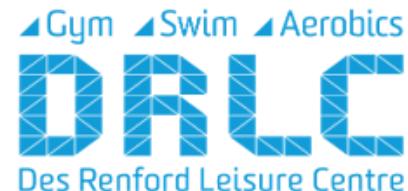


Olympic Pool (50m Outdoor Pool)

Times	Sat	Sun	Mon	Tue	Wed	Thu	Fri
5.30am	Closed						
6.00am	Closed	Closed	3	4	3	3	3
6.30am	Closed	Closed	4	5	3	3	4
7.00am	3	8	4	5	3	3	4
7.30am	3	8	4	5	3	3	7
8.00am	3	8	4	3	3	3	3
8.30am	3	4	4	3	3	3	3
9.00am	3	4	7	7	7	5	7
9.30am	3	8	7	7	7	5	7
10.00am	3	8	6	6	6	4	6
10.30am	7	8	6	6	6	4	6
11.00am	8	8	6	6	6	4	6
11.30am	8	8	7	7	7	5	7
12.00pm	8	8	8	6	8	6	8
12.30pm	8	8	8	6	8	6	8
1.00pm	8	8	8	6	8	6	8
1.30pm	8	8	8	6	8	6	8
2.00pm	8	8	8	6	8	6	8
2.30pm	8	8	8	8	8	6	8
3.00pm	8	8	8	8	8	6	3
3.30pm	8	8	5	8	8	8	3
4.00pm	8	8	3	5	3	3	3
4.30pm	8	8	3	5	3	3	3
5.00pm	8	8	5	3	3	3	3
5.30pm	8	8	5	5	8	5	3
5.45pm	Closed	Closed	5	5	8	8	3
6.00pm	Closed	Closed	5	5	8	8	3
6.30pm	Closed	Closed	8	5	8	4	8
7.00pm	Closed	Closed	8	5	8	4	8
7.30pm	Closed	Closed	8	5	5	4	8
7.45pm	Closed	Closed	8	5	5	4	Closed
8.00pm	Closed	Closed	8	5	5	4	Closed
8.30pm	Closed	Closed	8	5	5	4	Closed
8.45pm	Closed						



PUBLIC LANE AVAILABILITY

Sat 17th Jan to Fri 23rd Jan

2026

The Dome

Times	Sat	Sun	Mon	Tue	Wed	Thu	Fri
7.00am	Closed						
8.00am	Open						
9.00am	Open						
10.00am	Open						
11.00am	Open						
12.00pm	Open						
1.00pm	Open						
2.00pm	Open						
3.00pm	Open						
3.30pm	Open						
4.00pm	Open						
5.00pm	Open						
5.45pm	Closed	Closed	Open	Open	Open	Open	Open
6.00pm	Closed	Closed	Open	Open	Open	Open	Open
6.45pm	Closed	Closed	Open	Open	Open	Open	Open
7.00pm	Closed	Closed	Open	Open	Open	Open	Open
7.45pm	Closed	Closed	Open	Open	Open	Open	Closed
8.45pm	Closed						

Training Pool (25m Program Pool)

Times	Sat	Sun	Mon	Tue	Wed	Thu	Fri
5.00am	Closed						
6.00am	Closed	Closed	6	6	6	6	6
6.30am	Closed	Closed	6	6	6	6	6
7.00am	2	6	6	6	6	6	6
7.30am	2	6	6	6	6	6	6
8:00am	6	6	1	1	1	1	1
8.30am	6	6	1	1	1	1	1
9.00am	6	6	1	1	1	1	1
9.30am	6	6	1	1	1	1	1
10.00am	6	6	1	1	1	1	1
10.30am	6	6	1	1	1	1	1
11.00am	6	6	1	1	1	1	1
11.30am	6	6	5	5	5	5	5
12.00pm	6	6	6	6	6	6	6
12.30pm	6	6	6	6	4	6	6
1.00pm	6	6	6	6	4	6	6
1.30pm	6	6	6	6	4	6	6
2.00pm	6	6	6	6	4	6	6
2.30pm	6	6	6	6	4	6	6
3.00pm	6	6	6	6	4	6	6
3.30pm	6	6	6	6	6	6	6
4.00pm	6	6	6	6	6	6	6
4.30pm	6	6	6	6	6	6	6
5.00pm	6	6	6	6	6	6	6
5.30pm	6	6	6	6	6	6	6
5.45pm	Closed	Closed	6	6	6	6	6
6.00pm	Closed	Closed	6	6	6	6	6
6.30pm	Closed	Closed	6	6	6	6	6
7.00pm	Closed	Closed	6	6	6	6	6
7.30pm	Closed	Closed	6	6	6	6	6
7.45pm	Closed	Closed	6	6	6	Closed	
8.00pm	Closed	Closed	6	6	6	Closed	
8.30pm	Closed	Closed	6	6	6	Closed	
8.45pm	Closed						

Competition Pool (25m Indoor Pool)

Times	Sat	Sun	Mon	Tue	Wed	Thu	Fri
5.00am	Closed						
6.00am	Closed	Closed	1	1	1	1	3
6.30am	Closed	Closed	1	1	1	1	3
7.00am	1	6	1	2	1	2	3
7.30am	1	6	1	6	1	2	3
8.00am	1	6	1	1	1	1	1
8.30am	6	6	1	1	1	1	1
9.00am	6	3	6	6	6	6	6
9.30am	6	3	6	6	6	6	6
10.00am	6	3	6	6	6	6	6
10.30am	3	3	6	6	6	6	6
11.00am	3	3	6	6	6	6	6
11.30am	3	3	3	3	3	3	3
12.00pm	3	3	3	3	3	3	3
12.30pm	3	3	3	3	3	3	3
1.00pm	3	3	3	3	3	3	3
1.30pm	3	3	3	3	3	3	3
2.00pm	3	3	3	3	3	3	3
2.30pm	3	3	3	3	3	3	3
3.00pm	3	3	3	3	3	3	3
3.30pm	3	3	6	6	6	6	6
4.00pm	3	3	3	1	3	1	1
4.30pm	3	3	3	1	3	1	1
5.00pm	6	6	1	1	3	1	1
5.30pm	6	6	1	1	6	1	6
5.45pm	Closed	Closed	1	1	6	1	6
6.00pm	Closed	Closed	1	1	6	1	6
6.30pm	Closed	Closed	1	1	6	1	6
7.00pm	Closed	Closed	6	1	6	6	6
7.30pm	Closed	Closed	6	6	6	6	6
7.45pm	Closed	Closed	6	6	6	6	Closed
8.00pm	Closed	Closed	6	6	6	6	Closed
8.30pm	Closed	Closed	6	6	6	6	Closed
8.45pm	Closed						

Please Note:

The above listed lane allocations are correct at the time of printing, however changes may occur due to unforeseen circumstances.

Where possible lane space will be allocated for aquaplay. Sometimes lanes will be available on the quarter hour.