

Please note, pool timetables subject to change, last updated: 31st May 2023

	6am	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9pm
	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45
M Monday	LANE SWIMMING															
	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4
	LANE SWIMMING												SWIM LESSONS			
T Tuesday	LANE SWIMMING															
	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4
W Wednesday	LANE SWIMMING															
	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4
	LANE SWIMMING												SWIM LESSONS	LANE SWIMMING		
T Thursday	LANE SWIMMING															
	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4
	LANE SWIMMING															
F Friday	LANE SWIMMING															
	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4
	LANE SWIMMING												SWIM LESSONS			
S Saturday	LANE SWIMMING															
	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4
S Sunday	LANE SWIMMING															
	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4

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

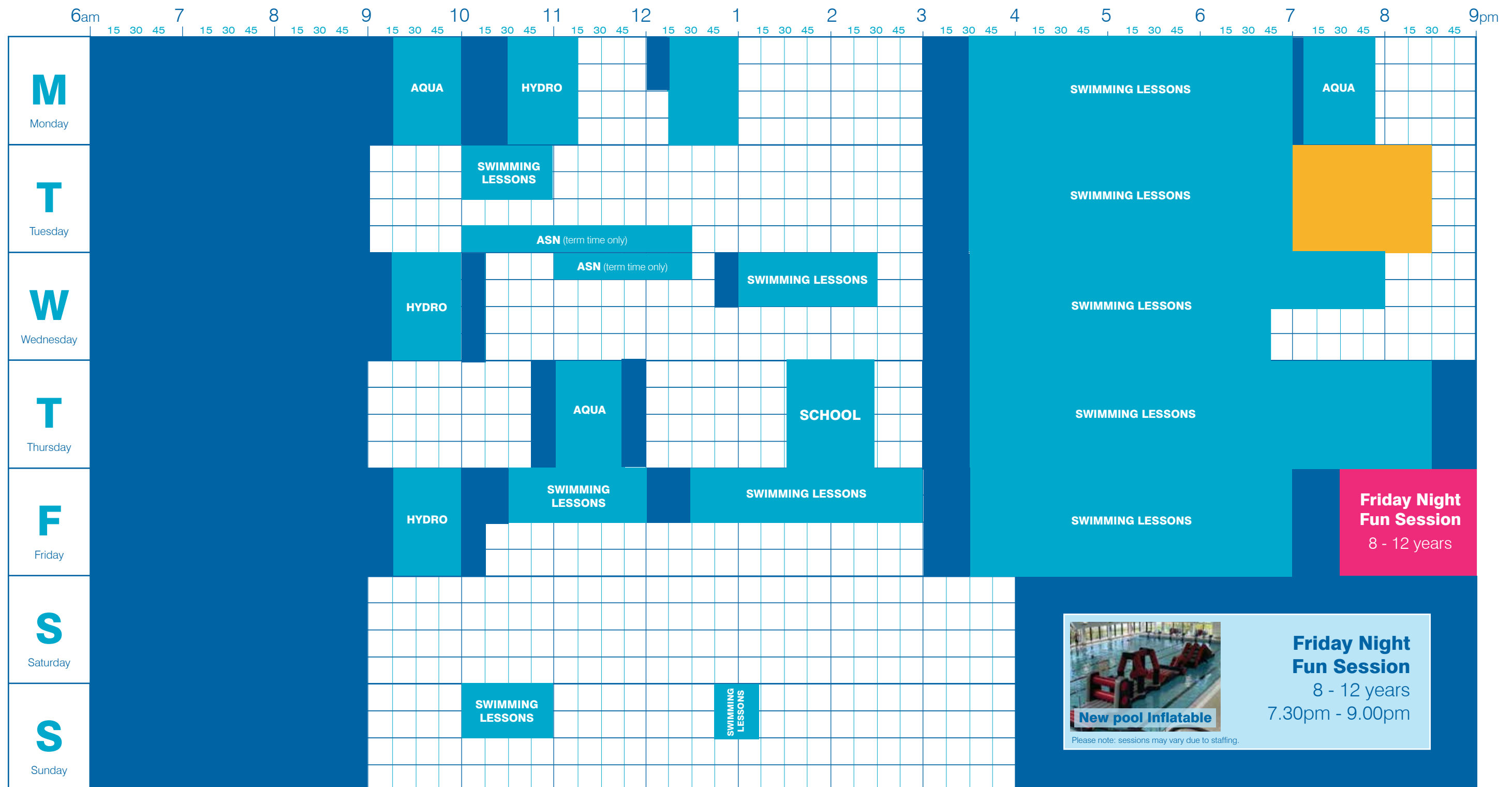
Viewfield, Glenrothes, KY6 2RD

Tel 01592 583305 **Email** MichaelWoodsLC@fifeleisure.org.uk

Training Pool Timetable

Please note, pool timetables subject to change, last updated: 31st May 2023

Public Swimming
 Bookable Session
 Club 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)

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Warm Pool Timetable

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Public Swimming Bookable Session Club Booking Pool Closed to Public

	6am	7			8			9			10			11			12			1			2			3			4			5			6			7			8			9pm	
		15	30	45	15	30	45	15	30	45	15	30	45	15	30	45	15	30	45	15	30	45	15	30	45	15	30	45	15	30	45	15	30	45	15	30	45								
M Monday					SWIMMING LESSONS										PRIVATE HIRE				SWIMMING LESSONS			PRIVATE HIRE																							
T Tuesday					SWIMMING LESSONS								SWIMMING LESSONS			ACTIVE OPTIONS			COMPLEX NEEDS			AQUA ACTIVE			PRIVATE HIRE			DSF																	
W Wednesday								ASN (term time only)				PRIVATE HIRE							SWIMMING LESSONS												DSF														
T Thursday									PRIVATE HIRE				PRIVATE HIRE			PRIVATE HIRE																													
F Friday					SWIMMING LESSONS				PRIVATE HIRE		ACTIVE AQUA						SWIMMING LESSONS																												
S Saturday					SWIMMING LESSONS																		BOOKABLE SLOT																						
S Sunday							SWIMMING LESSONS																				BOOKABLE SLOT																		

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)

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