

Lap Lane Availability

Pool 1 Program pool (week starting 29/04/24)

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 29/04/24)

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	0 x 50m
2pm – 3pm	8 x 25m	6 x 25m	6 x 25m	6 x 50m	8 x 50m	8 x 50m	0 x 50m
3pm – 4pm	6 x 25m	6 x 25m	6 x 25m	6 x 50m	6 x 25m	8 x 50m	0 x 50m
4pm – 5pm	6 x 25m	6 x 25m	6 x 25m	2 x 50m	6 x 25m	6 x 50m	0 x 50m
5pm – 6pm	6 x 25m	6 x 25m	6 x 25m	2 x 50m	6 x 25m	6 x 50m	0 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.