

Lap Lane Availability

Main Pool (25m) - Week Starting 09/02/2026

Time	Mon 9/2	Tues 10/2	Wed 11/2	Thurs 12/2	Fri 13/2	Sat 14/2	Sun 15/2
5:30am	5 x25m	CLOSED					
6:00am	5 x25m						
6:30am	5 x25m						
7:00am	5 x25m	5 x25m	5 x25m				
7:30am	AQUA	4 x25m	AQUA	4 x25m	AQUA	4 x25m	4 x25m
8:00am	(1 x25m)	AQUA	(1 x25m)	AQUA	(1 x25m)	AQUA	AQUA
8:30am	4 x25m	(1 x25m)	4 x25m	(1 x25m)	4 x25m	(1 x25m)	(1 x25m)
9:00am	4 x25m	GoSwim					
9:30am	AQUA	4 x25m	AQUA	4 x25m	AQUA		
10:00am	(1 x25m)	SCHOOL Booking (2 x 25m)	(1 x25m)	SCHOOL	(1 x25m)		
10:30am	4 x25m	4 x25m	4 x25m	Booking	4 x25m		
11:00am	4 x25m	4 x25m	SCHOOL Booking (2 x 25m)	(2 x 25m)	SCHOOL Booking (2 x 25m)		
11:30am	4 x25m	4 x25m	(2 x 25m)	4 x25m	(2 x 25m)		
12:00pm	4 x25m	AQUA	SCHOOL	AQUA	SCHOOL	GoSwim	
12:30pm	4 x25m	(1 x 25m)	Booking	(0 x 25m)	Booking		
1:00pm	4 x25m	SCHOOL	(2 x 25m)	4 x25m	(2 x 25m)		
1:30pm	SCHOOL Booking (2 x 25m)	Booking (2 x 25m)	4 x25m	4 x25m	SCHOOL Booking (2 x 25m)		
2:00pm	4 x25m	4 x25m	4 x25m	SCHOOL Booking (2 x 25m)	4 x25m		
2:30pm	4 x25m						
3:00pm	4 x25m	4 x25m	4 x25m				
3:30pm	GoSwim	GoSwim	GoSwim	GoSwim	GoSwim	4 x25m	4 x25m
4:00pm	(Shared Space)					AQUA	AQUA
4:30pm						(1 x25m)	(1 x25m)
5:00pm						4 x25m	4 x25m
5:30pm						4 x25m	4 x25m
6:00pm						4 x25m	4 x25m
6:30pm						4 x25m	4 x25m
7:00pm	AQUA	AQUA	AQUA	AQUA	AQUA	CLOSED	
7:30pm							
8:00pm	(1 x25m)						
8:30pm	5 x25m						

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



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Lap Lane Availability

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

Shared Space Guide (25m)

Time	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
5:30am	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	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	CLOSED	CLOSED				

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