

Swim Timetable

Applemore Health and Leisure

Accurate as of 25/05/2026

Times for Tuesday 26 May



| Time | Session | Facility | # Lanes |
|---------------------|-------------------------|--------------|---------|
| 6:30 am - 8:55 am | Lane Swimming (3 lanes) | Main Pool | 3 |
| 8:00 am - 8:55 am | Public Swim | Learner Pool | |
| 9:05 am - 10:00 am | Aqua Aerobics | Main Pool | |
| 10:05 am - 11:15 am | Public Swim | Both Pools | 2 |
| 11:30 am - 12:30 pm | School Use | Both Pools | |
| 12:30 pm - 1:25 pm | Lane Swimming | Main Pool | |
| 1:30 pm - 2:30 pm | School Use | Both Pools | |
| 3:00 pm - 3:45 pm | Public Swim | Main Pool | |
| 3:00 pm - 7:05 pm | Swim Academy | Learner Pool | |
| 4:00 pm - 7:05 pm | Swim Academy | Main Pool | |
| 7:15 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 |