Swim Timetable

Applemore Health and Leisure

Accurate as of 28/04/2024

Times for Monday 22 August

Time	Session	Facility	# Lanes
6:30 am - 9:00 am	Public Swim	Both Pools	3
9:00 am - 11:30 am	Swim Academy	Learner Pool	
9:00 am - 1:15 pm	Public Swim	Main Pool	2
10:00 am - 12:00 pm	NPLQ Course	Main Pool	2
1:30 pm - 2:30 pm	Fun Time Swim	Both Pools	
2:45 pm - 3:45 pm	Senior Swim	Main Pool	
3:00 pm - 7:20 pm	Swim Academy	Learner Pool	
4:00 pm - 7:20 pm	Swim Academy	Both Pools	