

Lap Lane Availability

Main Pool (25m) - Week Starting 27/07/2026

Time	Mon 27/07	Tues 28/07	Weds 29/07	Thurs 30/07	Fri 31/07	Sat 01/08	Sun 02/08					
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	4 x25m	4 x25m	4 x25m	4 x25m	4 x25m	GoSwim (3 x 25m)						
9:30am	AQUA	4 x25m	AQUA	4 x25m	AQUA							
10:00am	(1 x 25m)	4 x25m	(1 x 25m)	4 x25m	(1 x 25m)							
10:30am	4 x25m	4 x25m	4 x25m	4 x25m	4 x25m							
11:00am	Private Booking (2-3x25m) Private Booking (2-3x25m) Private Booking (2-3x25m) Private Booking (2-3x25m) Private Booking (2-3x25m) Private Booking (2-3x25m)											
11:30am												
12:00pm							Private Booking (2-3x25m)	Aqua (0x25m)	Private Booking (2-3x25m)	Aqua (0x25m)	Private Booking (0x25m)	
12:30pm												
1:00pm		Private Booking (2-3x25m)	Private Booking (2-3x25m)	Private Booking (2-3x25m)	Private Booking (2-3x25m)		5 x25m	5 x25m				
1:30pm						5 x25m	5 x25m					
2:00pm	5 x25m	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	5 x25m					
3:00pm	5 x25m	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)		(1 x 25m)				
5:00pm						5 x25m		AQUA				
5:30pm						5 x25m		(1 x 25m)				
6:00pm						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)		
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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