


# Swim Timetable

## Applemore Health and Leisure

Accurate as of 01/05/2024

Times for Tuesday 23 August				
Time	Session	Facility	# Lanes	
6:30 am - 8:50 am	Adults Only Swim	Main Pool	3	
9:05 am - 10:00 am	Aqua Aerobics	Main Pool		
10:00 am - 12:00 pm	NPLQ Course	Main Pool	2	
10:00 am - 1:15 pm	Public Swim	Both Pools	2	
1:30 pm - 2:30 pm	Fun Time Swim	Both Pools		
3:00 pm - 7:05 pm	Swim Academy	Learner Pool		
4:00 pm - 7:05 pm	Swim Academy	Main Pool		
7:15 pm - 9:00 pm	Public Swim	Both Pools	2	
9:00 pm - 10:00 pm	Adults Only Swim	Main Pool	3	