

Swim Timetable

Applemore Health and Leisure

Accurate as of 04/05/2026

Times for Sunday 31 August



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	
10:15 am - 11:15 am	Fun Time Swim	Both Pools	
4:15 pm - 5:55 pm	Adult Swim	Main Pool	2