

Swim Timetable

Applemore Health and Leisure

Accurate as of 25/06/2026

Times for Friday 26 June



Time	Session	Facility	# Lanes
6:30 am - 8:55 am	Lane Swimming	Main Pool	3
9:05 am - 9:45 am	Adult Swim	Main Pool	
10:00 am - 10:45 am	Public Swim	Both Pools	2
11:00 am - 12:00 pm	School Use	Both Pools	
12:30 pm - 1:30 pm	Lane Swimming	Main Pool	3
1:30 pm - 2:45 pm	Public Swim	Both Pools	2
3:00 pm - 3:45 pm	Senior Swim	Main Pool	
3:00 pm - 7:35 pm	Swim Academy	Learner Pool	
4:00 pm - 7:35 pm	Swim Academy	Main Pool	
7:05 pm - 7:35 pm	Adult Swim Lessons	Both Pools	
7:45 pm - 8:55 pm	Adults Only Swim	Main Pool	2