

## Price List

Full Price      Active Concession

### Athletics Track

**Club Hire** (Full Track and Field)      £63.00      -

### Minor Event

Competition Half Day (180 mins)      £229.80      -  
 Per additional 60 mins thereafter      £76.60      -  
 Competition Full Day (360 mins)      £428.40      -  
 Per additional 60 mins thereafter      £71.40      -

### Training Lane Hire

Adult      £3.80      £2.70  
 10 Session Pass      £30.40      £21.60  
 Junior      £2.70      £1.90  
 10 Session Pass      £21.60      £15.20

### Outdoor Pitches (60 mins)

	Peak	Off Peak
Adult Full Pitch	£120.00	£60.00
Junior Full Pitch	£84.00	£42.00
Adult Third Pitch	£40.00	£20.00
Junior Third Pitch	£28.00	£14.00

### Individual 3G Surface (60 mins)

Adult 7 v 7	£62.00	£31.00
Junior 7 v 7	£43.40	£21.70
Adult 5 v 5	£37.00	£18.50
Junior 5 v 5	£26.00	£13.00

### Grass Football

Adult Match (90 mins)	£58.50	£29.25
Junior Match (90 mins)	£41.10	£20.55
Adult Match (60 mins)	£39.00	£19.50
Junior Match (60 mins)	£27.40	£13.70

### Development Pitches (60 mins)

Adult 7 v 7	£39.00	£19.50
Junior 7 v 7	£27.40	£13.70

### Team Sports (60 mins)

Adult	£37.00	£18.50
Junior	£26.00	£13.00

### Indoor 3G Pitches (60 mins)

Adult Full Pitch	£62.00	£31.00
Junior Full Pitch	£43.40	£21.70
Adult Half Pitch	£37.00	£18.50
Junior Half Pitch	£26.00	£13.00

### Miscellaneous

<b>Replacement Card</b>	£4.30	-
<b>Membership Band</b>	£6.40	-
<b>Shower Adult</b>	£3.90	-
<b>Shower Junior</b>	£2.75	-
<b>Spectator Adult</b>	£1.60	£1.15
<b>Spectator Junior</b>	£1.15	£0.80

Please note. VAT may be payable on all one off bookings made by commercial organisations. Prices correct at time of going to print. Access may vary subject to programme. Personal cheques are no longer acceptable other than those received from sport clubs or businesses.

**leisure active membership**

**Fife sports and leisure trust**  
Be active - feel great

With our **Active Bronze** membership you can swim in any of our 9 pools located throughout Fife!

Put your hands up if you enjoy group fitness classes. Our **Active Diamond** membership gives you access to more than 200 classes every week!

Our gyms are equipped with Origin and Technogym equipment. You can access all 12 of our gyms with our **Active Silver** membership.

Get active with us and take the first step towards a healthier and happier lifestyle

For more information ask the reception or visit our website - [fifeleisure.org.uk](http://fifeleisure.org.uk)

michael woods  
sports and leisure centre



Price List

Email [MichaelWoodsLC@fifeleisure.org.uk](mailto:MichaelWoodsLC@fifeleisure.org.uk)  
 Telephone 01592 583305

Viewfield, Glenrothes, KY6 2RD

[facebook.com/MichaelWoodsSportsandLeisureCentre](https://facebook.com/MichaelWoodsSportsandLeisureCentre)

[fifeleisure.org.uk](http://fifeleisure.org.uk)

Scottish Charity No. SC039464 | Company Registration No. SC336004

# michael woods

## sports and leisure centre

The centre offers an extensive range of indoor and outdoor facilities for all ages and abilities including: 8 lane competition swimming pool with a spectating gallery floor for 250 people, training pool with underwater movable floor, a teaching/ remedial pool and a modern wetside change area with adjoining health suite.

Dryside facilities include a gym with 80 stations, strength and conditioning studio, purpose built aerobics studio, regional standard 8 badminton court sports hall, 2 squash courts and a state-of-the-art indoor football arena. Outdoor facilities include an 11-a-side synthetic pitch, three 5-a-side 3G synthetic pitches, a 7-a-side 3G synthetic pitch, tennis court and an athletics track.

Michael Woods Sports and Leisure Centre is located on Viewfield Road just adjacent to Fife College, a few minutes drive from the A92. There is ample free car parking.

### Opening Times

Monday - Friday	6.00am - 10.00pm
Saturday / Sunday	8.00am - 5.00pm

Last admission 45 minutes before closing.

### Off Peak Times

Monday - Friday	6.00am - 4.00pm
Outdoor Astro Pitch and Room Hire Only	
Monday - Friday	6.00am - 4.00pm
Saturday / Sunday	8.00am - 5.00pm

### Quid-a-Kid (17 and under)

#### Swimming

This offer is available Monday to Friday during school holidays and in-service days. It gives juniors the chance to swim for only £1.00.

#### Racquet Sports and Football

Juniors can play racquet sports and football for £1.00 at weekends and during school holidays. In addition, participating adults only pay £2.00 per person.

Please note this offer is subject to activity availability and offer times, ask at reception or see website for details.

### Disabled Access

Our leisure centres can cater for a range of access needs and our trained staff are friendly and supportive, ensuring everyone enjoys their experience. Main access is from the car park. Facilities include: unassisted wheelchair access, disabled parking, disabled toilets and changing facilities, changing room with hoist, variable height changing trolleys, shower chairs, pool hoists, lift and gym equipment for individuals with severe mobility difficulties. Inclusive programmes available for people with physical, sensory and learning difficulties. Guide dogs welcome.

### Junior Age/Pricing

Junior pricing is for young people aged 5 - 17 years (14 - 17 years for the gym and 16 - 17 years for the health suite). A second child discount will be available when there is no entitlement to a concessionary rate. This applies when a second or subsequent child from the same family at same address participates in the same block-booked coached activity class as the full paying child. Some venue and activity restrictions apply.

### Active Concession (discount scheme)

Active Concession membership is open to residents of Fife whose individual or family circumstances meet the requirements of the eligibility categories. Details of qualifying criteria can be found on our website or by picking up a leaflet at reception.

## Price List

	Full Price	Active Concession
<b>Swimming Pool</b>		
<b>Adult</b>	£5.10	£3.60
10 Session Pass	£40.80	£28.80
<b>Junior</b>	£3.60	£2.50
10 Session Pass	£28.80	£20.00
<b>Under 5's</b>	<b>FREE</b>	<b>FREE</b>
<b>Family (2 Adults &amp; 2 Juniors)</b>	£13.80	£9.70
10 Session Pass	£110.40	£77.60
<b>Main Pool Hire (60 mins)</b>	£168.80	-
<b>Training Pool Hire (60 mins)</b>	£84.80	-
<b>Main Pool Lane Hire (60 mins)</b>	£21.10	-
<b>Training Pool Lane Hire (60 mins)</b>	£21.10	-
<b>Warm Pool Hire (60 mins)</b>	34.80	-

### Swimming Lessons (x no. of weeks left in the year)

Junior price includes access to **FREE Swimming**

<b>Adult Lesson (45 mins)</b>	£7.10	£5.00
<b>Junior Lesson</b>	£5.30	£3.80
Additional Child	£4.30	-
<b>Adult &amp; Child Lesson (30 mins)</b>	£5.80	£4.10
<b>Direct Debit Monthly Payment</b>		
<b>Junior Lesson</b>	£19.60	£13.80
<b>Additional Child</b>	£15.70	-

### Personalised Swim Tuition (per person)

One to One	£15.20	£10.70
One to Two	£11.40	£8.00
One to Four	£8.40	£5.90

### Health Suite\* Includes FREE swim (subject to availability)

<b>Adult</b>	£7.20	£5.00
10 Session Pass	£57.60	£40.00
<b>Junior (16- 17 years)</b>	£5.00	£3.50
10 Session Pass	£40.00	£28.00

\*Health Suite prices are VAT inclusive all other prices are VAT exempt.

### Fitness Classes

<b>Adult (60 mins)</b>	£6.95	£4.90
10 Session Pass	£55.60	£39.20
<b>Adult (45 mins)</b>	£5.80	£4.10
10 Session Pass	£46.40	£32.80
<b>Adult (30 mins)</b>	£4.65	£3.25
10 Session Pass	£37.20	£26.00
<b>Junior (60 mins)</b>	£4.90	£3.45
10 Session Pass	£39.20	£27.60
<b>Junior (45 mins)</b>	£4.10	£2.90
10 Session Pass	£32.80	£23.20
<b>Junior (30 mins)</b>	£3.25	£2.30
10 Session Pass	£26.00	£18.40



## Price List

	Full Price	Active Concession
<b>Individual Training (60 mins)</b>		
Adult	£7.00	£4.90
Junior	£4.90	£3.45

### Gym / Strength & Conditioning Suite

<b>Adult</b>	£6.40	£4.50
10 Session Pass	£51.20	£36.00
<b>Junior</b>	£4.50	£3.15
10 Session Pass	£36.00	£25.20
<b>Adult Induction/Familiarisation</b>	£7.60	£5.30
<b>Junior Induction/Familiarisation</b>	£5.30	£3.70

	Peak	Off Peak
<b>Sports Hall (60 mins)</b>		
<b>Full Hall Hire (8 Courts)</b>		
Adult	£109.20	£54.60
Junior	£76.40	£38.20
<b>Half Hall Hire (4 Courts)</b>		
Adult	£54.60	£27.30
Junior	£38.20	£19.10
<b>Quarter Hall Hire (2 Courts)</b>		
Adult	£27.30	£13.70
Junior	£19.10	£9.60
<b>Court Hire (1 Court)</b>		
Adult	£13.70	£6.90
Junior	£9.60	£4.80

Please note booking durations may include set up/clearance time

### Racquet Sports (60 mins)

<b>Badminton / Short Tennis / Tennis Court</b>		
<b>Adult</b>	£11.00	£7.70
<b>Junior</b>	£7.70	£5.40
<b>Squash / Racquetball / Table Tennis (45 mins)</b>		
	Peak	Off Peak
<b>Adult</b>	£8.30	£4.15
<b>Junior</b>	£5.80	£2.90

	Peak	Off Peak
<b>Room Hire (60 mins)</b>		
Studio 1	£50.00	£25.00
Studio 2	£35.40	£17.70
Studio 3	£35.40	£17.70
Studio 4	£35.40	£17.70
Therapy Room	£6.20	-

### Junior Coaching Classes (x no. of weeks per block)

<b>Junior (60 mins)</b>	£5.70	£4.00
Additional Child	£4.55	-
<b>Junior (45 mins)</b>	£4.75	£3.35
Additional Child	£3.80	-
<b>Junior (30 mins)</b>	£3.80	£2.70
Additional Child	£3.05	-

### Tennis Court

Adult	£11.00	£7.70
Junior	£7.70	£5.40

### Children's Parties

(60 mins, with extra 60 mins room hire)		
<b>Pool Inflatable Party</b>	£132.30	-
<b>Air Games &amp; Wrecking Ball Party</b>	£142.80	-
<b>Wrecking Ball Party</b>	£124.00	-
<b>Bouncy Castle Party</b>	£100.80	-