

| | | 8th December- 14th December | | | | | | | | | | | | | | |
|----------|-----------|-----------------------------|-----------|-----------|------------|-------------|-------------|------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| | | 6am - 7am | 7am - 8am | 8am - 9am | 9am - 10am | 10am - 11am | 11am - 12pm | 12pm - 1pm | 1pm - 2pm | 2pm - 3pm | 3pm - 4pm | 4pm - 5pm | 5pm - 6pm | 6pm - 7pm | 7pm - 8pm | 8pm - 9pm |
| 50m Pool | Monday | 2* | 9 | 0** | 0** | 0** | 0** | 0** | 0** | 0** | 9 | 6* | 6* | 6* | 9 | 0 |
| | Tuesday | 5* | 9 | 9 | 6 | 0** | 0** | 0** | 6 | 9 | 9 | 5* | 5* | 5* | 9 | 0 |
| | Wednesday | 2* | 9 | 9 | 6 | 6 | 6 | 6 | 6 | 9 | 9 | 8* | 8* | 8* | 9 | 0 |
| | Thursday | 5* | 9 | 9 | 6 | 6 | 6 | 6 | 6 | 9 | 9 | 5* | 5* | 5* | 9 | 0 |
| | Friday | 2* | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 3* | 3* | 3* | 9 | 0 |
| | Saturday | 0 | 8* | 8* | 6 | 6 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 0 | 0 |
| | Sunday | 0 | 6* | 7 | 7 | 7 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 | 0 | 0 |

| | | | | | | | | | | | | | | | | |
|----------|-----------|---|---|---|----|----|----|----|----|----|----|----|---|---|---|---|
| 25m Pool | Monday | 6 | 6 | 4 | 3 | 3 | 3 | 3 | 6 | 6 | 2 | 2 | 2 | 2 | 0 | 0 |
| | Tuesday | 6 | 6 | 4 | 2^ | 2^ | 2^ | 2^ | 2^ | 2^ | 1* | 1* | 2 | 2 | 0 | 0 |
| | Wednesday | 6 | 6 | 4 | 2^ | 2^ | 2^ | 2^ | 6 | 6 | 2 | 2 | 2 | 2 | 0 | 0 |
| | Thursday | 6 | 6 | 4 | 4 | 4 | 4 | 4 | 6 | 6 | 2 | 2 | 2 | 2 | 0 | 0 |
| | Friday | 6 | 6 | 4 | 5 | 5 | 5 | 5 | 6 | 6 | 2 | 2 | 2 | 2 | 0 | 0 |
| | Saturday | 0 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 6 | 6 | 0 | 0 |
| | Sunday | 0 | 2 | 2 | 2 | 2 | 2 | 2 | 4 | 4 | 4 | 4 | 6 | 6 | 0 | 0 |

| | | | | | | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| *Lap lane availability is subject to change due to last minute bookings | | | | | | | | | | | | | | | | |
| **Lap lane swimming in the Water polo pool will be available in the occasion that these is limited lane availability | | | | | | | | | | | | | | | | |
| ^ only middle lanes available | | | | | | | | | | | | | | | | |

| | |
|--|----------------------|
| | All Availability |
| | Limited Availability |
| | No Availability |