

Warm Pool Timetable

Term Time

	9am	10	11	12	1	2	3	4	5	6	7	8	9	10pm		
Monday	PUBLIC SWIMMING	OCTOTOTS		SWIM OPTIONS	PUBLIC SWIMMING	OCTOTOTS	PUBLIC SWIMMING			PRIVATE HIRE	PUBLIC SWIMMING	Pool Closed to Public				
Tuesday	PUBLIC SWIMMING	ASN Swimming	PRIVATE HIRE	SWIM OPTIONS	COMPLEX NEEDS	PRIVATE HIRE	PUBLIC SWIMMING								Pool Closed to Public	
Wednesday	PUBLIC SWIMMING	ASN Swimming	OCTOTOTS	PUBLIC SWIMMING		PRIVATE HIRE	PUBLIC SWIMMING	LEARN TO SWIM	CLUB USE	PUBLIC SWIMMING					Pool Closed to Public	
Thursday	PUBLIC SWIMMING		PRIVATE HIRE	PRIVATE HIRE	ACTIVE AQUA CIRCUIT	PUBLIC SWIMMING	ACTIVE AQUA CIRCUIT	ACTIVE AQUA CIRCUIT	PUBLIC SWIMMING						Pool Closed to Public	
Friday	PUBLIC SWIMMING		PRIVATE HIRE		PUBLIC SWIMMING		AQUA ACTIVE	PUBLIC SWIMMING							Pool Closed to Public	
Saturday	PUBLIC SWIMMING (Subject to swimming gala closures, visit our website before your visit)					POOL HIRE		Pool Closed to Public								
Sunday	PUBLIC SWIMMING (Subject to swimming gala closures, visit our website before your visit)				OCTOTOTS		POOL HIRE		Pool Closed to Public							

Public Swimming
 Bookable Session
 Private Booking
 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)

Michael Woods Sports & Leisure Centre

Viewfield, Glenrothes, KY6 2RD

Telephone 01592 583305 Email MichaelWoodsLC@fifeleisure.org.uk

Training Pool Timetable

Term Time

	9am	10	11	12	1	2	3	4	5	6	7	8	9	10pm	
Monday	SET UP	AQUA-EROBICS	CLEARANCE	HYDROSPIN	CLEARANCE	SET UP	LEARN TO SWIM	CLEARANCE	SET UP	LEARN TO SWIM	CLEARANCE	HYDROSPIN	CLEARANCE		
Tuesday		SET UP	LEARN TO SWIM	CLEARANCE		SET UP	AQUAEROBICS	CLEARANCE	SET UP	LEARN TO SWIM	CLEARANCE / SET UP	AQUAFIT	CLEARANCE		
Wednesday		SET UP	HYDROSPIN	CLEARANCE	DSF		SET UP	LEARN TO SWIM	CLEARANCE	SET UP	LEARN TO SWIM	CLEARANCE / SET UP	CLUB USE	CLEARANCE / SET UP	
Thursday		AQUA DEEP	CLEARANCE	SET UP	ACTIVE HYDROSPIN	CLEARANCE / SET UP	AQUAFIT	CLEARANCE	SET UP	LEARN TO SWIM	CLEARANCE	LEARN TO SWIM	CLEARANCE		
Friday		SET UP	HYDROSPIN	CLEARANCE		SET UP	LEARN TO SWIM	SET UP	SET UP	LEARN TO SWIM	CLEARANCE		POOL DISCO (8 - 12 years)		
Saturday		LEARN TO SWIM						CLEARANCE							
Sunday		LEARN TO SWIM						CLEARANCE							

Public Swimming
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 Private Booking
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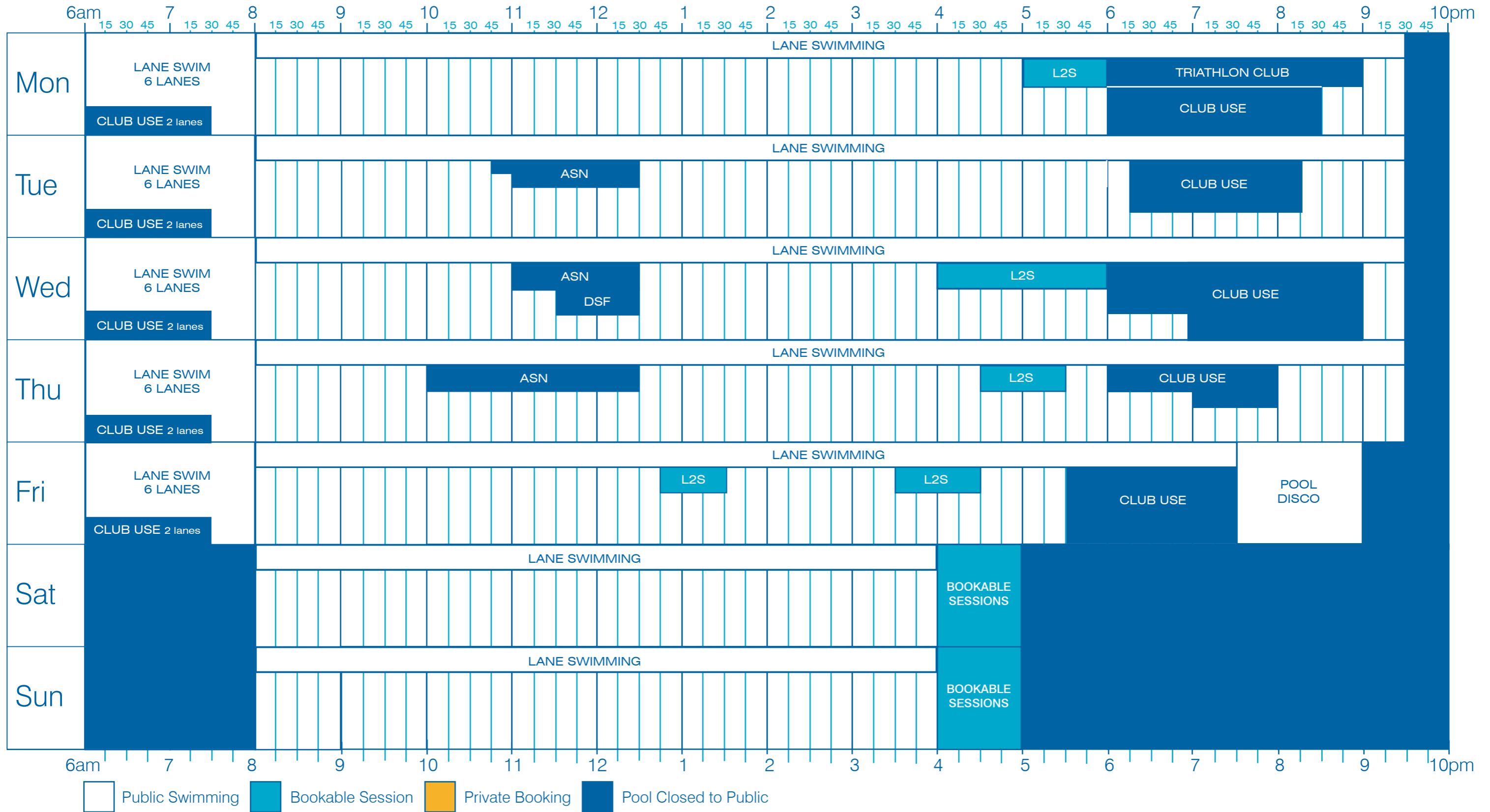
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Main Pool Timetable

Term Time



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