

Lap Lane Availability

Program Pool (25m) - Week Starting 30/03/2026

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

Lap Lane Availability

Competition Pool (50m) - Week Starting 30/03/2026

Time	Mon	Tues	Weds	Thurs	Fri	Sat	Sun		
5:00am	CLOSED								
5:30am	3 x 50m	8 x 25m	8 x 25m	3 x 50m	CLOSED	CLOSED	CLOSED		
6:00am	3 x 50m	8 x 25m	8 x 25m	3 x 50m					
6:30am	3 x 50m	8 x 25m	8 x 25m	3 x 50m					
7:00am	3 x 50m	16 x 25m	8 x 25m	3 x 50m					
7:30am	8 x 50m	16 x 25m	16 x 25m	8 x 50m					
8:00am	8 x 50m	16 x 25m	16 x 25m	8 x 50m				14 x 25m	8 x 50m
8:30am	8 x 50m	16 x 25m	16 x 25m	8 x 50m				14 x 25m	8 x 50m
9:00am	7 x 50m	16 x 25m	16 x 25m	8 x 50m				14 x 25m	7 x 50m
9:30am	7 x 50m	16 x 25m	16 x 25m	8 x 50m				14 x 25m	7 x 50m
10:00am	7 x 50m	14 x 25m	16 x 25m	8 x 50m				14 x 25m	7 x 50m
10:30am	7 x 50m	14 x 25m	16 x 25m	8 x 50m				14 x 25m	7 x 50m
11:00am	7 x 50m	14 x 25m	16 x 25m	8 x 50m				14 x 25m	7 x 50m
11:30am	7 x 50m	14 x 25m	16 x 25m	8 x 50m				14 x 25m	7 x 50m
12:00pm	<i>Change Course</i>	14 x 25m	16 x 25m	8 x 50m				14 x 25m	7 x 50m
12:30pm	<i>Change Course</i>	14 x 25m	16 x 25m	8 x 50m				14 x 25m	7 x 50m
1:00pm	15 x 25m	14 x 25m	16 x 25m	8 x 50m				14 x 25m	7 x 50m
1:30pm	15 x 25m	14 x 25m	16 x 25m	8 x 50m				14 x 25m	7 x 50m
2:00pm	15 x 25m	16 x 25m	16 x 25m	8 x 50m				14 x 25m	7 x 50m
2:30pm	15 x 25m	16 x 25m	16 x 25m	8 x 50m				14 x 25m	7 x 50m
3:00pm	14 x 25m	16 x 25m	16 x 25m	8 x 50m	14 x 25m	7 x 50m			
3:30pm	6 x 25m	12 x 25m	12 x 25m	8 x 50m	14 x 25m	7 x 50m			
4:00pm	5 x 25m	4 x 25m	4 x 25m	3 x 50m	14 x 25m	7 x 50m			
4:30pm	5 x 25m	4 x 25m	4 x 25m	3 x 50m	14 x 25m	7 x 50m			
5:00pm	5 x 25m	4 x 25m	4 x 25m	3 x 50m	<i>Change Course</i>	8 x 50m			
5:30pm	3 x 25m	4 x 25m	4 x 25m	3 x 50m		8 x 50m			
6:00pm	3 x 25m	4 x 25m	4 x 25m	3 x 50m	CLOSED	CLOSED			
6:30pm	5 x 25m	4 x 25m	4 x 25m	3 x 50m					
7:00pm	5 x 25m	4 x 25m	4 x 25m	3 x 50m					
7:30pm	14 x 25m	4 x 25m	4 x 25m	3 x 50m					
8:00pm	16 x 25m	16 x 25m	8 x 25m	8 x 50m					
8:30pm	16 x 25m	16 x 25m	<i>Change Course</i>	<i>Change Course</i>					
9:00pm	16 x 25m	16 x 25m	<i>Change Course</i>	<i>Change Course</i>					
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.