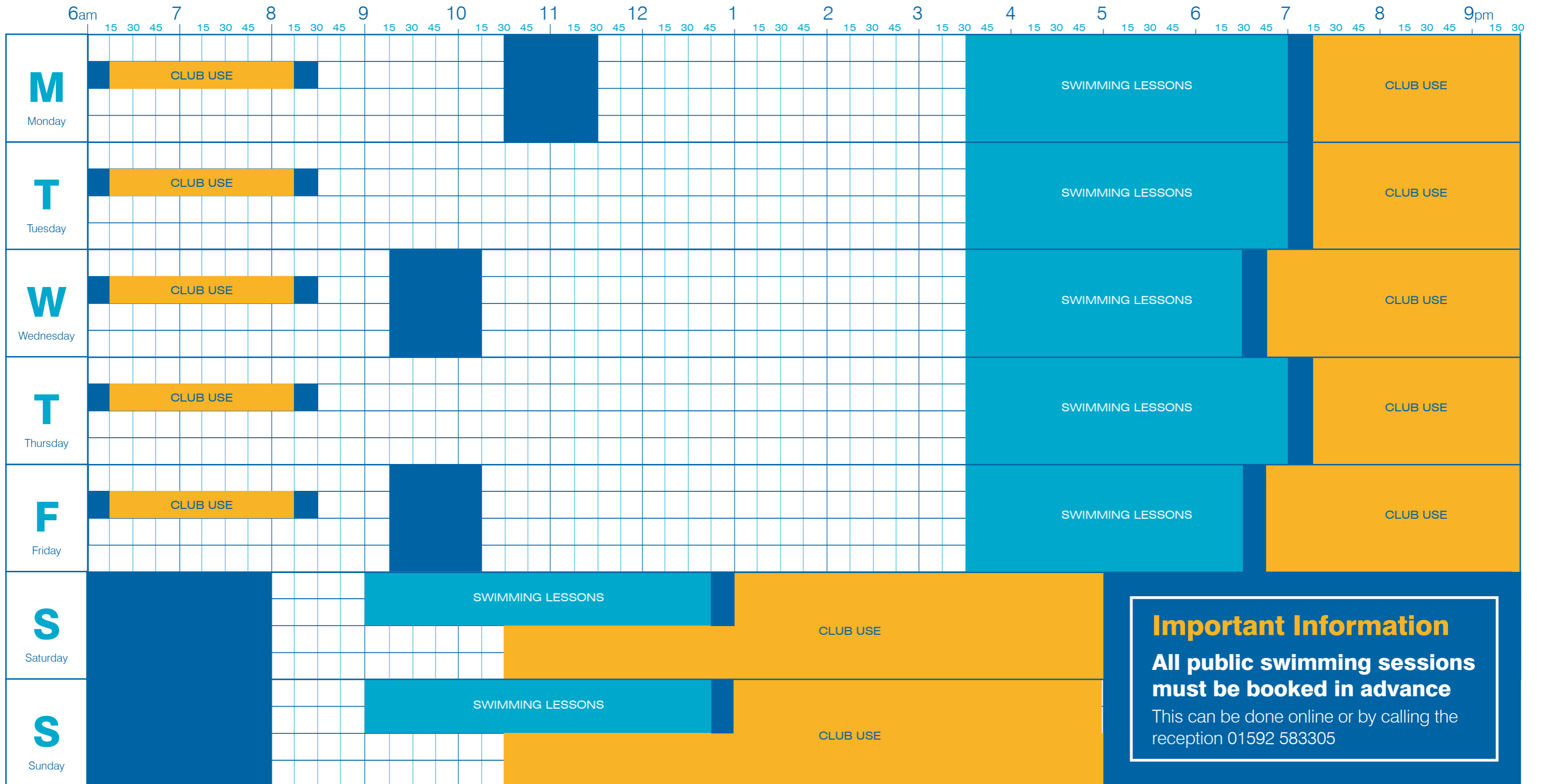


# Main Pool Timetable

Public Swimming Bookable Session Private 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