

Lap Lane Availability

Program Pool (25m) - Week Starting 23/06/2025

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	2 x 25m	0 x 25m	0 x 25m	GOswim	GOswim
9am – 10am	4 x 25m	3 x 25m	3 x 25m	3 x 25m	2 x 25m		
10am – 11am	4 x 25m	3 x 25m	3 x 25m	3 x 25m	2 x 25m		
11am – 12pm	0 x 25m	3 x 25m	0 x 25m	3 x 25m	0 x 25m		
12pm – 1pm	0 x 25m	4 x 25m	0 x 25m	3 x 25m	0 x 25m		
1pm – 2pm	4 x 25m	0 x 25m	4 x 25m	0 x 25m	4 x 25m	3 x 25m	3 x 25m
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	4 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		

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 23/06/2025

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30am – 6am	3 x 50m	16 x 25m	8 x 25m	3 x 50m	3 x 50m	CLOSED	CLOSED
6am – 7am	3 x 50m	16 x 25m	8 x 25m	3 x 50m	3 x 50m		
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	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	16 x 25m	16 x 25m	8 x 50m	8 x 50m	12 x 25m	6 x 50m
11am – 12pm	8 x 50m	16 x 25m	16 x 25m	8 x 50m	8 x 50m	12 x 25m	6 x 50m
12pm – 1pm	8 x 50m	16 x 25m	16 x 25m	8 x 50m	8 x 50m	12 x 25m	6 x 50m
1pm – 2pm	16 x 25m	16 x 25m	16 x 25m	8 x 50m	16 x 25m	12 x 25m	8 x 50m
2pm – 3pm	16 x 25m	16 x 25m	16 x 25m	8 x 50m	16 x 25m	12 x 25m	8 x 50m
3pm – 4pm	14 x 25m	16 x 25m	16 x 25m	8 x 50m	14 x 25m	12 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	16 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		

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