

# Lap Lane Availability

## Program Pool (25m) - Week Starting 18/08/2025

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	4 x 25m	4 x 25m	4 x 25m		
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	GOswim	GOswim
9am – 10am	SCHOOLS (1 x 25m)	SCHOOLS (1 x 25m)	SCHOOLS (1 x 25m)	SCHOOLS (1 x 25m)	SCHOOLS (1 x 25m)		
10am – 11am							
11am – 12pm							
12pm – 1pm							
1pm – 2pm							
2pm – 3pm	4 x 25m	0 x 25m	4 x 25m	0 x 25m	4 x 25m	3 x 25m	3 x 25m
3pm – 4pm	GOswim	GOswim	GOswim	GOswim	GOswim	3 x 25m	3 x 25m
4pm – 5pm						3 x 25m	3 x 25m
5pm – 6pm						4 x 25m	3 x 25m
6pm – 7pm						4 x 25m	4 x 25m
7pm – 8pm						CLOSED	CLOSED
8pm – 9pm	4 x 25m	4 x 25m	4 x 25m	4 x 25m	4 x 25m		
9pm – 9:15pm	4 x 25m	4 x 25m	4 x 25m	4 x 25m	4 x 25m	CLOSED	CLOSED

*Please be advised that we will have limited access to our Program Pool as we will be hosting Royal Life Saving Society's School Swimming program. There will be limited access to the Program Pool for recreational swimming, lap swimming, or gentle exercise between the hours of 9:30am-1:30pm. Aqua Aerobics classes and GOswim lessons will not be affected by this program.*

**Please be advised that on Thursdays, areas of the Program Pool will be restricted for cleaning. Please ensure that you keep clear of areas being cleaned and always follow the directions of Gungahlin Leisure Centre staff.**

### 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. Lane space will be changed at various times of the day in preparation for Centre-based programming.

# Lap Lane Availability

## Competition Pool (50m) - Week Starting 18/08/2025

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		
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	16 x 25m	8 x 50m	8 x 50m	8 x 25m	6 x 50m
9am – 10am	8 x 50m	16 x 25m	16 x 25m	8 x 50m	8 x 50m	12 x 25m	6 x 50m
10am – 11am	8 x 50m	12 x 25m	16 x 25m	8 x 50m	8 x 50m	12 x 25m	6 x 50m
11am – 12pm	8 x 50m	8* x 25m	16 x 25m	8 x 50m	8 x 50m	12 x 25m	6 x 50m
12pm – 1pm	8 x 50m	12 x 25m	16 x 25m	8 x 50m	8 x 50m	12 x 25m	6 x 50m
1pm – 2pm	8 x 50m	12 x 25m	16 x 25m	8 x 50m	16 x 25m	12 x 25m	5 x 50m
2pm – 3pm	16 x 25m	16 x 25m	16 x 25m	8 x 50m	16 x 25m	14 x 25m	5 x 50m
3pm – 4pm	14 x 25m	16 x 25m	16 x 25m	8 x 50m	14 x 25m	16 x 25m	8 x 50m
4pm – 5pm	6 x 25m	6 x 25m	6 x 25m	3 x 50m	6 x 25m	16 x 25m	8 x 50m
5pm – 6pm	5 x 25m	5 x 25m	5 x 25m	3 x 50m	5 x 25m	16 x 25m	8 x 50m
6pm – 7pm	3 x 25m	5 x 25m	5 x 25m	3 x 50m	5 x 25m	16 x 25m	8 x 50m
7pm – 8pm	5 x 25m	5 x 25m	5 x 25m	3 x 50m	5 x 25m	CLOSED	CLOSED
8pm – 9pm	14 x 25m	14 x 25m	11 x 25m	8 x 50m	16 x 25m		
9pm – 9:15pm	16 x 25m	16 x 25m	16 x 25m	8 x 50m	16 x 25m		

**\*Please be advised that on Tuesdays, areas of the 50m Pool will be closed for cleaning. The Deep End will be closed from 7:30am-8:30am, with the Shallow End closing from 11am-12pm, to ensure that one half remains open for use.**

### Lap Lane Etiquette

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.

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. Lane space will be changed at various times of the day in preparation for Centre-based programming.