

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 (3 lanes)												LANE SWIM (2 lanes)																																																		
														FINS (4 lanes)				INCAS (4 lanes)																																														
TUESDAY	LANE SWIM (6 lanes)	LANE SWIM (3 lanes)												L2S		FINS (4 lanes)						INCAS (3 lanes)																																										
																LANE SWIM (2 lanes)																																																
WEDNESDAY	LANE SWIM (6 lanes)	LANE SWIM (3 lanes)																																																														
														FINS (4 lanes)				LANE SWIM (2 lanes)																																														
THURSDAY	LANE SWIM (6 lanes)	LANE SWIM (3 lanes)																																																														
														DSF		FINS (4 lanes)						LANE SWIM (3 lanes)				FIFE SYNCRO (3 lanes)																																						
FRIDAY	LANE SWIM (6 lanes)	LANE SWIM (3 lanes)																																																														
														DSF						FINS (4 lanes)				LANE SWIM (2 lanes)				LANE SWIM (6 lanes)																																				
SATURDAY		LANE SWIM (3 lanes)												L2S		BASC (6 lanes)																																																
SUNDAY		FINS (4 lanes)				LANE SWIM (3 lanes)												BOOKABLE/PUBLIC SESSION																																														
		LANE SWIM (2 lanes)																																																														

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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	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	SETUP						LEARN TO SWIM (Single Tank)						SETUP		AQUA-AEROBICS		SETUP		ACTIVE HYDRO		CLEAR		SETUP		LEARN TO SWIM						CLEAR																																
TUESDAY	SETUP						LEARN TO SWIM (Single Tank)						CLEAR		LEARN TO SWIM		CLEAR		LEARN TO SWIM		CLEAR		LEARN TO SWIM		CLEAR		LEARN TO SWIM		CLEAR		LEARN TO SWIM		CLEAR																														
WEDNESDAY	SETUP						STAFF TRAINING		SETUP		L2S ASN		CLEAR		LEARN TO SWIM		CLEAR		SETUP		LEARN TO SWIM						CLEAR																																				
THURSDAY	SETUP						AQUA-AEROBICS		CLEAR		LEARN TO SWIM		CLEAR		LEARN TO SWIM		CLEAR		FIFE SYNCRO		LEARN TO SWIM		CLEAR		FIFE SYNCRO		CLEAR		LEARN TO SWIM		CLEAR																																
FRIDAY	SETUP						L2S ASN		CLEAR		ZUMBA		CLEAR		LEARN TO SWIM		CLEAR		LEARN TO SWIM		CLEAR		LEARN TO SWIM		CLEAR		LEARN TO SWIM		CLEAR		LEARN TO SWIM		CLEAR																														
SATURDAY	SETUP						LEARN TO SWIM						CLEAR		LEARN TO SWIM		CLEAR		LEARN TO SWIM		CLEAR		LEARN TO SWIM		CLEAR		LEARN TO SWIM		CLEAR		LEARN TO SWIM		CLEAR																														
SUNDAY	SETUP						LEARN TO SWIM						CLEAR		LEARN TO SWIM		CLEAR		LEARN TO SWIM		CLEAR		LEARN TO SWIM		CLEAR		LEARN TO SWIM		CLEAR		LEARN TO SWIM		CLEAR																														

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