

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						PRIVATE HIRE	PUBLIC SWIMMING	
Tuesday	PUBLIC SWIMMING	ASN Swimming	PRIVATE HIRE	SWIM OPTIONS	COMPLEX NEEDS	PRIVATE HIRE								
Wednesday	PUBLIC SWIMMING	ASN Swimming	OCTOTOTS		PUBLIC SWIMMING	PRIVATE HIRE				PUBLIC SWIMMING	LEARN TO SWIM	CLUB USE	PUBLIC SWIMMING	
Thursday		PUBLIC SWIMMING	PRIVATE HIRE	PRIVATE HIRE	ACTIVE AQUA CIRCUIT	PUBLIC SWIMMING	ACTIVE AQUA CIRCUIT	ACTIVE AQUA CIRCUIT						
Friday		PUBLIC SWIMMING	PRIVATE HIRE		PUBLIC SWIMMING		AQUA ACTIVE		PUBLIC SWIMMING		PRIVATE HIRE	PUBLIC SWIMMING		
Saturday														
Sunday														

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	SET UP	HYDRO-SPIN	CLEARANCE			SET UP	LEARN TO SWIM	CLEARANCE				
Tuesday		SET UP	LEARN TO SWIM	CLEARANCE				SET UP	AQUAEROBICS	CLEARANCE				
Wednesday			SET UP	HYDROSPIN	CLEARANCE			SET UP	LEARN TO SWIM	CLEARANCE				
Thursday			SET UP	AQUA DEEP	CLEARANCE			SET UP	ACTIVE HYDROSPIN	CLEARANCE / SET UP	AQUAFIT	CLEARANCE		GOGA
Friday			SET UP	HYDROSPIN	CLEARANCE			SET UP	LEARN TO SWIM	SET UP				
Saturday														
Sunday														

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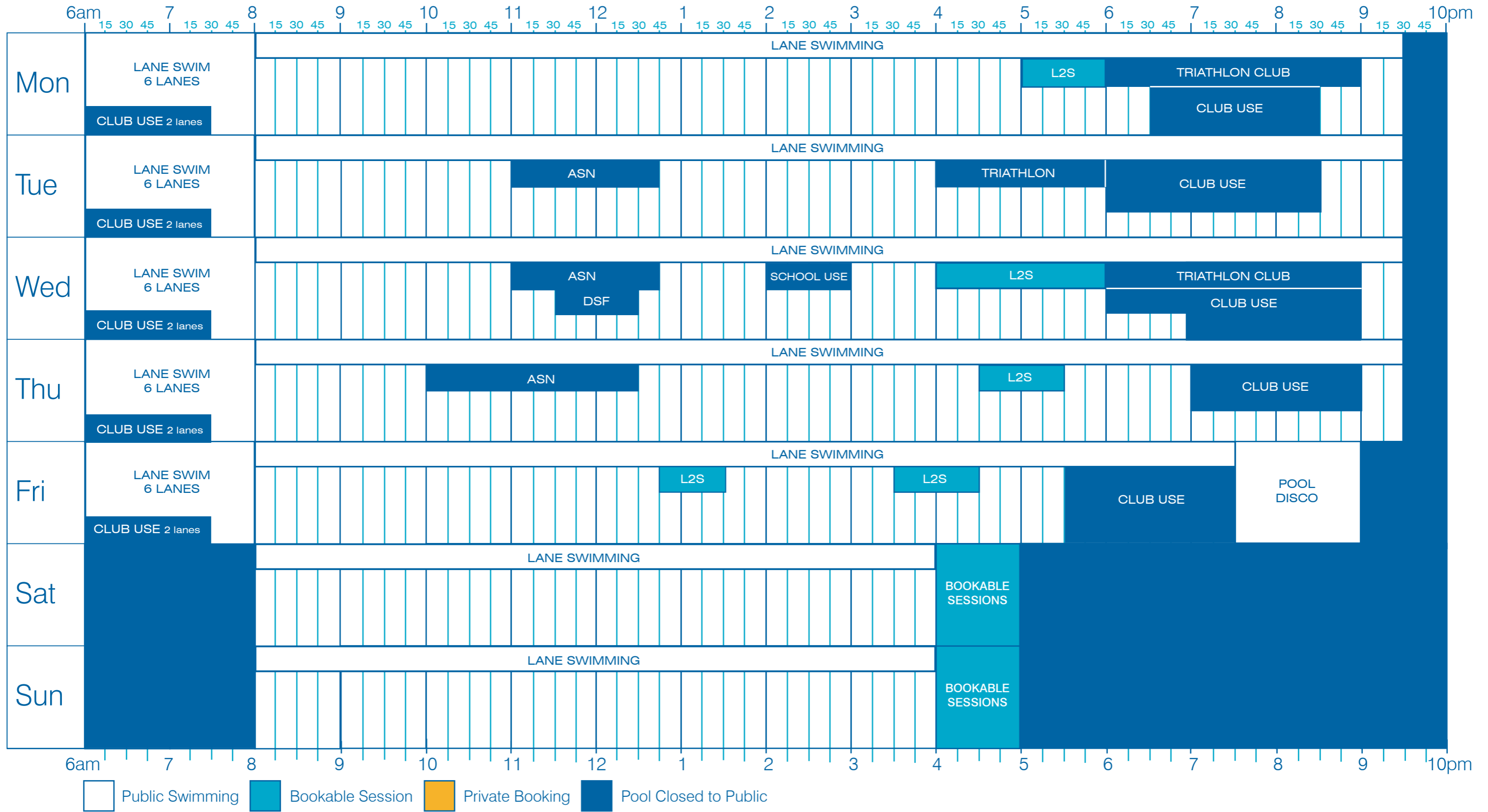
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Main Pool Timetable

Term Time



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