| Thursday Timetable | | | | | | | Members Lanes |
|---|---|---|---|---|---|---|---|
| | 05:00 | 07:00 | ALSC | ALSC | ALSC | ALSC | ALSC |
| | 07:00 | 10:00 | Members | Members | Members | Members | Members |
| | 10:00 | 11:30 | Members | Members | Members | Members | Members |
| | 11:30 | 15:00 | Members | Members | Members | Members | Members |
| | 1500 | 20 | Seahorses | Seahorses | | | 2 Lanes |
| | 1530 | 40 | Sea Turtles | Stingrays | Seals | Dolphins | 2 Lanes |
| | 1600 | 40 | Sea Turtles | Stingrays | Seals | Dolphins | 2 Lanes |
| | 1630 | 24 | Sharks | Orca's | Sharks | | 2 Lanes |
| | 1700 | 40 | Sea Turtles | Stingrays | Seals | Dolphins | 2 Lanes |
| | 1730 | 40 | Sea Turtles | Stingrays | Seals | Dolphins | 2 Lanes |
| | 1800 | 40 | Sharks | Orca's | | | 2 Lanes |
| | 1830 | 36 | Sea Turtles | Stingrays | Seals | Dolphins | 2 Lanes |
| | 1900 | | ALSC | ALSC | ALSC | ALSC | 2 Lanes |
| | 1930 | | ALSC | ALSC | ALSC | ALSC | 2 Lanes |
| | 2000 | | Fingal Tri | Fingal Tri | Aqua | Aqua | 2 Lanes |
| | 2030 | | Fingal Tri | Fingal Tri | Aqua | Aqua | 2 Lanes |
| | 2100 | | Members | Members | Members | Members | 2 Lanes |
| | 2130 | | Members | Members | Members | Members | 3 Lanes |
| Closed | | 22:00 | | | | | |