

# Swimming Pool Timetable

## Main Pool

	6AM	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9PM						
<b>MONDAY</b>	LANE SWIMMING (2 LANES)														CSC (2 LANES)		LANE SWIM (6 LANES)					
<b>TUESDAY</b>	LANE SWIMMING (2 LANES)														ROOKIE LIFEGUARD		DASC (2 LANES)					
<b>WEDNESDAY</b>	LANE SWIMMING (2 LANES)														CSC (2 LANES)		ADULT L2S	ADULT L2S				
<b>THURSDAY</b>	LANE SWIMMING (2 LANES)														STAFF TRAINING		DISABILITY SPORT FIFE		DWPC			
<b>FRIDAY</b>	LANE SWIMMING (2 LANES)														STAFF TRAINING		InCAS (2 LANES)		CSC (2 LANES)		LANE SWIM (6 LANES)	
<b>SATURDAY</b>	CLOSED		LANE SWIMMING (2 LANES)			STAFF TRAINING		AQUA RUN INFLATABLE			LANE SWIMMING (2 LANES)				CLOSED							
<b>SUNDAY</b>	CLOSED		LANE SWIMMING (2 LANES)			AQUA RUN INFLATABLE			LANE SWIMMING (2 LANES)				SYNCHRO SKILLS	SYNCHRO	CLOSED							

Public Swimming
  Bookable Session
  Swimming Lessons
  Pool Closed to Public

**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)

**Carnegie Leisure Centre**

Pilmuir Street, Dunfermline, KY12 0QE

Telephone 01383 602304 Email [CarnegieLC@fifeleisure.org.uk](mailto:CarnegieLC@fifeleisure.org.uk)

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

Scottish Charity No.S C039464 | Company Registration No.SC336004

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# Swimming Pool Timetable

## Training Pool

	6AM	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9PM
MONDAY	CSC				LEARN TO SWIM (2 LANES)			LEARN TO SWIM (2 LANES)			LEARN TO SWIM		CSC		D/AMAT	
TUESDAY	CSC			AQUA EROBICS	AQUA DEEP		AQUA ACTIVE (4 LANES)				LEARN TO SWIM (2 LANES)		CSC		W/POLO	
WEDNESDAY	CSC (4 LANES)				ASN SWIMMING (2 LANES)						LEARN TO SWIM		CSC		D/AMAT	
THURSDAY	CSC				ASN SWIMMING (2 LANES)		AQUA SHALLOW (4 LANES)				LEARN TO SWIM		InCAS		W/POLO	
FRIDAY	CSC			AQUA EROBICS							LEARN TO SWIM		CSC		D/AMAT	
SATURDAY	CLOSED			CSC (3 LANES)	LEARN TO SWIM (3 LANES)			InCAS			CSC				CLOSED	
SUNDAY	CLOSED			CSC (4 LANES)	D/AMAT (4 LANES)		CSC (4 LANES)	CSC			CSC		WATERPOLO		CLOSED	

Available for Hire
  Bookable Session
  Swimming Lessons
  Pool Closed to Public

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# Swimming Pool Timetable

## Children's Pool

	8AM	9	10	11	12	1	2	3	4	5	6	7	8	9PM
MONDAY				OCTOTOTS										
TUESDAY														
WEDNESDAY														
THURSDAY											DSF			
FRIDAY														
SATURDAY	CLOSED											CLOSED		
SUNDAY	OCTOTOTS											CLOSED		

Public Swimming
  Bookable Session
  Swimming Lessons
  Pool Closed to Public

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