

Swim Timetable

Applemore Health and Leisure

Accurate as of 28/05/2026

Times for Monday 2 March



Time	Session	Facility	# Lanes
6:30 am - 8:50 am	Adults Only Swim	Main Pool	3
8:00 am - 8:55 am	Public Swim	Learner Pool	
9:00 am - 9:40 am	School Use	Main Pool	
9:00 am - 12:00 pm	Swim Academy	Learner Pool	
10:00 am - 10:45 am	Lane Swimming (3 lanes)	Main Pool	
11:00 am - 12:20 pm	Public Swim	Main Pool	2
12:30 pm - 1:25 pm	Aqua Aerobics	Main Pool	
1:45 pm - 3:00 pm	School Use	Both Pools	
3:00 pm - 7:20 pm	Swim Academy	Learner Pool	
3:05 pm - 3:55 pm	Senior Swim	Main Pool	
4:00 pm - 7:20 pm	Swim Academy	Main Pool	
7:20 pm - 7:30 pm	Swim Academy	Main Pool	2
7:30 pm - 8:00 pm	Public Swim	Both Pools	
8:00 pm - 9:55 pm	Adults Only Swim	Main Pool	2