

Monday

Main Pool		
Time	Session	No. of lanes
6.30am – 8.30am	Lane Swim	3
8.30am – 9.30am	CLOSED	-
9.30am – 11.30am	General Swim	0
11.30am – 1.30pm	Lane Swim	3
1.30pm – 2.30pm	CLOSED	-
2.30pm – 3.30pm	General Swim	0
3.30pm – 4.00pm	CLOSED	-
4.00pm – 6.00pm	General Swim	0
6.00pm – 6.30pm	CLOSED	-
6.30pm – 7.30pm	Lane Swim	3
7.30pm – 8.00pm	CLOSED	-

Tuesday

Main Pool		
Time	Session	No. of lanes
6.30am – 8.30am	Lane Swim	3
8.30am – 9.30am	CLOSED	-
9.30am – 11.30am	General Swim	0
11.30am – 1.30pm	Lane Swim	3
1.30pm – 2.30pm	CLOSED	-
2.30pm – 3.30pm	General Swim	0
3.30pm – 4.00pm	CLOSED	-
4.00pm – 6.00pm	General Swim	0
6.00pm – 6.30pm	CLOSED	-
6.30pm – 7.30pm	Women & Girls	0
7.30pm – 8.00pm	CLOSED	-

Wednesday

Main Pool		
Time	Session	No. of lanes
6.30am – 8.30am	Lane Swim	3
8.30am – 9.30am	CLOSED	-
9.30am – 11.30am	General Swim	0
11.30am – 1.30pm	Lane Swim	3
1.30pm – 2.30pm	CLOSED	-
2.30pm – 3.30pm	General Swim	0
3.30pm – 4.00pm	CLOSED	-
4.00pm – 6.00pm	General Swim	0
6.00pm – 6.30pm	CLOSED	-
6.30pm – 7.30pm	Lane Swim	3
7.30pm – 8.00pm	CLOSED	-

Thursday

Main Pool		
Time	Session	No. of lanes
6.30am – 8.30am	Lane Swim	3
8.30am – 9.30am	CLOSED	-
9.30am – 11.30am	General Swim	0
11.30am – 1.30pm	Lane Swim	3
1.30pm – 2.30pm	CLOSED	-
2.30pm – 3.30pm	General Swim	0
3.30pm – 4.00pm	CLOSED	-
4.00pm – 6.00pm	General Swim	0
6.00pm – 6.30pm	CLOSED	-
6.30pm – 7.30pm	Lane Swim	3

Friday

Main Pool		
Time	Session	No. of lanes
6.30am – 8.30am	Lane Swim	3
8.30am – 9.30am	CLOSED	-
9.30am – 11.30am	General Swim	0
11.30am – 1.30pm	Lane Swim	3
1.30pm – 2.30pm	CLOSED	-
2.30pm – 3.30pm	General Swim	0
3.30pm – 4.00pm	CLOSED	-
4.00pm – 6.00pm	General Swim	0
6.00pm – 6.30pm	CLOSED	-
6.30pm – 7.30pm	Lane Swim	3
7.30pm – 8.00pm	CLOSED	-

Saturday

Main Pool		
Time	Session	No. of lanes
9.00am – 10.00am	Women & Girls	0
10.00am – 11.00am	Lane Swim	3
11am – 2.00pm	General Swim	0

Sunday

Main Pool		
Time	Session	No. of lanes
8.00am – 11.00am	Lane Swim	3
11.00am – 12.00pm	General Swim	0
12pm – 12.30pm	CLOSED	-