

# Swimming Pool Timetable Main Pool

	6AM	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9PM	
	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	
<b>MONDAY</b>	LANE SWIMMING (2 lanes)												AQUA RUN INFLATABLE	LANE SWIMMING (2 lanes)			
<b>TUESDAY</b>	LANE SWIMMING (2 lanes)															AQUA DEEP	
<b>WEDNESDAY</b>	LANE SWIMMING (2 lanes)														ADULT	ADULT	LANE SWIMMING (4 lanes)
<b>THURSDAY</b>	LANE SWIMMING (2 lanes)												DSF			AQUA SHALLOW	
<b>FRIDAY</b>	LANE SWIMMING (2 lanes)														ADULT	ADULT	LANE SWIMMING (4 lanes)
<b>SATURDAY</b>	CLOSED		LANE SWIMMING (2 lanes)		AQUA RUN INFLATABLE					LANE SWIMMING (2 lanes)		SWIM SKILLS	ROOKIE SKILLS	CLOSED			
<b>SUNDAY</b>	CLOSED		LANE SWIMMING (2 lanes)		AQUA RUN INFLATABLE					LANE SWIMMING (2 lanes)		SYNCHRO SKILLS	CLUB USE	W/POLO SKILLS	CLOSED		
	6AM	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9PM	
	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30	

### 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
- SWIMMING LESSONS

FSLT reserve the right to reduce, alter or withdraw advertised swim lane provision at short notice. During busy periods it may be deemed necessary to maximise the available pool space for unrestricted public use.

**Carnegie Leisure Centre**  
Pilmuir Street, Dunfermline, KY12 0QE  
Tel: 01383 602304

[www.fifeleisure.org.uk](http://www.fifeleisure.org.uk)

# Swimming Pool Timetable Children's Pool

	6AM 15 30 45	7 15 30 45	8 15 30 45	9 15 30 45	10 15 30 45	11 15 30 45	12 15 30 45	1 15 30 45	2 15 30 45	3 15 30 45	4 15 30 45	5 15 30 45	6 15 30 45	7 15 30 45	8 15 30 45	9PM 15 30
<b>MONDAY</b>	<b>CLOSED</b>															
<b>TUESDAY</b>	<b>CLOSED</b>															
<b>WEDNESDAY</b>	<b>CLOSED</b>															
<b>THURSDAY</b>	<b>CLOSED</b>															
<b>FRIDAY</b>	<b>CLOSED</b>															
<b>SATURDAY</b>	<b>CLOSED</b>															
<b>SUNDAY</b>	<b>CLOSED</b>															
	<b>TURTLE TOTS*</b>															
	<b>AVAILABLE FOR HIRE</b>															

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1 Adult : 3 Children (5 - 7 years)



**PUBLIC SWIMMING**



**CLOSED TO THE PUBLIC**



**AVAILABLE FOR HIRE**

\* TERM TIME ONLY

\* Term time only

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## Swimming Pool Timetable Training Pool

	6AM 15 30 45	7 15 30 45	8 15 30 45	9 15 30 45	10 15 30 45	11 15 30 45	12 15 30 45	1 15 30 45	2 15 30 45	3 15 30 45	4 15 30 45	5 15 30 45	6 15 30 45	7 15 30 45	8 15 30 45	9PM 15 30	
<b>MONDAY</b>	CASC			SET UP	LEARN TO SWIM PROG.	CLEAR		STAFF TRAINING		SET UP	LEARN TO SWIM PROG.	SET UP	CASC		D /AMAT		
<b>TUESDAY</b>	INCAS (2 lanes) CASC (4 lanes)			SET UP	AQUA FIT	CLEAR		SET UP	ACTIVE AQUA	CLEAR/SET UP	LEARN TO SWIM PROG.	CLEAR	SET UP	LEARN TO SWIM PROG.	SET UP	CASC	W/POLO
<b>WEDNESDAY</b>				SET UP	LEARN TO SWIM PROG.	CLEAR				SET UP	LEARN TO SWIM PROG.	SET UP	INCAS (2 lanes) CASC (4 lanes)		D /AMAT		
<b>THURSDAY</b>	CASC (4 lanes)			SET UP	LEARN TO SWIM PROG.	CLEAR		SET UP	AQUA FIT	CLEAR	STAFF TRAINING	CLEAR	SET UP	LEARN TO SWIM PROG.	SET UP	INCAS	W/POLO
<b>FRIDAY</b>	CASC (6 lanes)						SET UP	LEARN TO SWIM PROG.	CLEAR		SET UP	LEARN TO SWIM PROG.	SET UP	CASC	D /AMAT		
<b>SATURDAY</b>	CLOSED		CASC (4 lanes)	SET UP	LEARN TO SWIM PROG. (6 lanes)		SET UP	INCAS		CASC	SET UP			CLEAR	CLOSED		
			STAFF TRAINING	SET UP	(2 lanes)												
<b>SUNDAY</b>	CLOSED				D/AMAT (4 lanes)		SET UP	CASC		CASC			W/POLO		CLOSED		
					LEARN TO SWIM PROG. (2 lanes)												

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- CLOSED TO THE PUBLIC
- BOOKABLE SESSIONS
- AVAILABLE FOR HIRE
- LEARN TO SWIM PROGRAMME\*

\* Term time only

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