

Public Swimming Closed To The Public Bookable Sessions Club Use

	7am	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10pm	
	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	
M Monday	LANE SWIMMING (6 LANES)	LANE SWIMMING (3 LANES)										FINS (4 LANES)	INCAS (4 LANES)				
T Tuesday	LANE SWIMMING (6 LANES)	LANE SWIMMING (2 LANES)								L2S	FINS (4 LANES)	INCAS (3 LANES)					
W Wednesday	LANE SWIMMING (6 LANES)	LANE SWIMMING (3 LANES)										FINS (4 LANES)					
T Thursday	LANE SWIMMING (6 LANES)	LANE SWIMMING (3 LANES)										FINS (4 LANES)	LANE SWIM (3 LANES)				
F Friday	LANE SWIMMING (6 LANES)	LANE SWIMMING (3 LANES)										DSF	LANE SWIMMING (2 LANES)	FIFE SYNCRO (3 LANES)			
S Saturday		L2S	LANE SWIMMING (3 LANES)								BASC (6 LANES)						
S Sunday		FINS (4 LANES)	LANE SWIM (2 LANES)	LANE SWIMMING (3 LANES)						BOOKABLE/PUBLIC SESSION							
																LANE SWIM (6 LANES)	

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)

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	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	
M Monday			SETUP	LEARN TO SWIM (SINGLE TANK)		SETUP	AQUA-AEROBICS	SETUP	ACTIVE HYDRO	CLEAR			LEARN TO SWIM		CLEAR		
T Tuesday			SETUP	LEARN TO SWIM (SINGLE TANK)				CLEAR	AQUA-AEROBICS	CLEAR			LEARN TO SWIM		CLEAR		
W Wednesday			STAFF TRAINING	CLEAR	SCHOOL LESSONS	SETUP	AQUA-AEROBICS	L2S ASN	CLEAR	LEARN TO SWIM	CLEAR		LEARN TO SWIM		CLEAR		
T Thursday						SETUP	AQUA-AEROBICS	CLEAR					LEARN TO SWIM		CLEAR	FIFE SYNCRO	
F Friday			SETUP	L2S ASN	CLEAR	SETUP	ZUMBA	CLEAR							SETUP	FINS	CLEAR
S Saturday			SETUP	LEARN TO SWIM				CLEAR					SETUP	BASC	CLEAR		
S Sunday										BOOKABLE/ PUBLIC SESSION							

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Kirkcaldy Leisure Centre

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