

# Lap Lane Availability

## Program Pool (25m) - Week Starting 12/01/2026

| 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  | 3 x 25m                           | 3 x 25m | 3 x 25m | 3 x 25m | 3 x 25m | 4 x 25m | 4 x 25m |
| 7:30am  | 3 x 25m                           | 3 x 25m | 3 x 25m | 3 x 25m | 3 x 25m | 4 x 25m | 4 x 25m |
| 8:00am  | AQUA                              | AQUA    | 3 x 25m | AQUA    | AQUA    | 4 x 25m | 4 x 25m |
| 8:30am  |                                   |         | 3 x 25m |         |         | 4 x 25m | 4 x 25m |
| 9:00am  | 2 x 25m                           | 2 x 25m | 2 x 25m | 2 x 25m | 2 x 25m | 3 x 25m | 3 x 25m |
| 9:30am  | 2 x 25m                           | 2 x 25m | 2 x 25m | 2 x 25m | 2 x 25m | 3 x 25m | 3 x 25m |
| 10:00am | 2 x 25m                           | 2 x 25m | 2 x 25m | 2 x 25m | 2 x 25m | 3 x 25m | 3 x 25m |
| 10:30am | 2 x 25m                           | 2 x 25m | 2 x 25m | 2 x 25m | 2 x 25m | 3 x 25m | 3 x 25m |
| 11:00am | 3 x 25m                           | 3 x 25m | 3 x 25m | 3 x 25m | 3 x 25m | 3 x 25m | 3 x 25m |
| 11:30am | AQUA                              | 3 x 25m | AQUA    | 3 x 25m | AQUA    | 3 x 25m | 3 x 25m |
| 12:00pm |                                   | 3 x 25m |         | 3 x 25m |         | 3 x 25m | 3 x 25m |
| 12:30pm | 3 x 25m                           | 3 x 25m | 3 x 25m | 3 x 25m | 3 x 25m | 3 x 25m | 3 x 25m |
| 1:00pm  | 3 x 25m                           | 3 x 25m | 3 x 25m | 3 x 25m | 3 x 25m | 3 x 25m | 3 x 25m |
| 1:30pm  | 3 x 25m                           | AQUA    | 3 x 25m | AQUA    | 3 x 25m | 3 x 25m | 3 x 25m |
| 2:00pm  | 3 x 25m                           |         | 3 x 25m |         | 3 x 25m | 3 x 25m | 3 x 25m |
| 2:30pm  | 3 x 25m                           | 3 x 25m | 3 x 25m | 3 x 25m | 3 x 25m | 3 x 25m | 3 x 25m |
| 3:00pm  | 3 x 25m                           | 3 x 25m | 3 x 25m | 3 x 25m | 3 x 25m | 3 x 25m | 3 x 25m |
| 3:30pm  | 1 x 25m                           | 1 x 25m | 1 x 25m | 1 x 25m | 1 x 25m | 3 x 25m | 3 x 25m |
| 4:00pm  | 1 x 25m                           | 1 x 25m | 1 x 25m | 1 x 25m | 1 x 25m | 3 x 25m | 3 x 25m |
| 4:30pm  | 1 x 25m                           | 1 x 25m | 1 x 25m | 1 x 25m | 1 x 25m | 3 x 25m | 3 x 25m |
| 5:00pm  | 1 x 25m                           | 1 x 25m | 1 x 25m | 1 x 25m | 1 x 25m | 3 x 25m | 3 x 25m |
| 5:30pm  | 1 x 25m                           | 1 x 25m | 1 x 25m | 1 x 25m | 1 x 25m | 3 x 25m | 3 x 25m |
| 6:00pm  | 1 x 25m                           | 1 x 25m | 1 x 25m | 1 x 25m | 1 x 25m | 4 x 25m | 4 x 25m |
| 6:30pm  | 1 x 25m                           | 1 x 25m | 1 x 25m | 1 x 25m | 1 x 25m | 4 x 25m | 4 x 25m |
| 7:00pm  | AQUA                              | 4 x 25m | AQUA    | 4 x 25m | 4 x 25m | 4 x 25m | 4 x 25m |
| 7:30pm  |                                   | 4 x 25m |         | 4 x 25m | 4 x 25m | CLOSED  | CLOSED  |
| 8:00pm  | 4 x 25m                           | 4 x 25m | 4 x 25m | 4 x 25m |         |         |         |
| 8:30pm  | 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 |         |         |         |
| 9:15pm  | PATRONS EXIT POOLS TO CHANGEROOMS |         |         |         |         |         |         |

*\*Note: Our Holiday Intensive Program is taking place in the Program Pool. Lane space will be restricted. Additionally, one lane has been allocated as 'Recreation' to allow for additional free space over the holidays*

# Lap Lane Availability

## Competition Pool (50m) - Week Starting 12/01/2026

| 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       | 16 x 25m      | 8 x 50m |
| 7:30am  | 8 x 50m                           | 16 x 25m | 16 x 25m      | 8 x 50m | 8 x 50m       | 16 x 25m      | 8 x 50m |
| 8:00am  | 8 x 50m                           | 16 x 25m | 13 x 25m      | 8 x 50m | 8 x 50m       | 12 x 25m      | 5 x 50m |
| 8:30am  | 8 x 50m                           | 16 x 25m | 13 x 25m      | 8 x 50m | 8 x 50m       | 12 x 25m      | 5 x 50m |
| 9:00am  | 7 x 50m                           | 11 x 25m | 11 x 25m      | 7 x 50m | 7 x 50m       | 15 x 25m      | 7 x 50m |
| 9:30am  | 7 x 50m                           | 11 x 25m | 11 x 25m      | 7 x 50m | 7 x 50m       | 15 x 25m      | 7 x 50m |
| 10:00am | 7 x 50m                           | 11 x 25m | 11 x 25m      | 7 x 50m | 7 x 50m       | 15 x 25m      | 7 x 50m |
| 10:30am | 7 x 50m                           | 11 x 25m | 11 x 25m      | 7 x 50m | 7 x 50m       | 15 x 25m      | 7 x 50m |
| 11:00am | 7 x 50m                           | 11 x 25m | 11 x 25m      | 7 x 50m | 7 x 50m       | 15 x 25m      | 7 x 50m |
| 11:30am | 7 x 50m                           | 11 x 25m | 11 x 25m      | 7 x 50m | 7 x 50m       | 15 x 25m      | 7 x 50m |
| 12:00pm | Change Course                     | 11 x 25m | 11 x 25m      | 7 x 50m | Change Course | 15 x 25m      | 7 x 50m |
| 12:30pm |                                   | 11 x 25m | 11 x 25m      | 7 x 50m |               | 15 x 25m      | 7 x 50m |
| 1:00pm  | 15 x 25m                          | 11 x 25m | 11 x 25m      | 7 x 50m | 15 x 25m      | 15 x 25m      | 7 x 50m |
| 1:30pm  | 15 x 25m                          | 11 x 25m | 11 x 25m      | 7 x 50m | 15 x 25m      | 15 x 25m      | 7 x 50m |
| 2:00pm  | 15 x 25m                          | 11 x 25m | 11 x 25m      | 7 x 50m | 15 x 25m      | 15 x 25m      | 7 x 50m |
| 2:30pm  | 15 x 25m                          | 11 x 25m | 11 x 25m      | 7 x 50m | 15 x 25m      | 15 x 25m      | 7 x 50m |
| 3:00pm  | 15 x 25m                          | 15 x 25m | 15 x 25m      | 7 x 50m | 15 x 25m      | 15 x 25m      | 7 x 50m |
| 3:30pm  | 15 x 25m                          | 15 x 25m | 15 x 25m      | 7 x 50m | 15 x 25m      | 15 x 25m      | 7 x 50m |
| 4:00pm  | 6 x 25m                           | 6 x 25m  | 7 x 25m       | 3 x 50m | 7 x 25m       | 15 x 25m      | 7 x 50m |
| 4:30pm  | 6 x 25m                           | 6 x 25m  | 7 x 25m       | 3 x 50m | 7 x 25m       | 15 x 25m      | 7 x 50m |
| 5:00pm  | 6 x 25m                           | 6 x 25m  | 7 x 25m       | 3 x 50m | 7 x 25m       | 15 x 25m      | 8 x 50m |
| 5:30pm  | 6 x 25m                           | 6 x 25m  | 7 x 25m       | 3 x 50m | 7 x 25m       | 15 x 25m      | 8 x 50m |
| 6:00pm  | 6 x 25m                           | 6 x 25m  | 6 x 25m       | 3 x 50m | 6 x 25m       | 15 x 25m      | 8 x 50m |
| 6:30pm  | 6 x 25m                           | 6 x 25m  | 7 x 25m       | 3 x 50m | 7 x 25m       | Change Course | 8 x 50m |
| 7:00pm  | 8 x 25m                           | 13 x 25m | 7 x 25m       | 3 x 50m | 7 x 25m       |               | 8 x 50m |
| 7:30pm  | 8 x 25m                           | 13 x 25m | 16 x 25m      | 7 x 50m | 16 x 25m      |               | CLOSED  |
| 8:00pm  | 16 x 25m                          | 16 x 25m | 16 x 25m      | 8 x 50m | 16 x 25m      |               |         |
| 8:30pm  | 16 x 25m                          | 16 x 25m | Change Course | 8 x 50m | 16 x 25m      |               |         |
| 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.