

# Swimming Pool Timetable

## Main Pool

	6AM	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9PM				
MONDAY	LANE SWIMMING (2 LANES)														CSC (2 LANES)		LANE SWIM (6 LANES)			
TUESDAY	LANE SWIMMING (2 LANES)														ROOKIE LIFEGUARD					
WEDNESDAY	LANE SWIMMING (2 LANES)														CSC (2 LANES)		ADULT L2S	ADULT L2S		
THURSDAY	LANE SWIMMING (2 LANES)														STAFF TRAINING		DISABILITY SPORT FIFE			
FRIDAY	LANE SWIMMING (2 LANES)														STAFF TRAINING		InCAS (2 LANES)		LANE SWIM (6 LANES)	
SATURDAY	CLOSED		LANE SWIMMING (2 LANES)			STAFF TRAINING		AQUA RUN INFLATABLE			LANE SWIMMING (2 LANES)				CLOSED					
SUNDAY	CLOSED		LANE SWIMMING (2 LANES)			AQUA RUN INFLATABLE			LANE SWIMMING (2 LANES)				SYNCHRO SKILLS	SYNCHRO	CLOSED					

Public Swimming
  Bookable Session
  Swimming Lessons
  Pool Closed to Public

### 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)

**Carnegie Leisure Centre**  
 Pilmuir Street, Dunfermline, KY12 0QE  
 Telephone 01383 602304 Email [CarnegieLC@fifeleisure.org.uk](mailto:CarnegieLC@fifeleisure.org.uk)

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

Scottish Charity No.S C039464 | Company Registration No.SC336004

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# Swimming Pool Timetable

## Training Pool

	6AM	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9PM
MONDAY	CSC	CSC						AQUA BOOTCAMP (4 LANES)			LEARN TO SWIM (2 LANES)		LEARN TO SWIM	CSC	D/AMAT	
TUESDAY	CSC	CSC		AQUAFIT	AQUA DEEP		AQUA ACTIVE (4 LANES)				LEARN TO SWIM (2 LANES)		LEARN TO SWIM	CSC	W/POLO	
WEDNESDAY		W/POLO (2 LANES)			ASN SWIMMING (2 LANES)								LEARN TO SWIM	CSC	D/AMAT	
THURSDAY	CSC	CSC			ASN SWIMMING (2 LANES)			AQUA SHALLOW (4 LANES)					LEARN TO SWIM	InCAS	W/POLO	
FRIDAY	CSC	CSC		AQUAFIT									LEARN TO SWIM	CSC	D/AMAT	
SATURDAY	CLOSED	CLOSED	CSC (3 LANES)		LEARN TO SWIM (3 LANES)			InCAS			CSC				CLOSED	
SUNDAY	CLOSED	CLOSED	CSC (4 LANES)		D/AMAT (4 LANES)		CSC (4 LANES)	CSC			CSC		WATERPOLO		CLOSED	

Available for Hire
  Bookable Session
  Swimming Lessons
  Pool Closed to Public

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# Swimming Pool Timetable

## Children's Pool

	8AM	9	10	11	12	1	2	3	4	5	6	7	8	9PM
MONDAY														
TUESDAY														
WEDNESDAY														
THURSDAY														
FRIDAY														
SATURDAY	CLOSED												CLOSED	
SUNDAY													CLOSED	

Public Swimming
  Bookable Session
  Swimming Lessons
  Pool Closed to Public

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