**Program Pool - week starting 29/07/2024**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Mon** | **Tues** | **Weds** | **Thurs** | **Fri** | **Sat** | **Sun** |
| 5.30am – 6am | 4 x 25m | 4 x 25m | 4 x 25m | 4 x 25m | 4 x 25m | CLOSED | CLOSED |
| 6am – 7am | 4 x 25m | 4 x 25m | 3 x 25m | 4 x 25m | 4 x 25m | CLOSED | CLOSED |
| 7am – 8am\* | 4 x 25m | 4 x 25m | 2 x 25m | 4 x 25m | 4 x 25m | 4 x 25m | 4 x 25m |
| 8am – 9am | 0 x 25m | 0 x 25m | 2 x 25m | 0 x 25m | 0 x 25m | 0 x 25m | 0 x 25m |
| 9am – 10am | 2 x 25m | 2 x 25m | 2 x 25m | 2 x 25m | 2 x 25m | 0 x 25m | 0 x 25m |
| 10am – 11am | 2 x 25m | 2 x 25m | 2 x 25m | 2 x 25m | 2 x 25m | 0 x 25m | 0 x 25m |
| 11am – 12pm | 0 x 25m | 2 x 25m | 0 x 25m | 2 x 25m | 0 x 25m | 0 x 25m | 0 x 25m |
| 12pm – 1pm | 0 x 25m | 4 x 25m | 0 x 25m | 4 x 25m | 0 x 25m | 0 x 25m | 0 x 25m |
| 1pm – 2pm | 4 x 25m | 0 x 25m | 4 x 25m | 0 x 25m | 4 x 25m | 4 x 25m | 2 x 25m |
| 2pm – 3pm | 4 x 25m | 0 x 25m | 4 x 25m | 0 x 25m | 4 x 25m | 4 x 25m | 2 x 25m |
| 3pm – 4pm\* | 0 x 25m | 0 x 25m | 0 x 25m | 0 x 25m | 0 x 25m | 4 x 25m | 2 x 25m |
| 4pm – 5pm | 0 x 25m | 0 x 25m | 0 x 25m | 0 x 25m | 0 x 25m | 4 x 25m | 4 x 25m |
| 5pm – 6pm | 0 x 25m | 0 x 25m | 0 x 25m | 0 x 25m | 0 x 25m | 4 x 25m | 4 x 25m |
| 6pm – 7pm | 0 x 25m | 0 x 25m | 0 x 25m | 0 x 25m | 0 x 25m | 4 x 25m | 4 x 25m |
| 7pm – 8pm | 0 x 25m | 0 x 25m | 0 x 25m | 0 x 25m | 0 x 25m | CLOSED | CLOSED |
| 8pm – 9pm | 4 x 25m | 4 x 25m | 4 x 25m | 4 x 25m | 4 x 25m | CLOSED | CLOSED |
| 9pm – 9.30pm | 4 x 25m | 4 x 25m | 4 x 25m | 4 x 25m | 4 x 25m | CLOSED | CLOSED |

\*Aqua Aerobics will be taking place from 1:45pm on Tuesday and Thursday afternoon

\*Lap lanes will be changed at approx. 7:30am & 3:00pm in preparation for various programming

**50m Pool - week starting 29/07/2024**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| 5.30am – 6am | 3 x 50m | 8 x 25m | 8 x 25m | 3 x 50m | 3 x 50m | CLOSED | CLOSED |
| 6am – 7am | 3 x 50m | 8 x 25m | 8 x 25m | 3 x 50m | 3 x 50m | CLOSED | CLOSED |
| 7am – 8am | 3 x 50m | 8 x 25m | 8 x 25m | 3 x 50m | 3 x 50m | 8 x 25m | 8 x 50m |
| 8am – 9am | 8 x 50m | 8 x 25m | 8 x 25m | 8 x 50m | 8 x 50m | 6 x 25m | 4 x 50m |
| 9am – 10am | 8 x 50m | 7 x 25m | 8 x 25m | 8 x 50m | 8 x 50m | 6 x 25m | 6 x 50m |
| 10am – 11am | 8 x 50m | 6 x 25m | 8 x 25m | 8 x 50m | 8 x 50m | 4 x 25m | 6 x 50m |
| 11am – 12pm | 8 x 25m | 6 x 25m | 8 x 25m | 8 x 50m | 8 x 50m | 6 x 25m | 6 x 50m |
| 12pm – 1pm | 8 x 25m | 6 x 25m | 8 x 25m | 8 x 50m | 8 x 50m | 6 x 25m | 6 x 50m |
| 1pm – 2pm | 8 x 25m | 6 x 25m | 8 x 25m | 8 x 50m | 8 x 50m | 8 x 25m | 6 x 50m |
| 2pm – 3pm | 8 x 25m | 6 x 25m | 6 x 25m | 8 x 50m | 6 x 25m | 8 x 25m | 6 x 50m |
| 3pm – 4pm | 6 x 25m | 6 x 25m | 6 x 25m | 6 x 50m | 6 x 25m | 8 x 25m | 6 x 50m |
| 4pm – 5pm | 6 x 25m | 6 x 25m | 6 x 25m | 3 x 50m | 6 x 25m | 8 x 50m | 8 x 50m |
| 5pm – 6pm | 6 x 25m | 6 x 25m | 6 x 25m | 3 x 50m | 6 x 25m | 8 x 50m | 8 x 50m |
| 6pm – 7pm | 6 x 25m | 6 x 25m | 6 x 25m | 3 x 50m | 6 x 25m | 8 x 50m | 8 x 50m |
| 7pm – 8pm | 6 x 25m | 6 x 25m | 6 x 25m | 3 x 50m | 6 x 25m | CLOSED | CLOSED |
| 8pm – 9pm | 8 x 25m | 6 x 25m | 8 x 50m | 6 x 50m | 8 x 25m | CLOSED | CLOSED |
| 9pm – 9.30pm | 8 x 25m | 8 x 25m | 8 x 50m | 8 x 50m | 8 x 25m | CLOSED | CLOSED |

**\*No recreational swimming will be allowed in the 50m Pool during our peak periods during the week (3:00pm-7:30pm). Lap swimming will only be allowed at this time**

**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.