

Lap Lane Availability

Main Pool (25m) - Week Starting 13/04/2026

| Time | Mon 13/04 | Tues 14/04 | Weds 15/04 | Thurs 16/04 | Fri 17/04 | Sat 18/04 | Sun 19/04 | | | | | | |
|---------|------------------------------|---------------|---------------|----------------|--------------|--------------|--------------|----------------------------|-----------|-----------|----------------------------|-----------|--------|
| 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 | 4 x25m | (1 x 25m) | 4 x25m | (1 x 25m) | 4 x25m | (1 x 25m) | (1 x 25m) | | | | | | |
| 9:00am | GoSwim (3 x 25m) | | | | | | | | | | | | |
| 9:30am | | | | | | | | AQUA | AQUA | AQUA | | | |
| 10:00am | | | | | | | | (1 x 25m) | (1 x 25m) | (1 x 25m) | | | |
| 10:30am | | | | | | | | GoSwim (3 x 25m) | | | GoSwim (3 x 25m) | | |
| 11:00am | | | | | | | | | | | | | |
| 11:30am | GoSwim (1-2 x 25m) | | | | | | | | | | | | |
| 12:00pm | | | | | | | | AQUA | AQUA | 4 x25m | AQUA | AQUA | 4 x25m |
| 12:30pm | | | | | | | | (1 x 25m) | (1 x 25m) | 4 x25m | (0 x 25m) | (1 x 25m) | 4 x25m |
| 1:00pm | | | | | | | | 5 x25m | 5 x25m | 5 x25m | 5 x25m | 5 x25m | 5 x25m |
| 1:30pm | | | | | | | | 5 x25m | 5 x25m | 5 x25m | 5 x25m | 5 x25m | 5 x25m |
| 2:00pm | 5 x25m | 5 x25m | 5 x25m | 5 x25m | 5 x25m | 5 x25m | | | | | | | |
| 2:30pm | 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 | | | | | | | |
| 3:30pm | GoSwim (1-2 x 25m) | | | | | 5 x25m | 5 x25m | | | | | | |
| 4:00pm | | | | | | AQUA | AQUA | | | | | | |
| 4:30pm | | | | | | (1 x 25m) | (0 x 25m) | | | | | | |
| 5:00pm | | | | | | AQUA | AQUA | | | | | | |
| 5:30pm | | | | | | (1 x 25m) | (0 x 25m) | | | | | | |
| 6:00pm | GoSwim (1-2 x 25m) | | | | | 5 x25m | 5 x25m | | | | | | |
| 6:30pm | | | | | | 5 x25m | 5 x25m | | | | | | |
| 7:00pm | | | | | | AQUA | 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) | CLOSED | | |
| 8:00pm | | | | | | 5 x25m | 5 x25m | 5 x25m | 5 x25m | 5 x25m | | | |
| 8:30pm | 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 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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