

Swim Timetable

Applemore Health and Leisure

Accurate as of 24/04/2026

Times for Wednesday 2 October



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	
9:00 am - 10:00 am	Adult Swim Lessons	Main Pool	
9:00 am - 12:00 pm	Swim Academy	Learner Pool	
12:30 pm - 1:30 pm	Public Swim	Learner Pool	
12:30 pm - 1:30 pm	Lane Swimming (2 lanes)	Main Pool	2
3:00 pm - 7:20 pm	Swim Academy	Learner Pool	
4:00 pm - 7:20 pm	Swim Academy	Main Pool	
7:25 pm - 8:00 pm	Public Swim	Both Pools	2
8:00 pm - 9:55 pm	Adults Only Swim	Main Pool	3