

| | 7am | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9pm |
|-----------------------|-----------------|-----------------|----------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|------------------|------------------|------------------|------------------|------------------|------------------|
| M Monday | Public Swimming | Club Booking | Aqua Gym | ASN | Public Swimming | Public Swimming | Public Swimming | Public Swimming | Public Swimming | Swimming Lessons | Swimming Lessons | Swimming Lessons | Club Booking | Public Swimming | Public Swimming |
| T Tuesday | Club Booking | Aqua Gym | Swimming Lessons | Public Swimming | Public Swimming | Public Swimming | Public Swimming | Public Swimming | Public Swimming | Swimming Lessons | Swimming Lessons | Swimming Lessons | Swimming Lessons | Swimming Lessons | Adult Swim Only |
| W Wednesday | Lane Swimming | Aqua Gym | Shallow Aqua-Erobics | Lane Swimming | Public Swimming | Public Swimming | Public Swimming | Public Swimming | Public Swimming | Swimming Lessons | Swimming Lessons | Swimming Lessons | Swimming Lessons | Swimming Lessons | Lane Swimming |
| T Thursday | Lane | Aqua Gym | Shallow Aqua-Erobics | Lane Swimming | Public Swimming | Public Swimming | Public Swimming | Public Swimming | Public Swimming | Swimming Lessons | Swimming Lessons | Swimming Lessons | Swimming Lessons | Swimming Lessons | Swimming Lessons |
| F Friday | Lane Swimming | Aqua Gym | Lane Swimming | Public Swimming | Public Swimming | Public Swimming | Public Swimming | Public Swimming | Public Swimming | Aqua Gym | Swimming Lessons | Swimming Lessons | Swimming Lessons | Swimming Lessons | Swimming Lessons |
| S Saturday | Public Swimming | Public Swimming | Public Swimming | Public Swimming | Public Swimming | Public Swimming | Public Swimming | Public Swimming | Public Swimming | Swimming Lessons | Swimming Lessons | Swimming Lessons | Swimming Lessons | Swimming Lessons | Swimming Lessons |
| S Sunday | Public Swimming | Public Swimming | Club Booking | Lane Swimming | Aqua Gym | Public Swimming | Public Swimming | Public Swimming | Public Swimming | Swimming Lessons | Swimming Lessons | Swimming Lessons | Swimming Lessons | Swimming Lessons | Swimming Lessons |

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,, KY4 9NN

Tel 01383 602305 Email CowdenbeathLC@fifeleisure.org.uk

☐ Public Swimming
■ Bookable Session
■ Club Booking
■ Pool Closed to Public

| | 7 am | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 pm |
|-----------------------|-----------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| | 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 | Pool Closed to Public | | | | | | | | | | | | | | |
| T Tuesday | Pool Closed to Public | | | | | | | | | | | | | | |
| W Wednesday | Pool Closed to Public | | | | | | | | | | | | | | |
| T Thursday | Pool Closed to Public | | | | | | | | | | | | | | |
| F Friday | Pool Closed to Public | | | | | | | | | | | | | | |
| S Saturday | Pool Closed to Public | | | | | | | | | | | | | | |
| S Sunday | Pool Closed to Public | | | | | | | | | | | | | | |

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