

Swim Timetable

Applemore Health and Leisure

Accurate as of 25/06/2026

Times for Wednesday 1 July



Time	Session	Facility	# Lanes
6:30 am - 8:55 am	Adults Only Swim	Main Pool	3
9:00 am - 10:00 am	Adult Swim Lessons	Main Pool	
9:00 am - 12:00 pm	Swim Academy	Learner Pool	
10:00 am - 11:30 am	School Use	Main Pool	
12:30 pm - 1:30 pm	Lane Swimming	Main Pool	3
12:30 pm - 1:30 pm	Public Swim	Learner Pool	
12:30 pm - 1:30 pm	Public Swim	Learner Pool	
2:00 pm - 3:00 pm	School Use	Both Pools	
3:30 pm - 7:20 pm	Swim Academy	Learner Pool	
4:00 pm - 7:20 pm	Swim Academy	Main Pool	
7:30 pm - 8:00 pm	Public Swim	Both Pools	2
8:00 pm - 9:55 pm	Adults Only Swim	Main Pool	3