8 x 25m | 3 x 50m | 3 x 50m | 8 x 25m | 8 x 50m |
| 8am – 9am | 8 x 50m | 8 x 25m | 8 x 25m | 8 x 50m | 8 x 50m | 6 x 25m | 4 x 50m |
| 9am – 10am | 8 x 50m | 7 x 25m | 8 x 25m | 8 x 50m | 8 x 50m | 6 x 25m | 6 x 50m |
| 10am – 11am | 8 x 50m | 6 x 25m | 8 x 25m | 8 x 50m | 8 x 50m | 4 x 25m | 6 x 50m |
| 11am – 12pm | 8 x 50m | 6 x 25m | 8 x 25m | 8 x 50m | 8 x 50m | 6 x 25m | 6 x 50m |
| 12pm – 1pm | 8 x 25m | 6 x 25m | 8 x 25m | 8 x 50m | 8 x 50m | 6 x 25m | 6 x 50m |
| 1pm – 2pm | 8 x 25m | 6 x 25m | 8 x 25m | 8 x 50m | 8 x 50m | 8 x 50m | 8 x 50m |
| 2pm – 3pm | 8 x 25m | 6 x 25m | 6 x 25m | 6 x 50m | 8 x 50m | 8 x 50m | 8 x 50m |
| 3pm – 4pm | 6 x 25m | 6 x 25m | 6 x 25m | 6 x 50m | 6 x 25m | 8 x 50m | 8 x 50m |
| 4pm – 5pm | 6 x 25m | 6 x 25m | 6 x 25m | 2 x 50m | 6 x 25m | 6 x 50m | 8 x 50m |
| 5pm – 6pm | 6 x 25m | 6 x 25m | 6 x 25m | 2 x 50m | 6 x 25m | 6 x 50m | 8 x 50m |
| 6pm – 7pm | 6 x 25m | 6 x 25m | 6 x 25m | 2 x 50m | 6 x 25m | 6 x 50m | 8 x 50m |
| 7pm – 8pm | 6 x 25m | 6 x 25m | 6 x 25m | 2 x 50m | 6 x 25m | CLOSED | CLOSED |
| 8pm – 9pm | 8 x 25m | 6 x 25m | 8 x 50m | 6 x 50m | 8 x 25m | CLOSED | CLOSED |
| 9pm – 9.30pm | 8 x 25m | 8 x 25m | 8 x 50m | 8 x 50m | 8 x 25m | CLOSED | CLOSED |

***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.