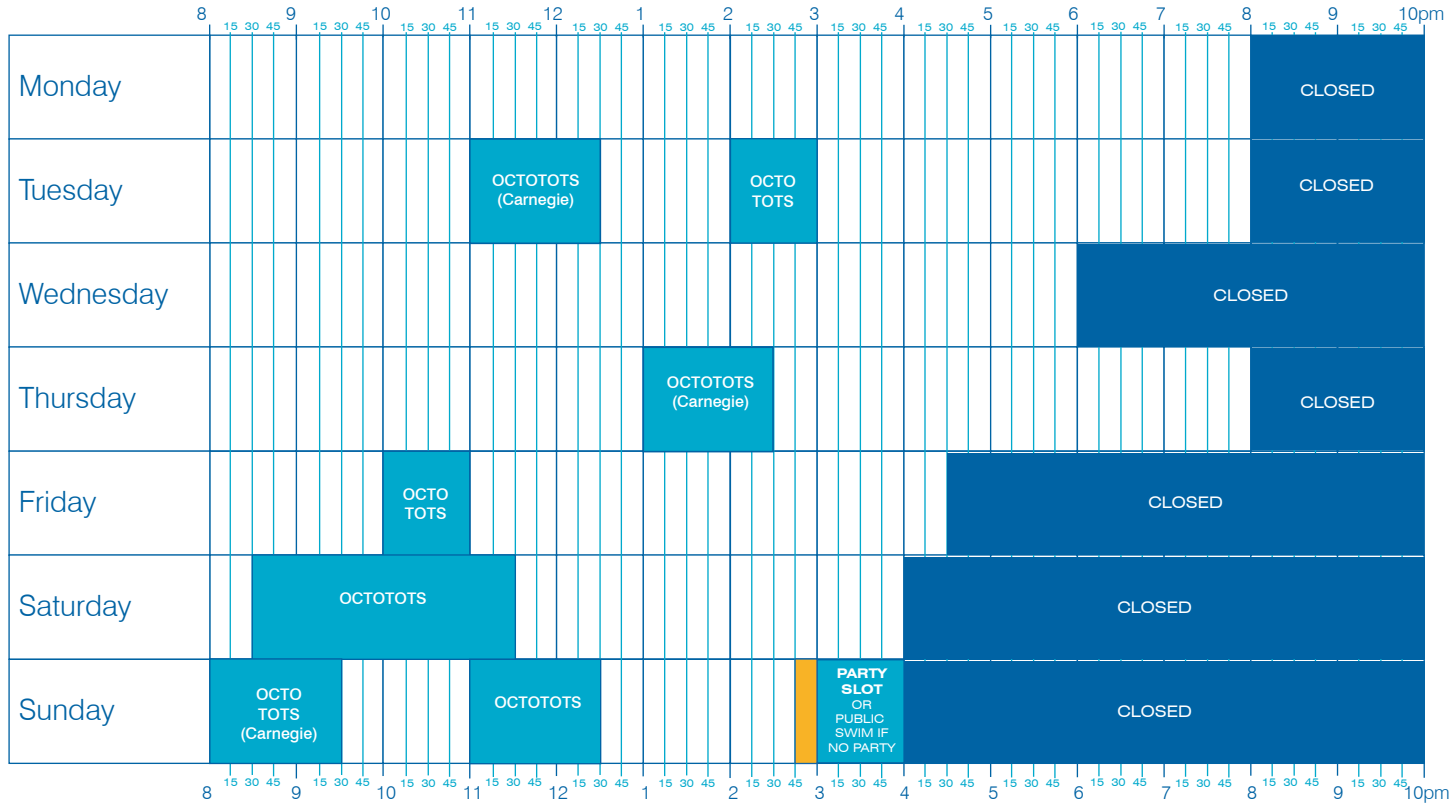


Toddler Pool Timetable



Public Swimming
 Bookable Session
 Pool Closed to Public
 Set Up/Clear Time

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

Telephone 01383 602305 Email CowdenbeathLC@fifeleisure.org.uk

fifeleisure.org.uk



Main Pool Timetable

	6:30-4:5	7:15-3:45	8:15-3:45	9:15-3:45	10:15-3:45	11:15-3:45	12:15-3:45	1:15-3:45	2:15-3:45	3:15-3:45	4:15-3:45	5:15-3:45	6:15-3:45	7:15-3:45	8:15-3:45	9:15-3:45	10pm	
Monday	LANE SWIMMING			AQUA-EROBICS	AQUAGYM				INFLATABLE		SWIMMING LESSONS			AQUAGYM	AQUAGYM	AQUA FIT	LANE	
Tuesday		AQUAGYM	AQUAGYM			LANE SWIM	AQUAGYM				SWIMMING LESSONS			INFLATABLE		ADULTS ONLY		
Wednesday	LANE	AQUAGYM				LANE SWIMMING		GOGA	DSF	AQUAGYM	LANE SWIM	SWIMMING LESSONS		CLUB USE			CLOSED	
Thursday	LANE	AQUAGYM			LANE SWIM	AQUAGYM			STAFF TRAINING		SWIMMING LESSONS			SWIMMING LESSONS	FLAOT FIT	AQUAGYM	ADULT LESS.	CLOSED
Friday	LANE SWIMMING				AQUAGYM		LANE SWIM		AQUAGYM	LANE SWIM				CLUB USE		AQUAGYM	CHILL ZONE (ADULTS ONLY)	CLOSED
Saturday	CLOSED	LANE SWIMMING				SWIMMING LESSONS								CLUB USE			CLOSED	
Sunday	CLOSED			CLUB USE			AQUAGYM INDUCTION	AQUAGYM		INFLATABLE	PARTY SLOT OR PUBLIC SWIM IF NO PARTY						CLOSED	

Public Swimming
 Bookable Session
 Pool Closed to Public
 Set Up/Clear Time

AQUAGYM: All customers must attend an induction session to become an approved user.

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