

PUBLIC SWIMMING
 CLOSED TO THE PUBLIC
 BOOKABLE SESSIONS
 CLUB USE

		30	45	7	15	30	45	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	10
MONDAY	LANE SWIM (6 lanes)	LANE SWIM (2 lanes)																								CLUB USE						LANE SWIM (6 lanes)																																
TUESDAY	LANE SWIM (6 lanes)	LANE SWIM (2 lanes)																								L2S		CLUB USE						LANE SWIM (6 lanes)																														
WEDNESDAY	LANE SWIM (6 lanes)	LANE SWIM (2 lanes)																								DSF		CLUB USE						LANE SWIM (6 lanes)																														
THURSDAY	LANE SWIM (6 lanes)	LANE SWIM (2 lanes)																								CLUB USE						LANE SWIM (6 lanes)	LANE SWIM (2 lanes)																															
FRIDAY	LANE SWIM (6 lanes)	LANE SWIM (2 lanes)																								DSF						CLUB USE																																
SATURDAY		CLOSED TO THE PUBLIC						L2S		LANE SWIM (2 lanes)												CLUB USE				CLOSED TO THE PUBLIC																																						
SUNDAY		CLOSED TO THE PUBLIC						CLUB USE						LANE SWIM (2 lanes)						FUN SESSION		BOOKABLE/PUBLIC SESSION		CLOSED TO THE 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)

Kirkcaldy Leisure Centre

Esplande, Kirkcaldy, KY1 1HR

Tel 01592 583306 Email KirkcaldySP@fifeleisure.org.uk

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 CLUB USE

	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
MONDAY	SET UP				LEARN TO SWIM				SET UP				AQUA-EROBICS		SET UP		ACTIVE HYDRO		CLEAR		SET UP				LEARN TO SWIM				CLEAR																							
TUESDAY					LEARN TO SWIM								SET UP				LEARN TO SWIM								CLEAR																											
WEDNESDAY					SET UP				SET UP								LEARN TO SWIM				SET UP		LEARN TO SWIM				CLEAR		HYDRO CYCLE																							
THURSDAY													SET UP		AQUA-EROBICS								CLEAR		SET UP				LEARN TO SWIM				CLUB USE																			
FRIDAY					CLUB USE																																															
SATURDAY									SET UP				LEARN TO SWIM								CLEAR																															
SUNDAY					SET UP		HYDRO CYCLE <small>From 12th September</small>						CLEAR		OCTO TOTS				FUN SESSION																																	

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