

Warm Pool Timetable

During School Term Times

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

During School Term Times

	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	HYDROSPIN	CLEARANCE / SET UP	AQUAEROBICS	CLEARANCE / SET UP	FLOAT FIT	CLEARANCE			
Wednesday			SET UP	HYDROSPIN	CLEARANCE		SET UP	FLOAT FIT	CLEARANCE		SET UP	LEARN TO SWIM	CLEARANCE	
Thursday		NURSERY	SET UP	FLOAT FIT	CLEARANCE	SET UP	ACTIVE HYDROSPIN	CLEARANCE / SET UP	HYDROSPIN EXPRESS	CLEARANCE / SET UP	AQUAFIT	CLEARANCE		NURSERY
Friday			SET UP	HYDROSPIN	CLEARANCE			SET UP	LEARN TO SWIM			SET UP		
Saturday		LEARN TO SWIM			CLEARANCE									
Sunday		LEARN TO SWIM			CLEARANCE									

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 Private Booking
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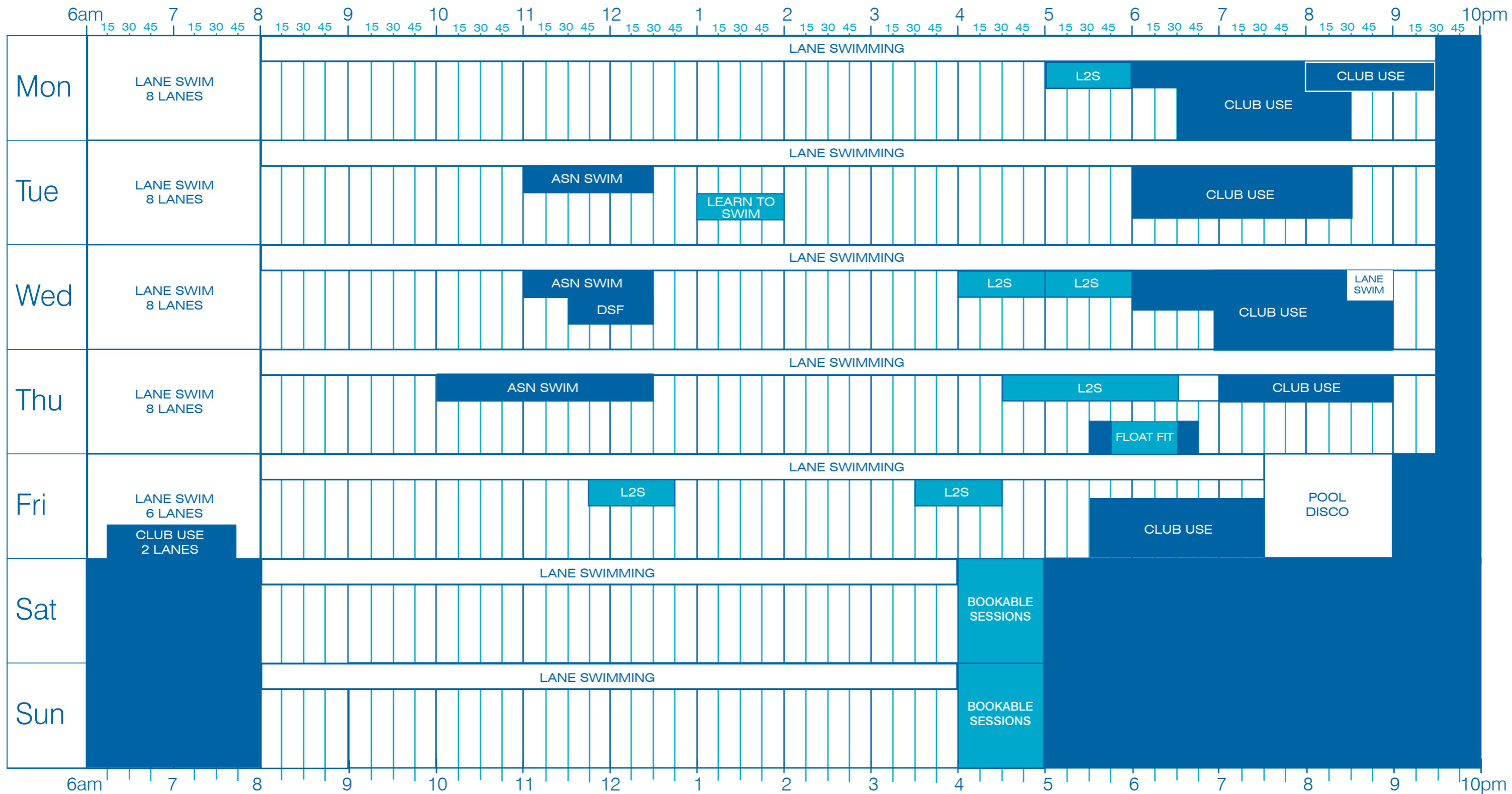
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Main Pool Timetable

During School Term Times



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