

# Toddler Pool Timetable

|           | 8                      | 15 | 30 | 45 | 9               | 15 | 30 | 45 | 10 | 15 | 30 | 45 | 11 | 15 | 30 | 45 | 12 | 15 | 30 | 45 | 1 | 15 | 30 | 45 | 2 | 15 | 30 | 45 | 3 | 15 | 30 | 45 | 4                      | 15 | 30          | 45 | 5           | 15 | 30                | 45 | 6                                     | 15 | 30     | 45 | 7               | 15 | 30 | 45 | 8 | 15 | 30 | 45 | 9 | 15 | 30 | 45 | 10pm |  |
|-----------|------------------------|----|----|----|-----------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|----|----|----|---|----|----|----|---|----|----|----|------------------------|----|-------------|----|-------------|----|-------------------|----|---------------------------------------|----|--------|----|-----------------|----|----|----|---|----|----|----|---|----|----|----|------|--|
| Monday    | Public Swimming        |    |    |    |                 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |    |    |    |   |    |    |    |   |    |    |    | CLOSED                 |    |             |    |             |    |                   |    |                                       |    |        |    |                 |    |    |    |   |    |    |    |   |    |    |    |      |  |
| Tuesday   | Public Swimming        |    |    |    |                 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |    |    |    |   |    |    |    |   |    |    |    | TURTLE TOTS (Carnegie) |    |             |    | TURTLE TOTS |    |                   |    | AQUA NATAL (Carnegie)                 |    |        |    | Public Swimming |    |    |    |   |    |    |    |   |    |    |    |      |  |
| Wednesday | Public Swimming        |    |    |    |                 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |    |    |    |   |    |    |    |   |    |    |    | CLOSED                 |    |             |    |             |    |                   |    |                                       |    |        |    |                 |    |    |    |   |    |    |    |   |    |    |    |      |  |
| Thursday  | Public Swimming        |    |    |    |                 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |    |    |    |   |    |    |    |   |    |    |    | TURTLE TOTS (Carnegie) |    |             |    | CLOSED      |    |                   |    |                                       |    |        |    |                 |    |    |    |   |    |    |    |   |    |    |    |      |  |
| Friday    | Public Swimming        |    |    |    |                 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |    |    |    |   |    |    |    |   |    |    |    | SUNFLOWER NURSERY      |    | TURTLE TOTS |    |             |    | SUNFLOWER NURSERY |    | CLOSED                                |    |        |    |                 |    |    |    |   |    |    |    |   |    |    |    |      |  |
| Saturday  | Public Swimming        |    |    |    |                 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |    |    |    |   |    |    |    |   |    |    |    | TURTLE TOTS            |    |             |    |             |    |                   |    | CLOSED                                |    |        |    |                 |    |    |    |   |    |    |    |   |    |    |    |      |  |
| Sunday    | TURTLE TOTS (Carnegie) |    |    |    | Public Swimming |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |    |    |    |   |    |    |    |   |    |    |    |                        |    |             |    | TURTLE TOTS |    |                   |    | PARTY SLOT OR PUBLIC SWIM IF NO PARTY |    | CLOSED |    |                 |    |    |    |   |    |    |    |   |    |    |    |      |  |

Public Swimming
  Bookable Session
  Pool Closed to Public
  Set Up/Clear Time

**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)

**Cowdenbeath Leisure Centre**

Pit Road, Cowdenbeath

Telephone 01383 602305 Email CowdenbeathLC@fifeleisure.org.uk

[www.fifeleisure.org.uk](http://www.fifeleisure.org.uk)



# Main Pool Timetable

|           | 6:30-4:15     | 7:15-3:45     | 8:15-3:45        | 9:15-3:45    | 10:15-3:45 | 11:15-3:45       | 12:15-3:45        | 1:15-3:45     | 2:15-3:45      | 3:15-3:45  | 4:15-3:45                             | 5:15-3:45 | 6:15-3:45        | 7:15-3:45  | 8:15-3:45 | 9:15-3:45 | 10pm                     |        |
|-----------|---------------|---------------|------------------|--------------|------------|------------------|-------------------|---------------|----------------|------------|---------------------------------------|-----------|------------------|------------|-----------|-----------|--------------------------|--------|
| Monday    | LANE SWIMMING |               |                  | AQUA-EROBICS | AQUAGYM    |                  |                   | LANE SWIMMING |                |            | SWIMMING LESSONS                      |           |                  | AQUAGYM    | AQUAGYM   | AQUA FIT  | LANE                     |        |
| Tuesday   | LANE          | AQUAGYM       | AQUAGYM          |              |            | LANE SWIM        |                   | AQUAGYM       |                |            | SWIMMING LESSONS                      |           |                  | INFLATABLE |           | FLOAT FIT | ADULTS ONLY              |        |
| Wednesday | LANE          | AQUAGYM       |                  |              |            | LANE SWIMMING    |                   | CLUB USE      |                | AQUAGYM    | LANE SWIM                             |           | SWIMMING LESSONS |            |           | CLUB USE  | CLOSED                   |        |
| Thursday  | LANE          | AQUAGYM       |                  |              | LANE SWIM  |                  | AQUAGYM           |               | STAFF TRAINING | LANE SWIM  | SWIMMING LESSONS                      |           |                  | FLOAT FIT  |           | AQUAGYM   | ADULT LESS.              | CLOSED |
| Friday    | LANE SWIMMING |               |                  |              | AQUAGYM    | FLOAT FIT        |                   | LANE SWIM     |                | AQUAGYM    | LANE SWIM                             |           | CLUB USE         |            |           | AQUAGYM   | CHILL ZONE (ADULTS ONLY) | CLOSED |
| Saturday  | CLOSED        | LANE SWIMMING | SWIMMING LESSONS |              |            | SWIMMING LESSONS |                   | LANE SWIMMING |                |            |                                       | CLUB USE  |                  |            |           |           | CLOSED                   |        |
| Sunday    | CLOSED        |               |                  | CLUB USE     |            |                  | AQUAGYM INDUCTION | AQUAGYM       |                | INFLATABLE | PARTY SLOT OR PUBLIC SWIM IF NO PARTY |           |                  |            |           |           | CLOSED                   |        |

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  Bookable Session
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  Set Up/Clear Time

**AQUAGYM:** All customers must attend an induction session to become an approved user.

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