

# Main Pool Timetable

From Thursday 2nd November

	LANE SWIM																																																											
	7am			8			9			10			11			12			1			2			3			4			5			6			7			8			9pm																	
	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																		
<b>M</b> Monday	LANE SWIMMING			AQUA GYM			ASN			Public Swimming														SWIMMING LESSONS			CARNEGIE SC			TRI CLUB			Public Swimming																											
<b>T</b> Tuesday	LANE SWIMMING			AQUA GYM			SWIMMING LESSONS						Public Swimming														SWIMMING LESSONS			AQUA GYM			ADULT SWIM ONLY																											
<b>W</b> Wednesday	TRI CLUB			LANE	AQUA GYM			LANE	SHALLOW AQUA-EROBICS			LANE SWIMMING											Public Swimming														SWIMMING LESSONS			CARNEGIE SC			LANE SWIMMING			DASC			LANE SWIMMING											
<b>T</b> Thursday	LANE	AQUA GYM			LANE SWIMMING														Public Swimming														SWIMMING LESSONS			LANE SWIMMING			AQUA GYM			Public Swimming																		
<b>F</b> Friday	TRI CLUB			LANE	AQUA GYM			SHALLOW AQUA-EROBICS			LANE SWIM						STAFF TRAINING			AQUA GYM			Public Swimming														CARNEGIE SC			Public Swimming																				
<b>S</b> Saturday	Public Swimming														Public Swimming														Public Swimming														SWIMMING LESSONS						Public Swimming											
<b>S</b> Sunday	Public Swimming			STAFF TRAINING (ONCE A MONTH)			LANE SWIMMING						AQUA GYM			LANE SWIMMING			Public Swimming														Public Swimming														Public Swimming													

**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
<b>M</b> Monday	Pool Closed	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming
<b>T</b> Tuesday	Pool Closed	Public Swimming	Public Swimming	Bookable Session	Bookable Session	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming
<b>W</b> Wednesday	Pool Closed	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming
<b>T</b> Thursday	Pool Closed	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming
<b>F</b> Friday	Pool Closed	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming
<b>S</b> Saturday	Pool Closed	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming
<b>S</b> Sunday	Pool Closed	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming

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