

# SMALL POOL SWIMMING TIMETABLE AT CARLTON FORUM LEISURE CENTRE

Tel: 0115 987 2333

	<b>Time</b>	<b>Activity</b>
<b>Monday</b>	9.00am - 12.15pm	School Swimming
	12.15pm - 1.15pm	Public Swim
	1.30pm - 3.30pm	School Swimming
	3.30pm - 4.30pm	Parent and Toddler
	4.30pm - 7.00pm	Public Session
	7.00pm - 8.00pm	Wet Workout
<b>Tuesday</b>	8.00pm - 9.00pm	Wet Workout
	9.00am - 12.15pm	School Swimming
	12.15pm - 1.15pm	Parent and Toddlers
	1.30pm - 4.00pm	School Swimming
	4.00pm - 7.00pm	Junior Lessons
	7.00pm - 9.00pm	Carlton Forum Swim Club
<b>Wednesday</b>	9.00am - 12.15pm	School Swimming
	12.15pm - 1.15pm	Public swim
	1.30pm - 3.45pm	School Swimming
	4.00pm - 5.00pm	Positive Moves
	5.00pm - 6.00pm	School Swimming
	6.00pm - 7.00pm	Public Swim
	7.00pm - 8.00pm	Wet Workout
	8.00pm - 9.00pm	Wet Workout
<b>Thursday</b>	9.00am - 12.15pm	School Swimming
	12.15pm - 1.15pm	Parent and Toddlers
	1.30pm - 3.00pm	School Swimming
	3.00pm - 4.00pm	Pre School
	4.00pm - 7.00pm	Junior Lessons
<b>Friday</b>	9.00am - 12.15pm	School Swimming
	12.15pm - 1.15pm	Parent and Toddlers
	1.30pm - 4.00pm	School Swimming
	4.00pm - 6.00pm	Junior Lessons
	6.00pm - 7.00pm	Disco Fun session
	7.00pm - 9.00pm	Carlton Forum Swimming Club
<b>Saturday</b>	8.00am - 1.30pm	Junior Lessons
	1.30pm - 3.30pm	Public Swim
	3.30pm - 4.30pm	Fun Session
	4.30pm - 6.30pm	Private Parties
<b>Sunday</b>	9.00am - 3.30pm	Public Swim
	3.30pm - 4.30pm	Fun Session
	4.30pm - 5.30pm	Public Swim
	5.30pm - 7.00pm	Junior Lessons

## Gedling Leisure

Changing Lifestyles

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