

# Lap Lane Availability

## Program Pool (25m) - Week Starting 11/05/2026

Time	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	
5:00am	CLOSED							
5:30am	4 x 25m	CLOSED	4 x 25m	4 x 25m	4 x 25m	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	2 x 25m	4 x 25m	4 x 25m	
7:30am	4 x 25m		2 x 25m	4 x 25m	2 x 25m	4 x 25m	4 x 25m	
8:00am	AQUA	AQUA	2 x 25m	AQUA	AQUA	GOswim	GOswim	
8:30am	3 x 25m		3 x 25m	1 x 25m	1 x 25m			
9:00am	3 x 25m		2 x 25m	1 x 25m	1 x 25m			
9:30am	3 x 25m		2 x 25m	2 x 25m	2 x 25m			1 x 25m
10:00am	3 x 25m		2 x 25m	2 x 25m	2 x 25m			1 x 25m
10:30am	3 x 25m	3 x 25m	2 x 25m	3 x 25m	3 x 25m			
11:00am	AQUA	3 x 25m	AQUA	3 x 25m	AQUA			
12:00pm	3 x 25m	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			
1:00pm	3 x 25m	AQUA	3 x 25m	AQUA	3 x 25m			3 x 25m
1:30pm	3 x 25m	3 x 25m	3 x 25m	3 x 25m	3 x 25m	3 x 25m	3 x 25m	
2:00pm	3 x 25m	0 x 25m*	3 x 25m	0 x 25m*	3 x 25m	3 x 25m	3 x 25m	
2:30pm	3 x 25m	0 x 25m*	3 x 25m	0 x 25m*	3 x 25m	3 x 25m	3 x 25m	
3:00pm	GOswim					3 x 25m	3 x 25m	
3:30pm	GOswim					3 x 25m	3 x 25m	
4:00pm	GOswim					3 x 25m	3 x 25m	
4:30pm	GOswim					4 x 25m	4 x 25m	
5:00pm	GOswim	GOswim	GOswim	GOswim	GOswim	4 x 25m	4 x 25m	
5:30pm	GOswim					4 x 25m	4 x 25m	
6:00pm	GOswim					4 x 25m	4 x 25m	
6:30pm	GOswim					4 x 25m	4 x 25m	
7:00pm	GOswim					4 x 25m	4 x 25m	
7:30pm	4 x 25m	AQUA		4 x 25m	4 x 25m	CLOSED	CLOSED	
8:00pm	4 x 25m	AQUA		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							

Please be advised that we will be closing the pool hall until 08:30 on the 12<sup>th</sup> of May to conduct repairs, thank you for your understanding!

\*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 11/05/2026

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