

Lap Lane Availability

Program Pool (25m) - Week Starting 20/07/2026

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	4 x 25m	4 x 25m	4 x 25m	4 x 25m	2 x 25m	4 x 25m	4 x 25m	
7:30am	4 x 25m	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					
9:00am	1 x 25m	2 x 25m	2 x 25m	1 x 25m	1 x 25m			
9:30am	1 x 25m	2 x 25m	2 x 25m	1 x 25m	1 x 25m			
10:00am	1 x 25m	2 x 25m	2 x 25m	2 x 25m	1 x 25m			
10:30am	1 x 25m	2 x 25m	2 x 25m	2 x 25m	1 x 25m			
11:00am	1 x 25m	3 x 25m	2 x 25m	3 x 25m	3 x 25m			
11:30am	AQUA	3 x 25m	AQUA	3 x 25m	AQUA			
12:00pm		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	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	0 x 25m*	3 x 25m	0 x 25m*	3 x 25m	3 x 25m	3 x 25m	
3:00pm	3 x 25m	0 x 25m*	3 x 25m	0 x 25m*	3 x 25m	3 x 25m	3 x 25m	
3:30pm	GOswim					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						4 x 25m	4 x 25m	
6:00pm						4 x 25m	4 x 25m	
6:30pm						4 x 25m	4 x 25m	
7:00pm						4 x 25m	4 x 25m	
7:30pm	AQUA	4 x 25m	AQUA	4 x 25m	4 x 25m	CLOSED	CLOSED	
8:00pm		4 x 25m		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							

*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 20/07/2026

Time	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	
5:00am	CLOSED						CLOSED	CLOSED
5:30am	3 x 50m	8 x 25m	8 x 25m	3 x 50m	3 x 50m			
6:00am	3 x 50m	8 x 25m	8 x 25m	3 x 50m	3 x 50m			
6:30am	3 x 50m	8 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	8 x 25m	8 x 50m	
7:30am	8 x 50m	16 x 25m	16 x 25m	8 x 50m	8 x 50m	8 x 25m	8 x 50m	
8:00am	8 x 50m	16 x 25m	16 x 25m	8 x 50m	8 x 50m	8 x 25m	5 x 50m	
8:30am	8 x 50m	16 x 25m	16 x 25m	7 x 50m	8 x 50m	10 x 25m	5 x 50m	
9:00am	7 x 50m	16 x 25m	16 x 25m	7 x 50m	7 x 50m	6 x 25m	7 x 50m	
9:30am	7 x 50m	16 x 25m	16 x 25m	7 x 50m	7 x 50m	14 x 25m	7 x 50m	
10:00am	7 x 50m	14 x 25m	14 x 25m	7 x 50m	7 x 50m	12 x 25m	7 x 50m	
10:30am	7 x 50m	14 x 25m	14 x 25m	7 x 50m	7 x 50m	12 x 25m	7 x 50m	
11:00am	7 x 50m	14 x 25m	14 x 25m	7 x 50m	7 x 50m	14 x 25m	7 x 50m	
11:30am	7 x 50m	14 x 25m	14 x 25m	7 x 50m	7 x 50m	14 x 25m	7 x 50m	
12:00pm	Change Course	14 x 25m	14 x 25m	7 x 50m	Change Course	14 x 25m	7 x 50m	
12:30pm	Change Course	14 x 25m	14 x 25m	7 x 50m	Change Course	14 x 25m	7 x 50m	
1:00pm	15 x 25m	14 x 25m	14 x 25m	7 x 50m	16 x 25m	14 x 25m	7 x 50m	
1:30pm	15 x 25m	14 x 25m	14 x 25m	7 x 50m	16 x 25m	14 x 25m	7 x 50m	
2:00pm	15 x 25m	16 x 25m	16 x 25m	7 x 50m	16 x 25m	14 x 25m	7 x 50m	
2:30pm	15 x 25m	16 x 25m	16 x 25m	7 x 50m	16 x 25m	14 x 25m	7 x 50m	
3:00pm	14 x 25m	16 x 25m	16 x 25m	7 x 50m	16 x 25m	11 x 25m	7 x 50m	
3:30pm	6 x 25m	12 x 25m	12 x 25m	6 x 50m	14 x 25m	11 x 25m	7 x 50m	
4:00pm	5 x 25m	5 x 25m	5 x 25m	2 x 50m	5 x 25m	11 x 25m	7 x 50m	
4:30pm	5 x 25m	5 x 25m	5 x 25m	2 x 50m	5 x 25m	11 x 25m	7 x 50m	
5:00pm	5 x 25m	5 x 25m	4 x 25m	2 x 50m	4 x 25m	14 x 25m	8 x 50m	
5:30pm	3 x 25m	5 x 25m	4 x 25m	2 x 50m	4 x 25m	14 x 25m	8 x 50m	
6:00pm	5 x 25m	4 x 25m	4 x 25m	2 x 50m	4 x 25m	16 x 25m	8 x 50m	
6:30pm	5 x 25m	5 x 25m	4 x 25m	2 x 50m	4 x 25m	Change Course	8 x 50m	
7:00pm	5 x 25m	5 x 25m	4 x 25m	3 x 50m	4 x 25m		8 x 50m	
7:30pm	14 x 25m	14 x 25m	5 x 25m	3 x 50m	8 x 25m		CLOSED	CLOSED
8:00pm	16 x 25m	17 x 25m	8 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	Change Course	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.