

Lap Lane Availability

Program Pool (25m) - Week Starting 22/09/2025

Time	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
5:00am	CLOSED					CLOSED CLOSED	
5:30am	4 x 25m	4 x 25m	4 x 25m	4 x 25m	4 x 25m		
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	4 x 25m	4 x 25m	4 x 25m	4 x 25m	3 x 25m	4 x 25m	4 x 25m
7:30am	4 x 25m	4 x 25m	3 x 25m	4 x 25m	3 x 25m	4 x 25m	4 x 25m
8:00am	AQUA	AQUA	3 x 25m	AQUA	AQUA	GOswim GOswim	
8:30am			3 x 25m				
9:00am	3 x 25m	3 x 25m	3 x 25m	3 x 25m	2 x 25m		
9:30am	3 x 25m	3 x 25m	3 x 25m	3 x 25m	2 x 25m		
10:00am	3 x 25m	3 x 25m	3 x 25m	3 x 25m	2 x 25m		
10:30am	3 x 25m	3 x 25m	3 x 25m	3 x 25m	2 x 25m		
11:00am	3 x 25m	3 x 25m	3 x 25m	3 x 25m	2 x 25m		
11:30am	AQUA	3 x 25m	AQUA	3 x 25m	AQUA		
12:00pm		3 x 25m		3 x 25m			
12:30pm	4 x 25m	4 x 25m	4 x 25m	4 x 25m	4 x 25m		
1:00pm	4 x 25m	4 x 25m	4 x 25m	4 x 25m	4 x 25m		
1:30pm	4 x 25m	4 x 25m	4 x 25m	4 x 25m	4 x 25m	3 x 25m	3 x 25m
2:00pm	4 x 25m	AQUA	4 x 25m	AQUA	4 x 25m	3 x 25m	3 x 25m
2:30pm	4 x 25m		4 x 25m		4 x 25m	3 x 25m	3 x 25m
3:00pm	4 x 25m	0 x 25m*	4 x 25m	0 x 25m*	4 x 25m	3 x 25m	3 x 25m
3:30pm	GOswim GOswim GOswim GOswim GOswim					3 x 25m	3 x 25m
4:00pm						3 x 25m	3 x 25m
4:30pm						3 x 25m	3 x 25m
5:00pm						4 x 25m	4 x 25m
5:30pm						4 x 25m	4 x 25m
6:00pm						4 x 25m	4 x 25m
6:30pm						4 x 25m	4 x 25m
7:00pm						4 x 25m	4 x 25m
7:30pm	AQUA	4 x 25m	AQUA	4 x 25m	4 x 25m	CLOSED CLOSED	
8:00pm		4 x 25m		4 x 25m			
8:30pm	4 x 25m	4 x 25m	4 x 25m	4 x 25m	4 x 25m		
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: There are no lanes during these times, however the Program Pool is free of bookings/classes.

Lap Lane Availability

Competition Pool (50m) - Week Starting 22/09/2025

Time	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	
5:00am	CLOSED					CLOSED	CLOSED	
5:30am	3 x 50m	16 x 25m	8 x 25m	3 x 50m	3 x 50m			
6:00am	3 x 50m	16 x 25m	8 x 25m	3 x 50m	3 x 50m			
6:30am	3 x 50m	16 x 25m	8 x 25m	3 x 50m	3 x 50m			
7:00am	3 x 50m	16 x 25m	8 x 25m	3 x 50m	3 x 50m	8 x 25m	8 x 50m	
7:30am	8 x 50m	8 x 25m (half closed for cleaning)	16 x 25m	8 x 50m	8 x 50m	8 x 25m	8 x 50m	
8:00am	8 x 50m		16 x 25m	8 x 50m	8 x 50m	8 x 25m	6 x 50m	
8:30am	8 x 50m	16 x 25m	16 x 25m	8 x 50m	8 x 50m	12 x 25m	6 x 50m	
9:00am	8 x 50m	16 x 25m	16 x 25m	8 x 50m	8 x 50m	12 x 25m	6 x 50m	
9:30am	8 x 50m	16 x 25m	16 x 25m	8 x 50m	8 x 50m	12 x 25m	6 x 50m	
10:00am	8 x 50m	16 x 25m	16 x 25m	8 x 50m	8 x 50m	12 x 25m	6 x 50m	
10:30am	8 x 50m	16 x 25m	16 x 25m	8 x 50m	8 x 50m	12 x 25m	6 x 50m	
11:00am	8 x 50m	8 x 25m (half closed for cleaning)	16 x 25m	8 x 50m	8 x 50m	12 x 25m	6 x 50m	
11:30am	8 x 50m		16 x 25m	8 x 50m	8 x 50m	12 x 25m	6 x 50m	
12:00pm	Change Course	16 x 25m	16 x 25m	8 x 50m	Change Course	12 x 25m	6 x 50m	
12:30pm		16 x 25m	16 x 25m	8 x 50m		12 x 25m	6 x 50m	
1:00pm	16 x 25m	16 x 25m	16 x 25m	8 x 50m	16 x 25m	12 x 25m	6 x 50m	
1:30pm	16 x 25m	16 x 25m	16 x 25m	8 x 50m	16 x 25m	12 x 25m	7 x 50m	
2:00pm	16 x 25m	16 x 25m	16 x 25m	8 x 50m	16 x 25m	14 x 25m	7 x 50m	
2:30pm	16 x 25m	16 x 25m	16 x 25m	8 x 50m	16 x 25m	14 x 25m	7 x 50m	
3:00pm	16 x 25m	16 x 25m	16 x 25m	8 x 50m	16 x 25m	14 x 25m	7 x 50m	
3:30pm	14 x 25m	14 x 25m	14 x 25m	8 x 50m	14 x 25m	14 x 25m	7 x 50m	
4:00pm	6 x 25m	6 x 25m	6 x 25m	3 x 50m	6 x 25m	14 x 25m	7 x 50m	
4:30pm	5 x 25m	5 x 25m	5 x 25m	3 x 50m	5 x 25m	14 x 25m	7 x 50m	
5:00pm	5 x 25m	5 x 25m	5 x 25m	3 x 50m	5 x 25m	16 x 25m	8 x 50m	
5:30pm	5 x 25m	5 x 25m	5 x 25m	3 x 50m	5 x 25m	16 x 25m	8 x 50m	
6:00pm	3 x 25m	5 x 25m	5 x 25m	3 x 50m	5 x 25m	16 x 25m	8 x 50m	
6:30pm	3 x 25m	5 x 25m	5 x 25m	3 x 50m	5 x 25m	Change Course	8 x 50m	
7:00pm	5 x 25m	5 x 25m	5 x 25m	3 x 50m	5 x 25m		8 x 50m	
7:30pm	5 x 25m	5 x 25m	5 x 25m	8 x 50m	5 x 25m		CLOSED	CLOSED
8:00pm	14 x 25m	16 x 25m	8 x 25m	8 x 50m	16 x 25m			
8:30pm	16 x 25m	16 x 25m	Change Course	8 x 50m	16 x 25m	CLOSED	CLOSED	
9:00pm	16 x 25m	16 x 25m		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.