

Swim Timetable

Applemore Health and Leisure

Accurate as of 24/04/2026

Times for Friday 4 October



Time	Session	Facility	# Lanes
6:30 am - 8:55 am	Lane Swimming	Main Pool	3
8:00 am - 8:55 am	Public Swim	Learner Pool	
3:00 pm - 7:35 pm	Swim Academy	Learner Pool	
3:05 pm - 3:45 pm	Senior Swim	Main Pool	
4:00 pm - 7:35 pm	Swim Academy	Main Pool	
7:05 pm - 7:35 pm	Adult Swim Lessons	Both Pools	
7:45 pm - 8:55 pm	Family Swim	Learner Pool	