

# Swim Timetable

## Applemore Health and Leisure

Accurate as of 04/05/2026

### Times for Tuesday 26 August



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	
1:45 pm - 2:45 pm	Fun Time Swim	Learner Pool	
3:00 pm - 7:05 pm	Swim Academy	Learner Pool	
4:00 pm - 7:05 pm	Swim Academy	Main Pool	
7:15 pm - 9:00 pm	Public Swim	Main Pool	2
8:00 pm - 9:55 pm	Adults Only Swim	Main Pool	3