

# Swim Timetable

## Applemore Health and Leisure

Accurate as of 30/04/2024

### Times for Friday 26 August



Time	Session	Facility	# Lanes
6:30 am - 8:55 am	Adults Only Swim	Main Pool	3
9:05 am - 9:50 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	
2:45 pm - 3:45 pm	Senior Swim	Main Pool	
3:00 pm - 7:35 pm	Swim Academy	Learner Pool	
4:00 pm - 7:05 pm	Swim Academy	Main Pool	
7:05 pm - 7:35 pm	Adult Swim Lessons	Both Pools	
7:45 pm - 9:00 pm	Public Swim	Both Pools	2