

Swim Timetable

Applemore Health and Leisure

Accurate as of 28/05/2026

Times for Thursday 5 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	
11:05 am - 12:30 pm	Public Swim	Both Pools	
3:00 pm - 3:45 pm	Therapy Swim	Main Pool	
3:00 pm - 7:00 pm	Swim Academy	Learner Pool	
4:00 pm - 7:00 pm	Swim Academy	Main Pool	
7:10 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