

Lap Lane Availability

Main Pool (25m) - Week Starting 02/03/2026

Time	Mon 02/03	Tues 03/03	Weds 04/03	Thurs 05/03	Fri 06/03	Sat 07/03	Sun 08/03					
5:30am	5 x25m	5 x25m	5 x25m	5 x25m	5 x25m	5 x25m	5 x25m					
6:00am	5 x25m	5 x25m	5 x25m	5 x25m	5 x25m	5 x25m	5 x25m					
6:30am	5 x25m	5 x25m	5 x25m	5 x25m	5 x25m	5 x25m	5 x25m					
7:00am	5 x25m	5 x25m	5 x25m	5 x25m	5 x25m	5 x25m	5 x25m					
7:30am	AQUA	5 x25m	AQUA	5 x25m	AQUA	5 x25m	5 x25m					
8:00am	(1 x 25m)	AQUA	(1 x 25m)	AQUA	(1 x 25m)	AQUA	AQUA					
8:30am	5 x25m	(1 x 25m)	5 x25m	(1 x 25m)	5 x25m	(1 x 25m)	(1 x 25m)					
9:00am	GoSwim (4 x 25m)	S C H O L D M (1 x 25)	GoSwim (4 x 25m)	GoSwim (4 x 25m)	GoSwim (4 x 25m)	GoSwim (3 x 25m)						
9:30am	AQUA		AQUA	GoSwim	AQUA							
10:00am	(1 x 25m)		(1 x 25m)	(4 x 25m)	(1 x 25m)							
10:30am	GoSwim (4 x 25m)		GoSwim (4 x 25m)	GoSwim (4 x 25m)	GoSwim (4 x 25m)							
11:00am	GoSwim (4 x 25m)		GoSwim (4 x 25m)	GoSwim (4 x 25m)	GoSwim (4 x 25m)							
11:30am	GoSwim (4 x 25m)	GoSwim (4 x 25m)	GoSwim (4 x 25m)	GoSwim (4 x 25m)	GoSwim (4 x 25m)							
12:00pm	AQUA	AQUA	GoSwim	AQUA	AQUA							
12:30pm	(1 x 25m)	(1 x 25m)	(4 x 25m)	(1 x 25m)	(1 x 25m)	5 x25m	5 x25m					
1:00pm	5 x25m	School	5 x25m	5 x25m	5 x25m	5 x25m	5 x25m					
1:30pm	5 x25m	Booking	5 x25m	5 x25m	5 x25m	5 x25m	5 x25m					
2:00pm	5 x25m	(2 x 25m)	5 x25m	5 x25m	5 x25m	5 x25m	5 x25m					
2:30pm	5 x25m	5 x25m	5 x25m	5 x25m	5 x25m	5 x25m	5 x25m					
3:00pm	5 x25m	5 x25m	5 x25m	5 x25m	5 x25m	5 x25m	5 x25m					
3:30pm	Go Swim (1 x 25m)					5 x25m	5 x25m					
4:00pm						AQUA	AQUA					
4:30pm						(1 x 25m)	(1 x 25m)					
5:00pm						AQUA	AQUA					
5:30pm						(1 x 25m)	(1 x 25m)					
6:00pm	Go Swim (1 x 25m)					5 x25m	5 x25m					
6:30pm						5 x25m	5 x25m					
7:00pm						AQUA	AQUA	AQUA	AQUA	5 x25m	5 x25m	
7:30pm						(1 x 25m)	(1 x 25m)	(1 x 25m)	(1 x 25m)	(1 x 25m)	5 x25m	5 x25m
8:00pm						5 x25m	5 x25m	5 x25m	5 x25m	5 x25m	5 x25m	5 x25m
8:30pm	5 x25m	5 x25m	5 x25m	5 x25m	5 x25m	5 x25m	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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