

# Swim Timetable

## Applemore Health and Leisure

Accurate as of 28/05/2026

### Times for Wednesday 4 March



Time	Session	Facility	# Lanes
6:30 am - 8:55 am	Adults Only Swim	Main Pool	3
8:00 am - 8:55 am	Public Swim	Learner Pool	
9:00 am - 10:00 am	Adult Swim Lessons	Main Pool	
9:00 am - 12:00 pm	Swim Academy	Learner Pool	
10:00 am - 12:30 pm	School Use	Main Pool	
12:30 pm - 1:30 pm	Public Swim	Learner Pool	
12:30 pm - 1:30 pm	Lane Swimming (2 lanes)	Main Pool	2
2:00 pm - 3:00 pm	School Use	Both Pools	
3:00 pm - 7:20 pm	Swim Academy	Learner Pool	
3:15 pm - 3:55 pm	Lane Swimming (3 lanes)	Main Pool	
4:00 pm - 7:20 pm	Swim Academy	Main Pool	
7:25 pm - 8:00 pm	Public Swim	Both Pools	2
8:00 pm - 9:00 pm	Family Swim	Learner Pool	
8:00 pm - 9:55 pm	Adults Only Swim	Main Pool	3