

Lap Lane Availability

Main Pool (25m) - Week Starting 24/11/2025

Time	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	
5:00am	CLOSED						CLOSED	CLOSED
5:30am	5 x 25m	5 x 25m	5 x 25m	5 x 25m	5 x 25m			
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	AQUA (1 x 25m)	5 x 25m	AQUA (1 x 25m)	3 x 25m	AQUA (1 x 25m)	5 x 25m	5 x 25m	
8:00am		AQUA (1 x 25m)		AQUA (1 x 25m)		AQUA (1 x 25m)	AQUA (1 x 25m)	
8:30am	5 x 25m		5 x 25m		5 x 25m			
9:00am	5 x 25m	5 x 25m	5 x 25m	5 x 25m	5 x 25m	GOswim (3 x 25m)	GOswim (3 x 25m)	
9:30am	AQUA (1 x 25m)	4 x 25m	AQUA (1 x 25m)	4 x 25m	AQUA (1 x 25m)			
10:00am		4 x 25m		4 x 25m				
10:30am	4 x 25m	4 x 25m	4 x 25m	4 x 25m	4 x 25m			
11:00am	4 x 25m	4 x 25m	4 x 25m	4 x 25m	4 x 25m			
11:30am	4 x 25m	4 x 25m	4 x 25m	4 x 25m	4 x 25m			
12:00pm	5 x 25m	AQUA (1 x 25m)	5 x 25m	AQUA (0 x 25m)	4 x 25m			
12:30pm	5 x 25m		5 x 25m		5 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						5 x 25m	5 x 25m	
4:00pm						AQUA (1 x 25m)	AQUA (1 x 25m)	
4:30pm	GOswim (0 Lanes from 5:00- 5:30)	GOswim (1-2 x 25m)	GOswim (1-2 x 25m)	GOswim (shared space / lane available)	GOswim (shared space / lane available)	5 x 25m	5 x 25m	
5:00pm						5 x 25m	5 x 25m	
5:30pm						5 x 25m	5 x 25m	
6:00pm						5 x 25m	5 x 25m	
6:30pm						5 x 25m	5 x 25m	
7:00pm	AQUA (1 x 25m)	AQUA (1 x 25m)	AQUA (1 x 25m)	AQUA (1 x 25m)	AQUA (1 x 25m)	CLOSED	CLOSED	
7:30pm								
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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Lap Lane Availability

Shared Space Guide (25m)

Time	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
5:30am	Gentle X	Gentle X	Gentle X	Gentle X	Gentle X	CLOSED	CLOSED
7:30am	Shallow	Shallow	Shallow	Shallow	Shallow	Shallow	Shallow
8:30am	Deep	Gentle X	Deep	Gentle X	Deep	Gentle X	Gentle X
9:30am	Shallow	Deep	Shallow	Deep	Shallow	Deep (9:00am)	Deep (9:00am)
10:30am	Deep	Deep	Gentle X	Shallow	Deep	Deep	Deep
12:30pm	Gentle X	Gentle X	Gentle X	Gentle X	Gentle X	Shallow (4:00pm)	Shallow (4:00pm)
3:30pm	Shared	Shared	Deep	Shared	Shared	Gentle X (5:00pm)	Gentle X (5:00pm)
7:00pm	Shallow	Shallow	Shallow	Shallow	Shallow	CLOSED	CLOSED
8:00pm	Gentle X	Gentle X	Gentle X	Gentle X	Gentle X	CLOSED	CLOSED

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