| Day | Start Time | Finish Time | Swim Session | Pool |
|-----------|------------|-------------|--------------------------|------------|
| Monday | 07:00 | 09:00 | Lane Swim | Large Pool |
| Monday | 09:00 | 12:00 | General Swim | Large Pool |
| Monday | 09:15 | 10:15 | Family Swim | Small Pool |
| Monday | 12:00 | 13:00 | Lane Swim | Large Pool |
| Monday | 13:15 | 14:00 | Male Only & Toddler Swim | Small Pool |
| Monday | 13:15 | 14:15 | Male Only Swim | Large Pool |
| Monday | 14:15 | 15:15 | Male Only Swim | Large Pool |
| Monday | 15:30 | 16:30 | Lane Swim | Large Pool |
| Monday | 20:00 | 22:00 | Lane Swim | Large Pool |
| Monday | 21:00 | 22:00 | Lane *Swim | Large Pool |
| Tuesday | 07:00 | 09:00 | Lane Swimming | Large Pool |
| Tuesday | 09:00 | 12:00 | General Swim | Large Pool |
| Tuesday | 12:00 | 13:00 | Family Swim | Small Pool |
| Tuesday | 12:00 | 13:00 | Lane Swimming | Large Pool |
| Tuesday | 13:15 | 14:15 | Female Lane Swim | Large Pool |
| Tuesday | 14:15 | 15:15 | Female General Swim | Large Pool |
| Tuesday | 15:30 | 16:30 | Lane Swimming | Large Pool |
| Tuesday | 18:30 | 20:00 | Lane Swimming | Large Pool |
| Tuesday | 20:15 | 21:00 | Female Junior Swim | Large Pool |
| Tuesday | 21:00 | 22:00 | Female Adult Swim | Large Pool |
| Wednesday | 07:00 | 09:15 | Lane Swimming | Large Pool |
| Wednesday | 09:15 | 12:00 | General Swim | Large Pool |
| Wednesday | 12:00 | 13:00 | Lane Swim | Large Pool |
| Wednesday | 12:00 | 14:00 | Family Swim | Small Pool |
| Wednesday | 13:00 | 16:15 | General Swim | Large Pool |
| Wednesday | 19:00 | 22:00 | Lane Swimming | Large Pool |
| Wednesday | 20:00 | 22:00 | Lane *Swim | Large Pool |
| Wednesday | 21:00 | 22:00 | Lane *Swim | Large Pool |
| Thursday | 07:00 | 09:15 | Lane Swimming | Large Pool |
| Thursday | 09:15 | 12:00 | General Swim | Large Pool |
| Thursday | 12:00 | 13:00 | Lane Swim | Large Pool |
| Thursday | 13:00 | 14:00 | Family Swim | Small Pool |
| Thursday | 13:00 | 16:15 | General Swim | Large Pool |
| Thursday | 20:45 | 21:30 | Male Only Swim | Large Pool |
| Thursday | 21:30 | 22:15 | Male Only Swim | Large Pool |
| Saturday | 11:30 | 12:30 | Lane Swim | Large Pool |
| Saturday | 12:30 | 14:30 | General Swim | Large Pool |
| Saturday | 13:45 | 14:35 | Family Swim | Small Pool |
| Saturday | 14:30 | 15:30 | Lane Swim | Large Pool |
| Saturday | 14:40 | 15:30 | Family Swim | Small Pool |
| Sunday | 08:30 | 10:30 | Lane Swim | Large Pool |
| Sunday | 10:00 | 14:30 | Family Swim | Small Pool |
| Sunday | 10:30 | 13:30 | General Swim | Large Pool |
| Sunday | 13:30 | 14:30 | Lane Swim | Large Pool |
| Sunday | 15:00 | 16:00 | Male Only Swim | Large Pool |
| Sunday | 16:00 | 17:00 | Male Only Swim | Large Pool |
| Sunday | 17:00 | 18:00 | Male Only Swim | Large Pool |