

# Lap Lane Availability

## Program Pool (25m) - Week Starting 23/09/2024

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	<b>CLOSED</b>	<b>CLOSED</b>
6am – 7am	4 x 25m	4 x 25m	4 x 25m	4 x 25m	4 x 25m	<b>CLOSED</b>	<b>CLOSED</b>
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	0 x 25m	0 x 25m
9am – 10am	1 x 25m	1 x 25m	1 x 25m	1 x 25m	1 x 25m	0 x 25m	0 x 25m
10am – 11am	1 x 25m	1 x 25m	1 x 25m	1 x 25m	1 x 25m	0 x 25m	0 x 25m
11am – 12pm	0 x 25m	1 x 25m	0 x 25m	1 x 25m	0 x 25m	0 x 25m	0 x 25m
12pm – 1pm	0 x 25m	1 x 25m	0 x 25m	1 x 25m	0 x 25m	0 x 25m	0 x 25m
1pm – 2pm	3 x 25m	0 x 25m	3 x 25m	0 x 25m	3 x 25m	4 x 25m	0 x 25m
2pm – 3pm	3 x 25m	0 x 25m	3 x 25m	0 x 25m	3 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	<b>CLOSED</b>	<b>CLOSED</b>
8pm – 9pm	4 x 25m	4 x 25m	4 x 25m	4 x 25m	4 x 25m	<b>CLOSED</b>	<b>CLOSED</b>
9pm – 9:15pm	4 x 25m	4 x 25m	4 x 25m	4 x 25m	4 x 25m	<b>CLOSED</b>	<b>CLOSED</b>

**Please be advised that we will be hosting Royal Life Saving's AquaSafe Schools Program throughout the week. There will be reduced lane space throughout the weekdays between the hours of 9:30am-2pm. This will not affect Aqua Aerobics & our GOswim Program.**

\*Lap lanes will be changed at approx. 7:45am, 11:30am, 1:30pm & 3:00pm in preparation for various programs throughout the day.

# Lap Lane Availability

## Competition Pool (50m) - Week Starting 23/09/2024

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30am – 6am	8 x 25m	8 x 25m	8 x 25m	3 x 50m	3 x 50m	<b>CLOSED</b>	<b>CLOSED</b>
6am – 7am	8 x 25m	8 x 25m	8 x 25m	3 x 50m	3 x 50m	<b>CLOSED</b>	<b>CLOSED</b>
7am – 8am	8 x 25m	16 x 25m	8 x 25m	3 x 50m	3 x 50m	8 x 25m	8 x 50m
8am – 9am	16 x 25m	16 x 25m	14 x 25m	8 x 50m	8 x 50m	13 x 25m	8 x 50m
9am – 10am	16 x 25m	16 x 25m	16 x 25m	7 x 50m	8 x 50m	13 x 25m	7 x 50m
10am – 11am	16 x 25m	16 x 25m	16 x 25m	8 x 50m	8 x 50m	13 x 25m	7 x 50m
11am – 12pm	16 x 25m	16 x 25m	16 x 25m	8 x 50m	8 x 50m	13 x 25m	7 x 50m
12pm – 1pm	16 x 25m	16 x 25m	16 x 25m	8 x 50m	8 x 50m	13 x 25m	7 x 50m
1pm – 2pm	16 x 25m	16 x 25m	16 x 25m	8 x 50m	8 x 50m	13 x 25m	7 x 50m
2pm – 3pm	16 x 25m	16 x 25m	16 x 25m	8 x 50m	16 x 25m	13 x 25m	7 x 50m
3pm – 4pm	14 x 25m	14 x 25m	14 x 25m	6 x 50m	14 x 25m	8 x 50m	8 x 50m
4pm – 5pm	6 x 25m	6 x 25m	6 x 25m	3 x 50m	6 x 25m	8 x 50m	8 x 50m
5pm – 6pm	6 x 25m	6 x 25m	6 x 25m	3 x 50m	6 x 25m	8 x 50m	8 x 50m
6pm – 7pm	6 x 25m	6 x 25m	6 x 25m	3 x 50m	6 x 25m	8 x 50m	8 x 50m
7pm – 8pm	6 x 25m	6 x 25m	6 x 25m	3 x 50m	14 x 25m	<b>CLOSED</b>	<b>CLOSED</b>
8pm – 9pm	8 x 25m	6 x 25m	8 x 50m	6 x 50m	16 x 25m	<b>CLOSED</b>	<b>CLOSED</b>
9pm – 9:15pm	16 x 25m	8 x 25m	8 x 50m	8 x 50m	16 x 25m	<b>CLOSED</b>	<b>CLOSED</b>

**Please be advised that we will be hosting Canberra Water Polo Academy throughout the weekend. The bulkhead will not be moved over the weekend and will remain at short course until Wednesday 25th September.**

**\*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.