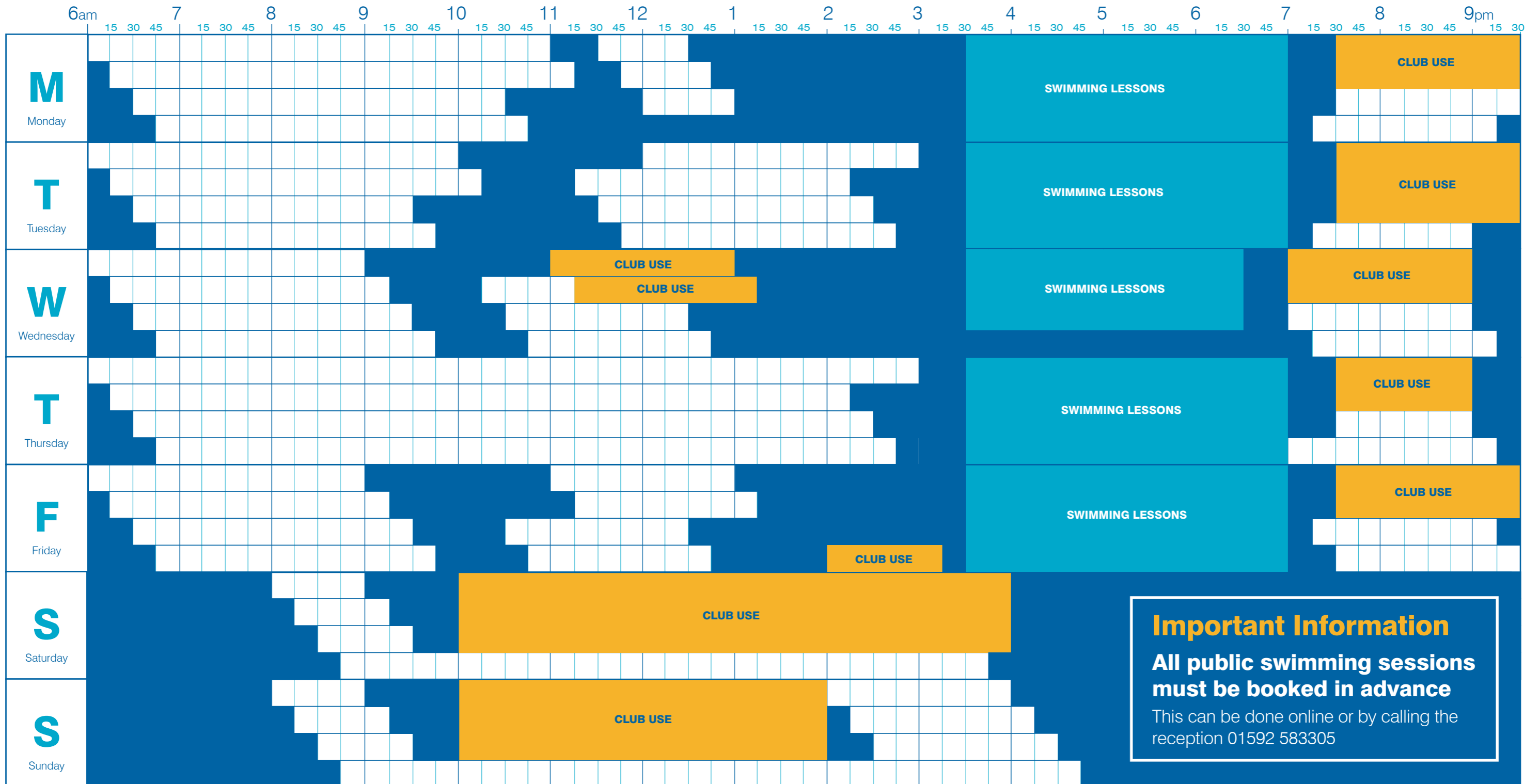


# Main Pool Timetable

Public Swimming Bookable Session Club Booking Pool Closed to Public



**Important Information**  
All public swimming sessions must be booked in advance  
This can be done online or by calling the reception 01592 583305

**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

Tel 01592 583305 Email MichaelWoodsLC@fifeleisure.org.uk

# Training Pool Timetable

Public Swimming Bookable Session Club Booking Pool Closed to Public

	6am	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9pm	
<b>M</b> Monday	Pool Closed to Public							SWIMMING LESSONS		Pool Closed to Public							
<b>T</b> Tuesday	Pool Closed to Public							SWIMMING LESSONS		FAMILY & INCLUSIVE SESSIONS (1 HOUR EACH)		Pool Closed to Public					
<b>W</b> Wednesday	Pool Closed to Public							FAMILY & INCLUSIVE SESSIONS	FAMILY & INCLUSIVE SESSIONS	SWIMMING LESSONS		Pool Closed to Public					
<b>T</b> Thursday	Pool Closed to Public							FAMILY & INCLUSIVE SESSIONS (1 HOUR EACH)		FAMILY & INCLUSIVE SESSIONS (1 HOUR EACH)		Pool Closed to Public					
<b>F</b> Friday	Pool Closed to Public							FAMILY & INCLUSIVE SESSIONS	FAMILY & INCLUSIVE SESSIONS	SWIMMING LESSONS		Pool Closed to Public					
<b>S</b> Saturday	Pool Closed to Public							SWIMMING LESSONS				Pool Closed to Public					
<b>S</b> Sunday	Pool Closed to Public							SWIMMING LESSONS				FAMILY & INCLUSIVE SESSIONS (1 HOUR EACH)		FAMILY & INCLUSIVE SESSIONS (1 HOUR EACH)		Pool Closed to Public	

**Important Information**  
All public swimming sessions must be booked in advance  
This can be done online or by calling the reception 01592 583305

**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)  
**Family/Inclusive Swimming Sessions** - Must be same household family bubble of 6 max, 1 hour sessions and follow current COVID-19 restrictions.  
 Visit us online or contact centre for further information

**Michael Woods Sports & Leisure Centre**

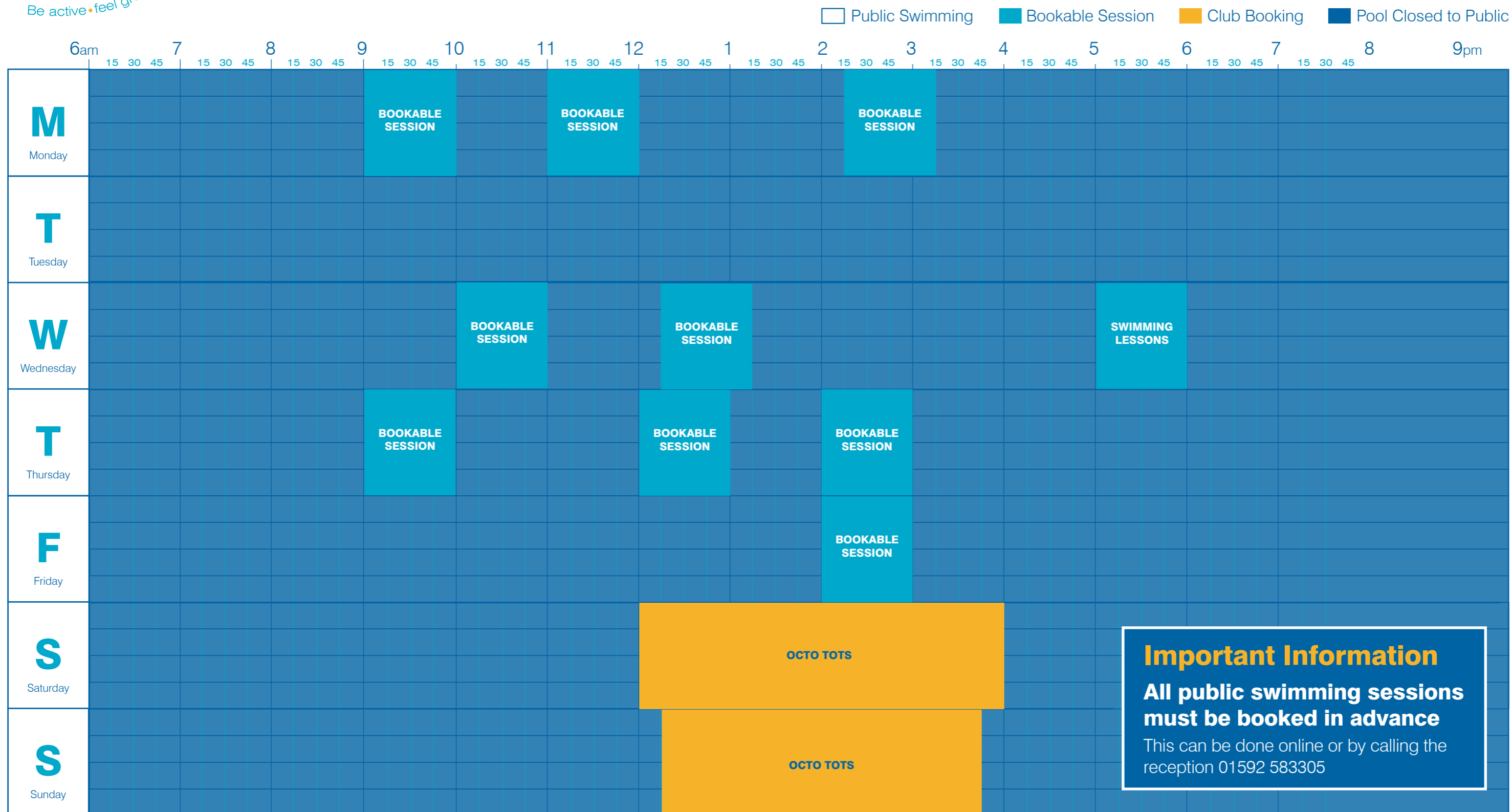
Viewfield, Glenrothes, KY6 2RD

**Tel** 01592 583305 **Email** MichaelWoodsLC@fifeleisure.org.uk

[fifeleisure.org.uk/public-swimming](http://fifeleisure.org.uk/public-swimming) - Book now online

@FifeLeisure    

# Warm Pool Timetable



**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)  
**Family/Inclusive Swimming Sessions** - Must be same household family bubble of 6 max, 1 hour sessions and follow current COVID-19 restrictions.  
 Visit us online or contact centre for further information

**Michael Woods Sports & Leisure Centre**

Viewfield, Glenrothes, KY6 2RD

**Tel** 01592 583305 **Email** MichaelWoodsLC@fifeleisure.org.uk

[fifeleisure.org.uk/public-swimming](https://fifeleisure.org.uk/public-swimming) - Book now online