

Warm Pool Timetable

October 9th to 22nd October

	9am	10	11	12	1	2	3	4	5	6	7	8	9	10pm
Monday	PUBLIC SWIMMING		TURTLE TOTS 9th Oct Public Swim 16th Oct	TURTLE TOTS	SWIM OPTIONS	PUBLIC SWIMMING	TURTLE TOTS 9th Oct Public Swim 16th Oct	PUBLIC SWIMMING			PRIVATE HIRE		PUBLIC SWIMMING	
Tuesday	PUBLIC SWIMMING	PRIVATE HIRE	ADULT & CHILD SESSION	PRIVATE HIRE	SWIM OPTIONS	COMPLEX NEEDS	PRIVATE HIRE	PUBLIC SWIMMING				PRIVATE HIRE	PUBLIC SWIMMING	
Wednesday	PUBLIC SWIMMING	PRIVATE HIRE	PUBLIC SWIMMING			PRIVATE HIRE	PUBLIC SWIMMING	LEARN TO SWIM	CLUB USE	PUBLIC SWIMMING				
Thursday	PUBLIC SWIMMING		PRIVATE HIRE	PRIVATE HIRE	ACTIVE AQUA CIRCUIT	ACTIVE AQUA CIRCUIT	ACTIVE AQUA CIRCUIT	PUBLIC SWIMMING						
Friday	PUBLIC SWIMMING		PRIVATE HIRE	PRIVATE HIRE	PUBLIC SWIMMING		AQUA ACTIVE	PUBLIC SWIMMING		PRIVATE HIRE	PUBLIC SWIMMING			
Saturday	PUBLIC SWIMMING (Subject to swimming gala closures, visit our website before your visit)					POOL HIRE	ADULT & CHILD SESSION	Pool Closed to Public						
Sunday	PUBLIC SWIMMING (Subject to swimming gala closures, visit our website before your visit)					POOL HIRE	ADULT & CHILD SESSION	Pool Closed to Public						

Public Swimming
 Bookable Session
 Private Booking
 Pool Closed to Public

Admission Policy:

Children under 8 years must be accompanied by an adult (16 years) IN THE SAME WATER!
Parent/Child Ratios: 1 Adult: 2 Children (under 5 years) / 1 Adult: 3 Children (5 - 7 years)

Michael Woods Sports & Leisure Centre

Viewfield, Glenrothes, KY6 2RD

Telephone 01592 583305 Email MichaelWoodsLC@fifeleisure.org.uk

Training Pool Timetable

October 9th to 22nd October

	9am	10	11	12	1	2	3	4	5	6	7	8	9	10pm
Monday	SET UP	AQUA-EROBICS	SET UP	HYDRO-SPIN	CLEARANCE			SET UP	LEARN TO SWIM			CLEARANCE		
Tuesday		SET UP	LEARN TO SWIM		CLEARANCE/SET UP	HYDROSPIN	CLEARANCE / SET UP	AQUAEROBICS	CLEARANCE / SET UP	FLOAT FIT	CLEARANCE			
Wednesday			SET UP	HYDROSPIN	CLEARANCE		SET UP	FLOAT FIT	CLEARANCE		SET UP	LEARN TO SWIM	CLEARANCE	
Thursday			SET UP	AQUA DEEP	CLEARANCE		SET UP	ACTIVE HYDROSPIN	CLEARANCE / SET UP	AQUAFIT	CLEARANCE			
Friday			SET UP	HYDROSPIN	CLEARANCE			SET UP	LEARN TO SWIM			SET UP		
Saturday		LEARN TO SWIM				CLEARANCE								
Sunday		LEARN TO SWIM				CLEARANCE								

Public Swimming
 Bookable Session
 Private Booking
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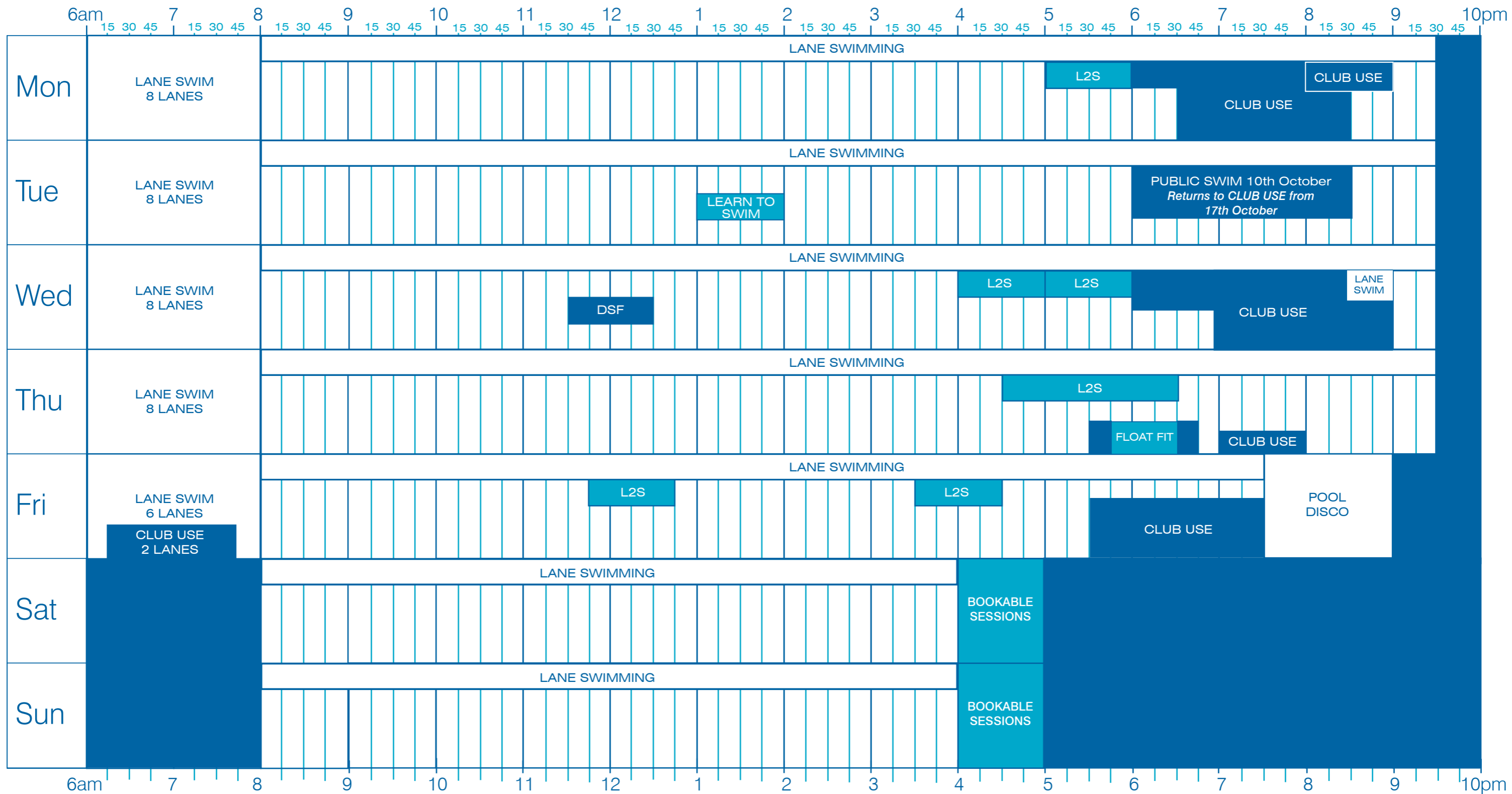
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Main Pool Timetable

October 9th to 22nd October



Public Swimming Bookable Session Private Booking Pool Closed to Public

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