

Swim Timetable

Applemore Health and Leisure

Accurate as of 04/05/2026

Times for Monday 4 May



| Time | Session | Facility | # Lanes |
|---------------------|-------------------------|--------------|---------|
| 8:30 am - 9:45 am | Public Swim | 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 - 2:55 pm | Public Swim | 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 |