

# Lap Lane Availability

## Main Pool (25m) - Week Starting 25/08/2025

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

### 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. Lane space will be changed at various times of the day in preparation for Centre-based programming.



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