

# Swimming Pool Timetable

	6am	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10pm	
<b>Mon</b>	Pool Closed	Pool Closed	EARLY MORNING LANE SWIM	DEEP WATER AQUA-EROBICS	AQUA-EROBICS	LANE SWIMMING	ADULT & CHILD (TODDLER POOL CLOSED)	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING
<b>Tue</b>	Pool Closed	Pool Closed	EARLY MORNING LANE SWIM	DEEP WATER AQUA-EROBICS	ADULT & CHILD (TODDLER POOL CLOSED)	LANE SWIMMING	ADULT & CHILD (TODDLER POOL CLOSED)	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING
<b>Wed</b>	Pool Closed	Pool Closed	EARLY MORNING LANE SWIM	DEEP WATER AQUA-EROBICS	AQUA-EROBICS	LANE SWIMMING	ADULT & CHILD (TODDLER POOL CLOSED)	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING
<b>Thu</b>	Pool Closed	Pool Closed	EARLY MORNING LANE SWIM	AQUA-EROBICS	LANE SWIMMING	ADULT & CHILD (TODDLER POOL CLOSED)	ADULT & CHILD	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING
<b>Fri</b>	Pool Closed	Pool Closed	EARLY MORNING LANE SWIM	DEEP WATER AQUA-EROBICS	ADULT TRI	LANE SWIMMING	ADULT & CHILD (TODDLER POOL CLOSED)	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING
<b>Sat</b>	Pool Closed	Pool Closed	STEP ROCK SWIM CLUB	CHILDREN'S SWIMMING LESSONS (POOL CLOSED)	CLUB READY	LANE SWIMMING	FLOAT SESSION	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING
<b>Sun</b>	Pool Closed	Pool Closed	EAST FIFE JUNIOR TRI CLUB	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	FLOAT SESSION	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING	LANE SWIMMING

Please note sessions are subject to a 15 minute set up clearance time

Public Swimming
  Bookable Session
  Private Booking
  Pool Closed

**East Sands Leisure Centre**

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