

Lap Lane Availability

Program Pool (25m) - Week Starting 31/03/2025

| 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 | 4 x 25m | 4 x 25m | 4 x 25m | CLOSED | CLOSED |
| 7am – 8am* | 4 x 25m | 4 x 25m | 3 x 25m | 3 x 25m | 3 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 | GOswim | GOswim |
| 9am – 10am | 3 x 25m | 3 x 25m | 3 x 25m | 2 x 25m | 3 x 25m | GOswim | GOswim |
| 10am – 11am | 3 x 25m | Schools | 3 x 25m | 2 x 25m | 3 x 25m | GOswim | GOswim |
| 11am – 12pm | 0 x 25m | Schools | 0 x 25m | 3 x 25m | 0 x 25m | GOswim | GOswim |
| 12pm – 1pm | 0 x 25m | Schools | 0 x 25m | 3 x 25m | 0 x 25m | GOswim | GOswim |
| 1pm – 2pm | 0 x 25m | Schools | 4 x 25m | 4 x 25m | 4 x 25m | 3 x 25m | 3 x 25m |
| 2pm – 3pm | 4 x 25m | 0 x 25m | 4 x 25m | 0 x 25m | 4 x 25m | 3 x 25m | 3 x 25m |
| 3pm – 4pm | GOswim | GOswim | GOswim | GOswim | GOswim | 3 x 25m | 3 x 25m |
| 4pm – 5pm | GOswim | GOswim | GOswim | GOswim | GOswim | 3 x 25m | 3 x 25m |
| 5pm – 6pm | GOswim | GOswim | GOswim | GOswim | GOswim | 4 x 25m | 4 x 25m |
| 6pm – 7pm | GOswim | GOswim | GOswim | GOswim | GOswim | 4 x 25m | 4 x 25m |
| 7pm – 8pm | GOswim | GOswim | GOswim | GOswim | 4 x 25m | CLOSED | CLOSED |
| 8pm – 9pm | 4 x 25m | 4 x 25m | 4 x 25m | 4 x 25m | 4 x 25m | CLOSED | CLOSED |
| 9pm – 9:15pm | 4 x 25m | 4 x 25m | 4 x 25m | 4 x 25m | 4 x 25m | CLOSED | CLOSED |

***Please be advised that we will be hosting our GOswim Schools Program over the coming Tuesdays from 10am-2pm. There will be no access to the Program Pool during these times.**

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.

Lap Lane Availability

Competition Pool (50m) - Week Starting 31/03/2025

| Time | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|--------------|----------|----------|----------|---------|----------|---------------|---------------|
| 5:30am – 6am | 3 x 50m | 16 x 25m | 8 x 25m | 3 x 50m | 3 x 50m | CLOSED | CLOSED |
| 6am – 7am | 3 x 50m | 16 x 25m | 8 x 25m | 3 x 50m | 3 x 50m | CLOSED | CLOSED |
| 7am – 8am | 3 x 50m | 16 x 25m | 8 x 25m | 3 x 50m | 3 x 50m | 8 x 25m | 8 x 50m |
| 8am – 9am | 8 x 50m | 16 x 25m | 16 x 25m | 8 x 50m | 8 x 50m | 8 x 25m | 6 x 50m |
| 9am – 10am | 8 x 50m | 16 x 25m | 16 x 25m | 8 x 50m | 8 x 50m | 14 x 25m | 6 x 50m |
| 10am – 11am | 8 x 50m | 16 x 25m | 16 x 25m | 8 x 50m | 8 x 50m | 14 x 25m | 6 x 50m |
| 11am – 12pm | 8 x 50m | 16 x 25m | 16 x 25m | 8 x 50m | 8 x 50m | 14 x 25m | 6 x 50m |
| 12pm – 1pm | 16 x 25m | 16 x 25m | 16 x 25m | 8 x 50m | 8 x 50m | 14 x 25m | 6 x 50m |
| 1pm – 2pm | 16 x 25m | 16 x 25m | 16 x 25m | 8 x 50m | 8 x 50m | 14 x 25m | 8 x 50m |
| 2pm – 3pm | 16 x 25m | 16 x 25m | 16 x 25m | 8 x 50m | 16 x 25m | 16 x 25m | CLUB |
| 3pm – 4pm | 16 x 25m | 16 x 25m | 16 x 25m | 8 x 50m | 14 x 25m | 16 x 25m | CLUB |
| 4pm – 5pm | 6 x 25m | 6 x 25m | 6 x 25m | 3 x 50m | 6 x 25m | 16 x 25m | CLUB |
| 5pm – 6pm | 6 x 25m | 6 x 25m | 6 x 25m | 3 x 50m | 6 x 25m | 16 x 25m | CLUB |
| 6pm – 7pm | 4 x 25m | 6 x 25m | 6 x 25m | 3 x 50m | 6 x 25m | 16 x 25m | 8 x 50m |
| 7pm – 8pm | 6 x 25m | 6 x 25m | 6 x 25m | 3 x 50m | 6 x 25m | CLOSED | CLOSED |
| 8pm – 9pm | 16 x 25m | 16 x 25m | 16 x 25m | 8 x 50m | 16 x 25m | CLOSED | CLOSED |
| 9pm – 9:15pm | 16 x 25m | 16 x 25m | 16 x 25m | 8 x 50m | 16 x 25m | CLOSED | CLOSED |

***Please be advised that we will be hosting our Club Championships on Sunday, the 6th April 2025. Public access to the Competition Pool will not be available from 2pm-6pm**

***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.**

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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.