

# MAIN POOL SWIMMING TIMETABLE AT CARLTON FORUM LEISURE CENTRE

	<b>Time</b>	<b>Activity</b>
<b>Monday</b>	7.00am - 9.30am	Public Swim
	9.30am - 12.15pm	School Swimming
	12.15pm - 1.30pm	Public Swim
	1.30pm - 3.00pm	School Swimming
	3.00pm - 4.00pm	Sedate Swim / 50+
	4.00pm - 7.00pm	Public Swim
	7.00pm - 8.00pm	Timid Time / Sedate Swim
	8.00pm - 9.00pm	Ladies Only
	9.00pm - 10.00pm	Adults Only
<b>Tuesday</b>	7.00am - 9.30am	Public Swim
	9.30am - 12.15pm	School Swimming
	12.15pm - 1.30pm	Public Swim
	1.30pm - 4.00pm	School Swimming
	4.00pm - 6.00pm	Junior Lessons
	6.00pm - 7.00pm	Public Swim
	7.00pm - 9.00pm	Carlton Forum Swimming Club
	9.00pm - 10.00pm	Adults Only (Laned Swim)
	<b>Wednesday</b>	7.00am - 9.00am
9.00am - 12.15pm		School Swimming
12.15pm - 1.30pm		Public Swim
1.30pm - 3.45pm		School Swimming
3.45pm - 4.45pm		Staff Training
5.00pm - 6.00pm		Carlton Forum Swimming Club
6.00pm - 8.00pm		Public Swim
8.00pm - 9.00pm		Ladies Only
9.00pm - 10.00pm		Adults Only
<b>Thursday</b>	7.00am - 9.00am	Public Swim
	9.00am - 12.15pm	School Swimming
	12.15pm - 1.30pm	Public Swim
	1.30pm - 3.00pm	School Swimming
	3.00pm - 4.00pm	Sedate Swim / 50+
	4.00pm - 5.00pm	Junior Lessons
	5.00pm - 7.00pm	Public Swim
	7.00pm - 9.00pm	Carlton Forum Swimming Club
	9.00pm - 10.00pm	Sub Aqua Club
<b>Friday</b>	7.00am - 9.00am	Public Swim
	9.00am - 12.15pm	School Swimming
	12.15pm - 1.30pm	Public Swim
	1.30pm - 4.00pm	School Swimming
	4.00pm - 6.00pm	Public Swim
	6.00pm - 7.00pm	Disco Inflatable Session
	7.00pm - 8.00pm	Ladies Only
	8.00pm - 9.00pm	Carlton Forum Swimming Club
	9.00pm - 10.00pm	Adults Only (Laned Swim)
<b>Saturday</b>	7.00am - 9.00am	Public Swim
	9.00am - 12.00noon	Junior Lessons
	12.00 noon - 3.30pm	Public Swim
	3.30pm - 4.30pm	Float Fun
	4.30pm to 6.30pm	Lifesaving Club
<b>Sunday</b>	7.00am - 3.30pm	Public Swim
	3.30pm - 4.30pm	Inflatable Session
	4.30pm - 5.30pm	Public Swim
	5.30pm - 7.00pm	Junior Lessons
	7.00pm - 8.00pm	Timid Swim
	8.00pm - 9.00pm	Carlton Forum Swimming Club
	9.00pm - 10.00pm	Adults Only