

# Swim Timetable

## Applemore Health and Leisure

Accurate as of 24/04/2026

### Times for Sunday 6 October



Time	Session	Facility	# Lanes
7:30 am - 8:55 am	Lane Swimming (3 lanes)	Main Pool	3
7:30 am - 8:55 am	Public Swim	Learner Pool	
9:05 am - 10:00 am	Family Swim	Both Pools	
11:30 am - 1:00 pm	Public Swim	Both Pools	2
1:15 pm - 2:30 pm	Private Hire	Both Pools	
4:15 pm - 5:55 pm	Adult Swim	Main Pool	2