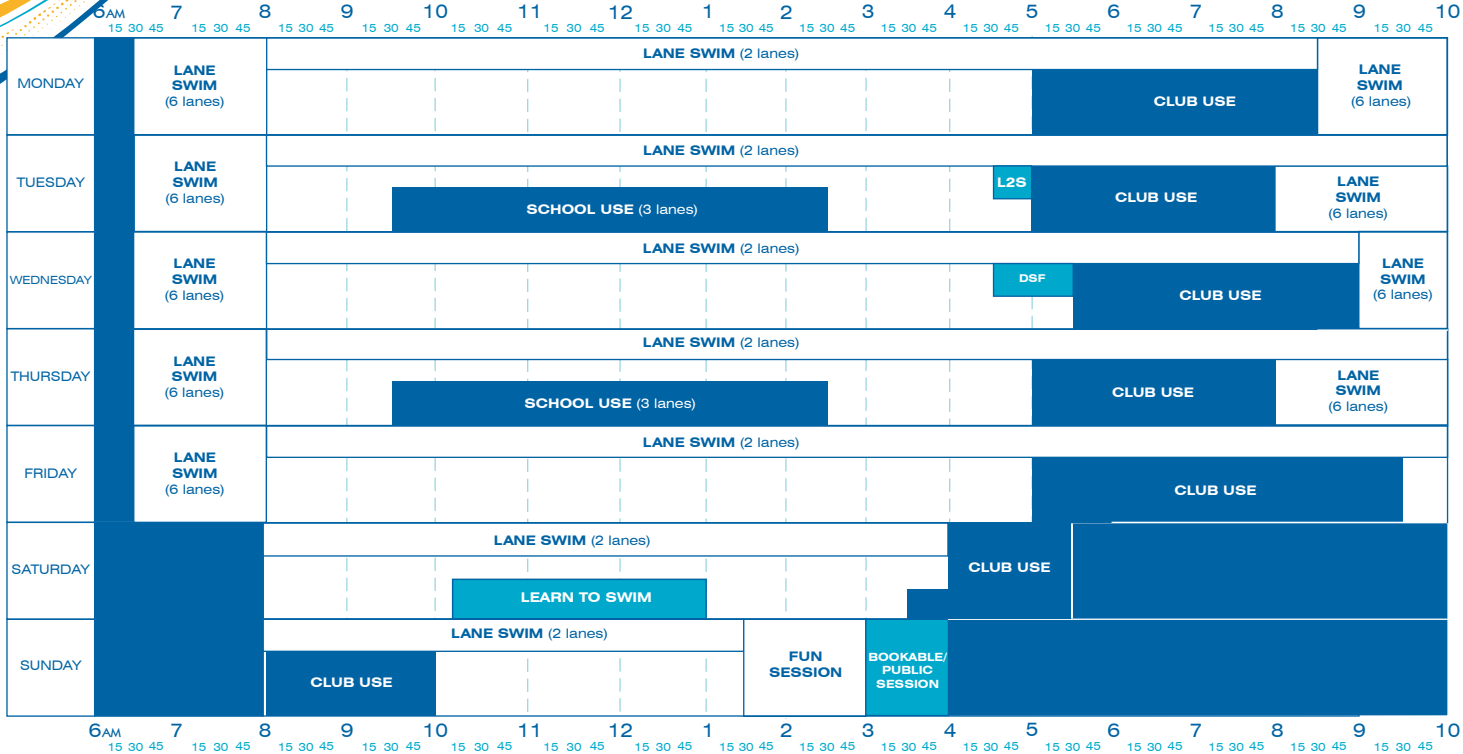
Fife sports and leisure trust
Be active • feel great!

Main Pool Timetable

Valid until March 2017

kirkcaldy leisure centre



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)

PUBLIC SWIMMING | CLOSED TO THE PUBLIC | BOOKABLE SESSIONS

Date of print: January 2017

www.fifeleisure.org.uk

Scottish Charity No.SC039464 | Company Registration No.SC336004

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Training Pool Timetable

Valid until March 2017

kirkcaldy leisure centre

	8AM	9	10	11	12	1	2	3	4	5	6	7	8	9	10
MONDAY		SET UP, LEARN TO SWIM			AQUA-EROBICS	SET UP, ACTIVE HYDRO, CLEAR		SET UP, LEARN TO SWIM				SET UP, FLOAT FIT, CLEAR			
TUESDAY		SET UP, FLOAT FIT, CLEAR						SET UP, LEARN TO SWIM, SET UP, HYDRO SPIN, SET UP, AQUA BOOT CAMP, SET UP, HYDRO SPIN							
WEDNESDAY		SET UP, FLOAT FIT, CLEAR			L2S, SET UP, LEARN TO SWIM			SET UP, LEARN TO SWIM, SET UP, AQUA DEEP, SET UP, HYDRO SPIN							
THURSDAY		SET UP, HYDRO SPIN, CLEAR, AQUA DEEP, CLEAR			AQUA-EROBICS, CLEAR			LEARN TO SWIM, SET UP, FLOAT FIT, CLUB USE							
FRIDAY		SET UP, FLOAT FIT, CLEAR								SET UP, FLOAT FIT, CLEAR, CLUB USE, SET UP, HYDRO SPIN					
SATURDAY	SET UP, LEARN TO SWIM				CLEAR										
SUNDAY		SET UP, HYDRO SPIN, CLEAR, TURTLE TOTS					FUN SESSION								

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