

Macarthur Girls High School Pool Lap Lane Availability

25m Pool



Pool lane availability is subject to change & demand,
please call the centre prior to visiting on 9806 5700

Please note: Recreational Swimming is not available at this site.

| Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|---------|-----------|----------|--------|----------|--------|
| 530 | 6 | 6 | 6 | 6 | 6 | CLOSED | CLOSED |
| 600 | 6 | 6 | 6 | 6 | 6 | CLOSED | CLOSED |
| 630 | 6 | 6 | 6 | 6 | 6 | CLOSED | CLOSED |
| 700 | 6 | 6 | 6 | 6 | 6 | CLOSED | CLOSED |
| 715 | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |
| 730 | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |
| 800 | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | 3 | 3 |
| 830 | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | 2 | 2 |
| 900 | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | 2 | 2 |
| 930 | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | 2 | 2 |
| 1000 | 6 | 6 | 6 | 6 | 6 | 2 | 2 |
| 1030 | 6 | 6 | 6 | 3 | 6 | 2 | 2 |
| 1100 | 6 | 6 | 6 | 3 | 6 | 2 | 2 |
| 1130 | 6 | 6 | 6 | 3 | 6 | 2 | 2 |
| 1200 | 6 | 6 | 6 | 6 | 6 | 2 | 6 |
| 1230 | 6 | 6 | 6 | 6 | 6 | 2 | 6 |
| 1245 | 6 | 6 | 6 | 6 | 6 | CLOSED | CLOSED |
| 1300 | 6 | 3 | 6 | 6 | 6 | CLOSED | CLOSED |
| 1330 | 6 | 3 | 6 | 6 | 6 | CLOSED | CLOSED |
| 1345 | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |
| 1400 | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | 6 | 6 |
| 1430 | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | 6 | 6 |
| 1500 | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | 6 | 6 |
| 1530 | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |
| 1545 | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |
| 1600 | 3 | 4 | 4 | 3 | 4 | CLOSED | CLOSED |
| 1630 | 3 | 4 | 4 | 3 | 4 | CLOSED | CLOSED |
| 1700 | 3 | 4 | 4 | 3 | 4 | CLOSED | CLOSED |
| 1730 | 3 | 4 | 4 | 3 | 4 | CLOSED | CLOSED |
| 1800 | 3 | 4 | 4 | 3 | 4 | CLOSED | CLOSED |
| 1830 | 3 | 4 | 4 | 3 | 4 | CLOSED | CLOSED |
| 1845 | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |
| 1900 | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED |

Macarthur Girls High School Pool Lap Swimming Etiquette



We ask that all visitors to Macarthur Girls High School Pool observe the following guidelines for a safe and enjoyable swimming environment.

1. Please choose the lane most suitable for your swimming ability and stroke(s) you intend to swim during your visit. If you're unsure, please speak with one of our Lifeguards before you enter the pool. The following is a guideline of lane suitability:

Slow Lane: Laps slower than 60 seconds.

Medium Lane: Laps slower than 45 seconds.

Fast Lane: Laps faster than 40 seconds.

These times are a guide only, the Lifeguards will monitor the lanes according to the abilities of the swimmers and may request that you move to a more suitable lane.

2. Keep to the left of the lane .

3. In order to pass a swimmer in front, swim past on the right, above the lane on the bottom of the pool.

4. If you have to move across any lanes please check both directions before moving. Please go under the lane ropes rather than over them.

5. Move to the corners of the lanes to allow other swimmers to continue swimming laps if you are waiting at the end of the pool