

# Swim Timetable

## Applemore Health and Leisure

Accurate as of 28/04/2024

Times for Wednesday 24 August



Time	Session	Facility	# Lanes
6:30 am - 8:55 am	Adults Only Swim	Main Pool	3
9:00 am - 10:00 am	Adult Swim Lessons	Main Pool	
9:00 am - 12:00 pm	Swim Academy	Learner Pool	
10:00 am - 12:00 pm	NPLQ Course	Main Pool	2
10:05 am - 12:45 pm	Public Swim	Main Pool	
12:00 pm - 12:45 pm	Public Swim	Learner Pool	
1:00 pm - 2:00 pm	Fun Time Swim	Both Pools	
2:00 pm - 2:45 pm	Public Swim	Learner Pool	
2:15 pm - 3:45 pm	Public Swim	Main Pool	2
3:00 pm - 7:20 pm	Swim Academy	Learner Pool	
4:00 pm - 7:20 pm	Swim Academy	Both Pools	
7:25 pm - 8:10 pm	Aqua Aerobics	Main Pool	
8:15 pm - 9:00 pm	Public Swim	Both Pools	2
9:00 pm - 10:00 pm	Adults Only Swim	Main Pool	3