

Swim Timetable

Applemore Health and Leisure

Accurate as of 24/04/2026

Times for Tuesday 1 October



Time	Session	Facility	# Lanes
6:30 am - 8:55 am	Lane Swimming (3 lanes)	Main Pool	3
8:00 am - 8:55 am	Public Swim	Learner Pool	
9:05 am - 10:00 am	Aqua Aerobics	Main Pool	
3:00 pm - 7:05 pm	Swim Academy	Learner Pool	
4:00 pm - 7:05 pm	Swim Academy	Main Pool	
7:15 pm - 8:00 pm	Public Swim	Both Pools	2
8:00 pm - 9:55 pm	Adults Only Swim	Main Pool	3