

| Day | 6:00 | 7:00 | 8:00 | 9:00 | 10:00 | 11:00 | 12:00 | 13:00 | 14:00 | 15:00 | 16:00 | 17:00 | 18:00 | 19:00 | 20:00 | 21:00 |
|-----------|------|-------|-----------------|-------------|-----------|-----------------|-----------|-------------|-------|----------------------|-------|-------|-------|-------|-------|-------|
| Monday | | | Adult only Lane | School | Lane Swim | School | LS | Swim school | Clubs | Adult only Lane Swim | | | | | | |
| Tuesday | | | Adult only Lane | School | Lane Swim | School | LS | Swim school | Clubs | Adult only Lane Swim | | | | | | |
| Wednesday | | | Adult only Lane | School | Lane Swim | School | LS | Swim school | Clubs | Adult only Lane Swim | | | | | | |
| Thursday | | | Adult only Lane | School | Lane Swim | School | LS | Swim school | Clubs | Adult only Lane Swim | | | | | | |
| Friday | | Clubs | Adult only Lane | Schools | Lane Swim | S | Lane Swim | Swim school | Clubs | Adult only Lane | | | | | | |
| Saturday | | | Lane Swim | Swim School | Lane Swim | Adult only Lane | | | | | | | | | | |
| Sunday | | | Lane Swim | Swim school | Lane Swim | Clubs | | | | | | | | | | |

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|-----------|------|------|------|-------------|-------------|-------------|-------------|-------------|--------------|--------------|-------|-------|-------|-------|-------|-------|
| Monday | | | | School | Aquaft | FS | School | Swim school | Club | GS | | | | | | |
| Tuesday | | | | School | FS | Aquaft | School | Swim school | General Swim | | | | | | | |
| Wednesday | | | | School | Family Swim | School | Family Swim | Swim School | Aquaft | General Swim | | | | | | |
| Thursday | | | | School | Family Swim | School | Swim School | Aquaft | Aquaft | General Swim | | | | | | |
| Friday | | | | Family Swim | Schools | Family Swim | School | Family Swim | Swim School | Clubs | | | | | | |
| Saturday | | | | Swim School | Family Swim | | | | | | | | | | | |
| Sunday | | | | Swim school | Family Swim | | | | | | | | | | | |