

# Swimming Pool Timetable

## Main Pool

	6AM	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9PM						
MONDAY	LANE SWIMMING (2 LANES)														CSC (2 LANES)		LANE SWIM (6 LANES)					
TUESDAY	LANE SWIMMING (2 LANES)																					
WEDNESDAY	LANE SWIMMING (2 LANES)														CSC (2 LANES)		ADULT L2S	ADULT L2S	LANE SWIM (4 LANES)			
THURSDAY	LANE SWIMMING (2 LANES)														STAFF TRAINING		DISABILITY SPORT FIFE	SET UP	ROOKIE LIFEGUARD	CLEAR		
FRIDAY	LANE SWIMMING (2 LANES)														STAFF TRAINING		InCAS (2 LANES)		LANE SWIM (6 LANES)			
SATURDAY	CLOSED		LANE SWIMMING (2 LANES)			STAFF TRAINING		AQUA RUN INFLATABLE			LANE SWIMMING (2 LANES)				CLOSED							
SUNDAY	CLOSED		LANE SWIMMING (2 LANES)			AQUA RUN INFLATABLE			LANE SWIMMING (2 LANES)				HEALTH ENGAGEMENT PROJECT ASN		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	CSC			LEARN TO SWIM (2 LANES)		AQUA BOOTCAMP (4 LANES)		LEARN TO SWIM (2 LANES)		LEARN TO SWIM		CSC		D/AMAT	
TUESDAY	CSC			AQUAFIT		AQUA DEEP		AQUA ACTIVE (4 LANES)		LEARN TO SWIM (2 LANES)		LEARN TO SWIM		CSC		W/POLO
WEDNESDAY		W/POLO (2 LANES)			ASN SWIMMING (2 LANES)						LEARN TO SWIM		CSC		D/AMAT	
THURSDAY	CSC				ASN SWIMMING (2 LANES)			AQUA SHALLOW (4 LANES)		LEARN TO SWIM (2 LANES)		LEARN TO SWIM		InCAS		W/POLO
FRIDAY	CSC			AQUAFIT						LEARN TO SWIM (2 LANES)		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														
TUESDAY					TURTLE TOTS*						DSF L2S (TERM TIME)			TURTLE TOTS AQUA-NATAL YOGA 8.00pm - 8.45pm 8.45pm - 9.30pm
WEDNESDAY														
THURSDAY						TURTLE TOTS*								
FRIDAY														
SATURDAY	CLOSED													CLOSED
SUNDAY	TURTLE TOTS*													CLOSED

Pool Temporarily Closed

Public Swimming
  Bookable Session
  Swimming Lessons
  Pool Closed to Public

\*Sessions will typically operate during term times, any additional 'holiday period use' will be advertised in advance. (Notification period 7 days notice via internal customer signage)

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