

# Swim Timetable

## Applemore Health and Leisure

Accurate as of 07/05/2024

Times for Friday 26 April			
Time	Session	Facility	# Lanes
6:30 am - 8:55 am	Adults Only Swim	Main Pool	3
8:00 am - 8:55 am	Public Swim	Learner Pool	
9:05 am - 9:50 am	Aqua Aerobics	Main Pool	
10:15 am - 11:45 am	School Use	Both Pools	2
12:00 pm - 12:45 pm	Lane Swimming (2 lanes)	Main Pool	2
1:00 pm - 3:00 pm	School Use	Both Pools	
3:00 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	Main Pool	2