

GROUP FITNESS CLASSES

- FOREVER YOUNG
 ● MIND AND BODY
 ● DANCE
 ● INTERVAL TRAINING
● CONDITIONING
 ● GROUP CYCLE
 ● LES MILLS
 ● WATER-BASED

Monday

Aquaerobics (free swim)	9.30am - 10.15am	●	Rebecca Stewart
Aquaerobics	10.30am - 11.15am	●	Rebecca Stewart
20/20/20	6.45pm - 7.45pm	●	Alison Tulleth
Line Dancing (beginners)	6.30pm - 7.15pm	●	Karen Mackie
Line Dancing (advanced)	7.15pm - 8.00pm	●	Karen Mackie
Group Cycle	8.00pm - 9.00pm	●	Alison Tulleth

Tuesday

Deep Water Aerobics	9.15am - 10.00am	●	Rebecca Stewart
BodyPump	6.00pm - 7.00pm	●●	Alison Tulleth
Aquaerobics (free swim)	7.15pm - 8.00pm	●●	Alison Tulleth
Adult Novice Triathlon	7.30pm - 9.00pm	●	Steve Clark
Pilates	8.30pm - 9.15pm	●●	Mike Holdam

Wednesday

Aquaerobics (free swim)	9.30am - 10.15am	●	Rebecca Stewart
Aquaerobics	10.30am - 11.15am	●	Rebecca Stewart
BodyPump	5.45pm - 6.30pm	●●	Alison Tulleth
BodyPump	6.45pm - 7.45pm	●●	Alison Tulleth

Thursday

Pilates	9.30am - 10.15am	●●	Mike Holdam
Aquaerobics (free swim)	10.45am - 11.30am	●	Alison Tulleth
BodyPump	12.30pm - 1.30pm	●●	Alison Tulleth
Metafit	6.00pm - 6.30pm	●	Mike Holdam
Kettlecise	6.45pm - 7.30pm	●	Mike Holdam

Friday

BodyPump	9.30am - 10.30am	●●	Alison Tulleth
Adult Novice Triathlon	11.00am - 12.30pm		Steve Clark
Interval Training	5.30am - 6.00pm	●	Alison Tulleth
Group Cycle	6.15pm - 7.15pm	●	Alison Tulleth

CHOOSE FROM OVER 20 CLASSES EACH WEEK!
SCAN BARCODE TO **BOOK ONLINE**



Easteractivities

30th March - 13th April **Easter Fun for Everyone!**



Easter activities



We've got a bumper Easter programme on offer at East Sands Leisure Centre, with a range of activities to suit the whole family.

For more information or to book please ask at the reception or call 01334 659473.

FREE SWIMS FOR UNDER 5s

Swimming is a great way to get active and is fun for all the family, so take advantage of this great offer and jump in. This offer is available all year round at 9 locations throughout Fife.

LANE SWIMMING

A great option for adults and kids to keep fit and have fun together, build your stamina and work on improving your swimming technique. Lane Swimming is available every weekday.

POOL DISCO

Come along and swim, splash and join in the fun with our Swimming Pool Disco. Dance the evening away with your favourite music and try our Inflatable sessions too.

AQUA INFLATABLE FUN

Then you'll need steady nerves to negotiate the obstacles along the inflatable without falling into the water before reaching the final slide for a fun splash back into the pool. (Under 8s must be accompanied by an adult in the pool).

Are you up for the aquarun challenge?



QUID-A-KID - RACQUET SPORTS

Come along with friends and take advantage of this great offer and enjoy a game of squash, racquet ball or table tennis.

Racquet Sports only £2 for Adults who are participating with juniors aged 17 and under

QUID-A-KID - SWIMMING

Swimming for only £1 for children 17 and under every weekday during the school holidays! Swimming is a great way to get active and is fun for all the family, so take advantage of this great offer and jump in.

FREE SWIMS - 7 days a week for under 5s! *

Days	Time	Age	Cost
Every day	During pool opening hours	0 - 4 years	FREE £4.50 Adult

QUID A KID SWIMMING*

Days	Time	Age	Cost
Monday - Friday Saturday / Sunday	10.00am - 5.00pm 9.00am - 5.00pm	17 years and under	£1.00 17 and under, £4.50 Adult

QUID A KID RACQUET SPORTS*

Days	Time	Age	Cost
Monday - Friday Saturday / Sunday	10.00am - 5.00pm 9.00am - 5.00pm	17 years and under	£1.00 17 and under, £2.00 Adult when participating with child

POOL DISCO*

Days	Time	Age	Cost
Friday	7.30pm - 8.45pm	8 - 14 years	£3.50 £2.50 Active Concession

FLOAT SESSIONS*

Days	Time	Age	Cost
Monday - Friday Saturday / Sunday	10.30am - 12.00pm 11.00pm - 12.00pm	All ages	FREE under 5, £1.00 17 and under, £4.50 adult.

AQUA INFLATABLE FUN*

Days	Time	Age	Cost
Saturday Sunday	3.45pm - 4.45pm 1.45pm - 2.45pm	8 - 17 years	£1.00 17 and under

LANE SWIMMING* (2 Lanes, Training Pool)

Days	Time	Age	Cost
Monday - Friday Saturday Sunday	10.00am - 12.00pm 12.00pm - 2.00pm 8.00am - 10.30am	8 years plus	£1.00 17 and under, £4.50 Adult

*Please note all sessions are subject to availability