

# Main Pool Timetable

Monday 28th June - Tuesday 17th August

	7am	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10pm	
<b>M</b> Monday				SPLASH OUT FOR NOW'T (8-17YRS)			QUID A KID (8-17YRS)		SWIMMING LESSONS					CLUB BOOKING			
<b>T</b> Tuesday				SPLASH OUT FOR NOW'T (8-17YRS)			QUID A KID (8-17YRS)		SWIMMING LESSONS			CLUB BOOKING					
<b>W</b> Wednesday				SPLASH OUT FOR NOW'T (8-17YRS)			QUID A KID (8-17YRS)		SWIMMING LESSONS				CLUB BOOKING				
<b>T</b> Thursday				SPLASH OUT FOR NOW'T (8-17YRS)			QUID A KID (8-17YRS)		SWIMMING LESSONS			CLUB BOOKING					
<b>F</b> Friday				SPLASH OUT FOR NOW'T (8-17YRS)			DSF	QUID A KID (8-17YRS)				CLUB BOOKING					
<b>S</b> Saturday	Pool Closed to Public			SWIMMING LESSONS						CLUB BOOKING			<div style="border: 1px solid white; padding: 5px;"> <p><b>Important Information</b></p> <p>All lane swimming and family swim sessions must be booked in advance</p> <p>Quid a kid and free swimming, is limited to first come, first served basis.</p> <p>This can be done online or by calling the reception</p> </div>				
<b>S</b> Sunday	Pool Closed to Public			CLUB BOOKING													

**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

Monday 28th June - Tuesday 17th August

	7am	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10pm	
<b>M</b> Monday	Pool Closed to Public		SWIMMING LESSONS				ACTIVE KIDS CAMPS	Pool Closed to Public	FAMILY SWIM SESSION	Pool Closed to Public	FAMILY SWIM SESSION	Pool Closed to Public	FAMILY SWIM SESSION	Pool Closed to Public			
<b>T</b> Tuesday	Pool Closed to Public		SWIMMING LESSONS				ACTIVE KIDS CAMPS	Pool Closed to Public	FAMILY SWIM SESSION	Pool Closed to Public	FAMILY SWIM SESSION	Pool Closed to Public	FAMILY SWIM SESSION	Pool Closed to Public			
<b>W</b> Wednesday	Pool Closed to Public		SWIMMING LESSONS						Pool Closed to Public	FAMILY SWIM SESSION	Pool Closed to Public	FAMILY SWIM SESSION	Pool Closed to Public				
<b>T</b> Thursday	Pool Closed to Public		SWIMMING LESSONS		AQUA-AREOBICS	Pool Closed to Public	ACTIVE KIDS CAMPS	Pool Closed to Public	FAMILY SWIM SESSION	Pool Closed to Public	FAMILY SWIM SESSION	Pool Closed to Public	FAMILY SWIM SESSION	Pool Closed to Public			
<b>F</b> Friday	Pool Closed to Public		SWIMMING LESSONS		FAMILY SWIM SESSION	Pool Closed to Public	ACTIVE KIDS CAMPS	Pool Closed to Public	FAMILY SWIM SESSION	Pool Closed to Public	FAMILY SWIM SESSION	Pool Closed to Public					
<b>S</b> Saturday	Pool Closed to Public		FAMILY SWIM SESSION	Pool Closed to Public	FAMILY SWIM SESSION	Pool Closed to Public	FAMILY SWIM SESSION	Pool Closed to Public	FAMILY SWIM SESSION	Pool Closed to Public							
<b>S</b> Sunday	Pool Closed to Public		CLUB BOOKING			Pool Closed to Public	FAMILY SWIM SESSION	Pool Closed to Public	FAMILY SWIM SESSION	Pool Closed to Public							

Public Swimming Bookable Session Club Booking Pool Closed to Public

**Important Information**  
All lane swimming and family swim sessions must be booked in advance  
Quid a kid and free swimming, is limited to first come, first served basis.  
This can be done online or by calling the reception

**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)  
**Family/Inclusive Swimming Sessions** Must be same household family bubble of 6 max, 1 hour sessions and follow current COVID-19 restrictions. Visit us online or contact centre for further information

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