


Main Pool Timetable

Please note, pool timetables subject to change, Updated Tuesday 7th November

Public Swimming Bookable Session Club Booking Lane Swimming Pool Closed to Public

| | 6am | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9pm | | |
|-----------------------|-----------------------|---|--------------|---|----|----|---------------|---|---|---|--------------|---|-----|---|-----------------------------------------|-----|--|--|
| M Monday | LANE SWIMMING | | | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | Club Booking | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | SWIM LESSONS | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | Club Booking | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | SWIM LESSONS | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | Club Booking | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | SWIM LESSONS | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | Club Booking | | | | | | | | | | | | | | | |
| T Tuesday | LANE SWIMMING | | | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | Club Booking | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | SWIM LESSONS | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | Club Booking | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | SWIM LESSONS | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | Club Booking | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | SWIM LESSONS | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | Club Booking | | | | | | | | | | | | | | | |
| W Wednesday | LANE SWIMMING | | | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | DSF | | | | Club Booking | | | | SWIM LESSONS | | DSF | | | | | |
| | LANE SWIMMING | | SWIM LESSONS | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | Club Booking | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | SWIM LESSONS | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | Club Booking | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | SWIM LESSONS | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | Club Booking | | | | | | | | | | | | | | | |
| T Thursday | LANE SWIMMING | | | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | Club Booking | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | SWIM LESSONS | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | Club Booking | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | SWIM LESSONS | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | Club Booking | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | SWIM LESSONS | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | Club Booking | | | | | | | | | | | | | | | |
| F Friday | LANE SWIMMING | | | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | SWIM LESSONS | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | Club Booking | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | SWIM LESSONS | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | Club Booking | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | SWIM LESSONS | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | Club Booking | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | SWIM LESSONS | | | | | | | | | | | | | | | |
| S Saturday | Pool Closed to Public | | | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | SWIM LESSONS | | | | LANE SWIMMING | | | | Club Booking | | | | Friday Night Fun Session - 8 - 12 years | | | |
| | LANE SWIMMING | | SWIM LESSONS | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | Club Booking | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | SWIM LESSONS | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | Club Booking | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | SWIM LESSONS | | | | | | | | | | | | | | | |
| | LANE SWIMMING | | Club Booking | | | | | | | | | | | | | | | |
| S Sunday | Pool Closed to Public | | | | | | | | | | | | | | | | | |
| | SWIM LESSONS | | SWIM LESSONS | | | | SWIM LESSONS | | | | Club Booking | | | | Friday Night Fun Session - 8 - 12 years | | | |
| | SWIM LESSONS | | SWIM LESSONS | | | | | | | | | | | | | | | |
| | SWIM LESSONS | | Club Booking | | | | | | | | | | | | | | | |
| | SWIM LESSONS | | SWIM LESSONS | | | | | | | | | | | | | | | |
| | SWIM LESSONS | | Club Booking | | | | | | | | | | | | | | | |
| | SWIM LESSONS | | SWIM LESSONS | | | | | | | | | | | | | | | |
| | SWIM LESSONS | | Club Booking | | | | | | | | | | | | | | | |



New pool Inflatable
Please note: sessions may vary due to staffing.

Friday Night Fun Session - 8 - 12 years
7.30pm - 9.00pm

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

Please note, pool timetables subject to change, Updated Tuesday 7th November

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 | | |
|-----------------------|-----------------------|---|---|---|------------------|----------------------|------------------|---|------------------|------------------|---|---|-----------------------|---------------------|-----------------------|-----------------------|------------------------------------------|--|
| M Monday | Pool Closed to Public | | | | AQUA | HYDRO | SWIMMING LESSONS | | | SWIMMING LESSONS | | | | AQUA | Pool Closed to Public | | | |
| T Tuesday | Pool Closed to Public | | | | SWIMMING LESSONS | | | | SWIMMING LESSONS | | | | Club Booking | | | | | |
| W Wednesday | Pool Closed to Public | | | | HYDRO | ASN (term time only) | | | SWIMMING LESSONS | SWIMMING LESSONS | | | | * (Public Swimming) | | Pool Closed to Public | | |
| T Thursday | Pool Closed to Public | | | | AQUA | | | | SWIMMING LESSONS | | | | SWIMMING LESSONS | | | | | |
| F Friday | Pool Closed to Public | | | | HYDRO | SWIMMING LESSONS | | | SWIMMING LESSONS | | | | SWIMMING LESSONS | | | | Friday Night Fun Session 8 - 12 years | |
| S Saturday | Pool Closed to Public | | | | | | | | | | | | | | | | | |
| S Sunday | Pool Closed to Public | | | | SWIMMING LESSONS | | | | SWIMMING LESSONS | | | | Pool Closed to Public | | | | | |



Please note: sessions may vary due to staffing.

Friday Night Fun Session
8 - 12 years
7.30pm - 9.00pm

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)

* Wednesday 1900-2015 full pool – GASC club booking (starting 15th Nov)

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Warm Pool Timetable

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| | 6am | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9pm |
|-----------------------|-----------------------|---|---|---|----|----|----|---|---|---|---|---|---|---|---|-----|
| M Monday | Pool Closed to Public | | | | | | | | | | | | | | | |
| T Tuesday | Pool Closed to Public | | | | | | | | | | | | | | | |
| W Wednesday | Pool Closed to Public | | | | | | | | | | | | | | | |
| T Thursday | Pool Closed to Public | | | | | | | | | | | | | | | |
| F Friday | Pool Closed to Public | | | | | | | | | | | | | | | |
| S Saturday | Pool Closed to Public | | | | | | | | | | | | | | | |
| S Sunday | Pool Closed to Public | | | | | | | | | | | | | | | |

Admission Policy:

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Parent/Child Ratios: 1 Adult: 2 Children (under 5 years) / 1 Adult: 3 Children (5 - 7 years)

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