

# Main Pool Timetable

PUBLIC SWIMMING
  CLOSED TO THE PUBLIC
  BOOKABLE SESSIONS
  CLUB USE

		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	9	15	30	45	10
MONDAY	LANE SWIM (6 lanes)	LANE SWIM (2 lanes)																								CLUB USE						LANE SWIM (6 lanes)																																
TUESDAY	LANE SWIM (6 lanes)	LANE SWIM (2 lanes)																								L2S		CLUB USE						LANE SWIM (6 lanes)																														
WEDNESDAY	LANE SWIM (6 lanes)	LANE SWIM (2 lanes)																								DSF		CLUB USE						LANE SWIM (6 lanes)																														
THURSDAY	LANE SWIM (6 lanes)	LANE SWIM (2 lanes)																								CLUB USE						LANE SWIM (6 lanes)	LANE SWIM (2 lanes)																															
FRIDAY	LANE SWIM (6 lanes)	LANE SWIM (2 lanes)																								DSF						CLUB USE																																
SATURDAY		L2S		LANE SWIM (2 lanes)																								CLUB USE																																				
SUNDAY		CLUB USE						LANE SWIM (2 lanes)												FUN SESSION		BOOKABLE/PUBLIC SESSION																																										

**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)

**Kirkcaldy Leisure Centre**

Esplande, Kirkcaldy, KY1 1HR

Tel 01592 583306 Email [KirkcaldySP@fifeleisure.org.uk](mailto:KirkcaldySP@fifeleisure.org.uk)

# Training Pool Timetable

PUBLIC SWIMMING
  CLOSED TO THE PUBLIC
  BOOKABLE SESSIONS
  CLUB USE

	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
MONDAY	SET UP				LEARN TO SWIM				AQUA-EROBICS				SET UP				ACTIVE HYDRO				CLEAR				SET UP				LEARN TO SWIM				CLEAR																			
TUESDAY	SET UP				LEARN TO SWIM												SET UP				LEARN TO SWIM				CLEAR				SET UP				HYDRO CYCLE				CLEAR															
WEDNESDAY	SET UP												SET UP				LEARN TO SWIM				SET UP				LEARN TO SWIM				CLEAR				HYDRO CYCLE																			
THURSDAY	SET UP												SET UP				AQUA-EROBICS				CLEAR				SET UP				LEARN TO SWIM				CLUB USE																			
FRIDAY	SET UP																												CLUB USE																							
SATURDAY	SET UP				LEARN TO SWIM				CLEAR																																											
SUNDAY	SET UP				HYDRO CYCLE <small>From 12th September</small>				CLEAR				OCTO TOTS												FUN SESSION																											

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