

Full Active Concessions

Tuitional & Coaching Classes

| | | |
|--------------------------------------|-------|-------|
| Adult (60 Min class) | £5.00 | £3.50 |
| Junior (60 Min class) | £3.50 | £2.50 |
| Referral Session Coached | £5.00 | £3.50 |
| Referral Session | £3.40 | £2.40 |
| Individual Training (60 Mins) | | |
| Adult | £5.00 | £3.50 |
| Junior | £3.50 | £2.50 |

Football Coaching

Football Lessons

price changes from 01/04/11

Junior Football Coaching

 (45 Mins)

(x no. of weeks per block) £3.60 £2.20

Second Child

(x no. of weeks per block) £2.90

Football Lessons

price changes from 24/10/11

Junior Football Coaching

 (45 Mins)

(x no. of weeks per block) £3.70 £2.30

Second Child

(x no. of weeks per block) £3.00

Gymnastics

Junior Gymnastics

 (45 Mins)

(x no. of weeks per block) £3.60 £2.30

Second Child

(x no. of weeks per block) £2.90

Outdoor

 (60 Mins)

(Valid Until 30/09)

Central Grass

| | PEAK | OFF PEAK |
|--------|--------|----------|
| Adult | £26.40 | £13.20 |
| Junior | £18.60 | £9.30 |

Grass Pitch

| | | |
|--------|--------|--------|
| Adult | £20.00 | £10.00 |
| Junior | £14.00 | £7.00 |

Team Sport Pitches

| | | |
|--------|--------|--------|
| Adult | £35.00 | £17.50 |
| Junior | £24.50 | £12.30 |

Artificial Pitch

| | PEAK | OFF PEAK |
|-------------|--------|----------|
| Full | | |
| Adult | £53.00 | £26.50 |
| Junior | £37.10 | £18.60 |

Third

| | | |
|--------|--------|--------|
| Adult | £25.00 | £12.50 |
| Junior | £17.50 | £8.80 |

Full Active Concessions

Tennis Court

 (60 Mins)

| | PEAK | OFF PEAK |
|--------|-------|----------|
| Adult | £8.40 | £4.20 |
| Junior | £5.80 | £2.90 |

(Valid from 01/10)

Central Grass

| | | |
|--------|--------|--------|
| Adult | £27.50 | £13.80 |
| Junior | £19.30 | £9.70 |

Grass Pitch

| | | |
|--------|--------|--------|
| Adult | £21.00 | £10.50 |
| Junior | £14.70 | £7.40 |

Team Sport Pitches

| | | |
|--------|--------|--------|
| Adult | £35.00 | £17.50 |
| Junior | £24.50 | £12.30 |

Artificial Pitch

| | PEAK | OFF PEAK |
|-------------------|--------|----------|
| Full Pitch | | |
| Adult | £53.00 | £26.50 |
| Junior | £37.10 | £18.60 |

Third Pitch

| | | |
|--------|--------|--------|
| Adult | £27.50 | £13.80 |
| Junior | £19.30 | £9.70 |

Tennis Court

 (60 Mins)

| | | |
|--------|-------|-------|
| Adult | £8.70 | £4.40 |
| Junior | £6.10 | £3.10 |

Athletics Facilities

 (Individual)

| | | |
|--------|-------|-------|
| Adult | £3.20 | £2.20 |
| Junior | £2.20 | £1.50 |

Miscellaneous

Spectator

| | | |
|--------|-------|-------|
| Adult | £1.00 | £0.70 |
| Junior | £0.70 | £0.50 |

Shower

| | | |
|--|-------|-------|
| | £1.40 | £1.00 |
|--|-------|-------|

Replacement Card

| | | |
|--|-------|-------|
| | £2.50 | £2.50 |
|--|-------|-------|

Fit Fifer Exercise Pass

 (40 Units)

| | | |
|--------|--------|--------|
| Adult | £30.00 | £21.00 |
| Junior | £21.00 | £14.70 |

Creche - Tree House Club

| | | |
|-----------------------|-------|-------|
| Creche User (60 Mins) | £2.50 | £1.80 |
|-----------------------|-------|-------|



fife institute
of physical and
recreational education

Price List



**Fife Institute of Physical and
Recreational Education**
Viewfield Road, Glenrothes, KY6 2RB
email: fife.institute@fifeleisure.org.uk
Tel: 01592 583305

2011 | 2012
Prices valid from 1st April 2011

Keeping you fit and healthy for less

www.fifeleisure.org.uk

FIFRE offers an extensive range of indoor and outdoor facilities for all ages and abilities including: 25m swimming pool, teaching pool, gym, strength and conditioning suite, health suite, sports hall, 2 squash courts, children's drop in centre, café, dance studio and meeting room, 5 football pitches, and astroturf hockey pitch, a rugby pitch and 3 tennis courts. (The tennis courts are due to close in May or June 2011).

Location

FIFRE is located on Viewfield Road just adjacent to Adam Smith College, a few minutes drive from the A92. There is ample free car parking.

Opening Times

Main Pool

Monday - Friday 6.45am - 10.00pm

(public sessions may vary)

Pre-paid access 6.45am on weekdays only

Saturday 9.00am - 4.30pm

Sunday 8.00am - 2.00pm

All other indoor and outdoor areas

Monday - Sunday 8.00am - 11.00pm

Off peak times

Monday - Friday 8.00am - 4.00pm

Please note: Access may vary subject to programme.

Disabled Access

Our leisure centres can cater for a range of access needs and our trained staff are friendly and supportive, ensuring everyone enjoys their experience. Main access is from the north car park. Facilities include: unassisted wheelchair access, disabled parking, disabled toilets and changing facilities, changing room with hoist, variable height changing trolleys, shower chairs, pool hoists, lift and gym equipment for individuals with severe mobility difficulties. Inclusive programmes available for people with physical, sensory and learning difficulties. Guide dogs welcome.

Junior Age

Junior pricing is for young people aged 5 - 17 years (14 - 17 years for the gym).

Active Concession

Active Concession membership is open to residents of Fife on a low income; those aged 60 years old and not in work and students. Details of qualifying criteria can be found at www.fifeleisure.org.uk or by picking up a leaflet at reception.

Please note that from 1st April 2011, Fifestyle cards are no longer accepted in leisure centres managed by Fife Sports and Leisure Trust.

Prices correct at time of going to print.



| | Full | Active Concessions |
|--------------------------------------|--------|--------------------|
| Swimming Pool | | |
| Adult | £3.50 | £2.50 |
| 10 Session Pass | £28.00 | £20.00 |
| Junior | £2.50 | £1.70 |
| 10 Session Pass | £20.00 | £13.60 |
| Under 5's | FREE | FREE |
| Family (2 Adults & 2 Juniors) | £9.50 | £6.70 |
| 10 Session Pass | £76.00 | £53.60 |
| Main Pool Hire (60 Mins) | £90.00 | £90.00 |
| Lane Hire | £15.00 | £15.00 |
| Small Pool Hire | £24.00 | £24.00 |

| | Full | Active Concessions |
|---|-------|--------------------|
| Swimming Lessons | | |
| Adult Swim Lesson (30 Mins) | | |
| (x no. of weeks per block) | £5.00 | £3.00 |
| Junior Swim Lessons (30 Mins) | | |
| (x no. of weeks per block) | £3.60 | £2.30 |
| Second Child | | |
| (x no. of weeks per block) | £2.90 | |
| Parent & Toddler Swim Lesson | £4.80 | £3.30 |

| | Full | Active Concessions |
|------------------------------|--------|--------------------|
| Swimming Pool Classes | | |
| Aquaerobics (60 Min class) | £5.00 | £3.50 |
| 10 Session Pass | £40.00 | £28.00 |

| | Full | Active Concessions |
|-------------------------------------|--------|--------------------|
| Health Suite* | | |
| (60 Mins/with swim where available) | | |
| Sauna/Steam | | |
| Adult | £5.30 | £3.70 |
| 10 Session Pass | £42.40 | £29.60 |
| Junior | £3.70 | £2.60 |
| 10 Session Pass | £29.60 | £20.80 |
| Small Sauna | | |
| Adult | £5.30 | £3.70 |
| 10 Session Pass | £42.40 | £29.60 |
| Junior | £3.70 | £2.60 |
| 10 Session Pass | £29.60 | £20.80 |

*Health Suite prices are VAT inclusive all other prices are VAT exempt. VAT maybe payable on all one off bookings made by commercial organisations.

| | Full | Active Concessions |
|-------------------------------|--------|--------------------|
| Gym | | |
| Adult | £4.40 | £3.10 |
| 10 Session Pass | £35.20 | £24.80 |
| Junior | £3.10 | £2.20 |
| 10 Session Pass | £19.20 | £13.60 |
| Adult Induction Class | £5.00 | £3.50 |
| Adult Familiarisation | £4.40 | £3.10 |
| Junior Induction Class | £3.50 | £2.50 |
| Junior Familiarisation | £3.10 | £2.20 |
| Free Weights | | |
| Adult Induction | £5.00 | £3.50 |
| Junior Induction | £3.50 | £2.50 |
| Adult (60 Mins) | £5.00 | £3.50 |
| Junior (60 Mins) | £3.50 | £2.50 |

| | PEAK | OFF PEAK |
|------------------------------|--------|----------|
| Sports Hall (60 Mins) | | |
| Full Hall Hire | | |
| Adult | £73.00 | £36.50 |
| Junior | £51.10 | £25.60 |
| Half Hall Hire | | |
| Adult | £44.00 | £22.00 |
| Junior | £30.80 | £15.40 |
| Quarter Hall Hire | | |
| Adult | £22.00 | £11.00 |
| Junior | £15.40 | £7.70 |

| | Full | Active Concessions |
|----------------------------------|-------|--------------------|
| Badminton Court (60 Mins) | | |
| Adult | £9.60 | £6.70 |
| Junior | £6.70 | £4.70 |

| | Full | Active Concessions |
|-------------------------------|-------|--------------------|
| Table Tennis (60 Mins) | | |
| Adult | £5.00 | £3.50 |
| Junior | £3.50 | £2.50 |

| | Full | Active Concessions |
|---------------------|-------|--------------------|
| Carpet Bowls | | |
| Adult | £4.80 | £3.40 |
| Junior | £3.40 | £2.40 |

| | PEAK | OFF PEAK |
|--------------------------------|-------|----------|
| Squash Courts (30 Mins) | | |
| Adult | £4.40 | £2.20 |
| Junior | £3.10 | £1.60 |

| | PEAK | OFF PEAK |
|----------------------------|--------|----------|
| Room Hire (60 Mins) | | |
| Meeting Room 1 | £22.00 | £11.00 |
| General Purpose Room 1 | £22.00 | £11.00 |
| General Purpose Room 2 | £22.00 | £11.00 |
| Dance Studio | £38.00 | £19.00 |