

Toddler Pool Timetable

	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	10pm																																																																																																															
Monday	Public Swimming																																																CLOSED																																																																																																																							
Tuesday	Public Swimming																																																SUNFLOWER NURSERY				OCTOTOTS (Carnegie)												SUNFLOWER NURSERY				OCTO TOTS				Public Swimming																																																CLOSED																																															
Wednesday	Public Swimming																																																CLOSED																																																																																																																							
Thursday	Public Swimming																																																OCTOTOTS (Carnegie)												Public Swimming																																																CLOSED																																																											
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Sunday	Public Swimming																																																OCTOTOTS												PARTY SLOT OR PUBLIC SWIM IF NO PARTY				Public Swimming																																																CLOSED																																																							

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

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							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			AQUAGYM	AQUAGYM		LANE SWIM	STAFF TRAINING			SWIMMING LESSONS		SWIMMING LESSONS	FLLOAT 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		LANE SWIMMING					CLUB USE				CLOSED		
Sunday	CLOSED		CLUB USE			AQUAGYM INDUCTION	AQUAGYM		INFLATABLE	PARTY SLOT OR PUBLIC SWIM IF NO PARTY						CLOSED		

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

Cowdenbeath Leisure Centre

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