

Swimming Pool Timetable

During School Term Times

| | 6am | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10pm |
|------------|-----------------|-------------------------|---------------------------|---|-------------------------|-------------------------------------|-----------------|-----------------|-------------------------------------|-----------------|-----------------|-------------------|---------------------|-----------------|----------------------------|-------------------------------|--------------------------|
| Mon | Public Swimming | Public Swimming | EARLY MORNING LANE SWIM | Public Swimming | DEEP WATER AQUA-EROBICS | AQUA-EROBICS | LANE SWIMMING | Public Swimming | ADULT & CHILD (TODDLER POOL CLOSED) | Public Swimming | Public Swimming | Public Swimming | ROOKIE LIFEGUARD | Public Swimming | Public Swimming | STEP ROCK SWIM CLUB | UNI SWIM CLUB |
| Tue | Public Swimming | STEP ROCK SWIM CLUB | EARLY MORNING LANE SWIM | Public Swimming | DEEP WATER AQUA-EROBICS | ADULT & CHILD (TODDLER POOL CLOSED) | LANE SWIMMING | Public Swimming | Public Swimming | Public Swimming | Public Swimming | Public Swimming | JUNIOR TRI CLUB | Public Swimming | AQUA-EROBICS (POOL CLOSED) | TRIATHLON CLUB (2 LANES) | UNI TRI CLUB (2 LANES) |
| Wed | Public Swimming | Public Swimming | EARLY MORNING LANE SWIM | Public Swimming | DEEP WATER AQUA-EROBICS | AQUA-EROBICS | LANE SWIMMING | Public Swimming | ADULT & CHILD (TODDLER POOL CLOSED) | Public Swimming | Public Swimming | SWIMMING LESSONS | Public Swimming | Public Swimming | STEP ROCK SWIM CLUB | UNI SWIM CLUB | UNI LIFESAVING CLUB |
| Thu | Public Swimming | EARLY MORNING LANE SWIM | Public Swimming | Public Swimming | Public Swimming | AQUA-EROBICS | LANE SWIMMING | Public Swimming | ADULT & CHILD (TODDLER POOL CLOSED) | ADULT & CHILD | Public Swimming | Public Swimming | Public Swimming | Public Swimming | STEP ROCK SWIM CLUB | Public Swimming | TRIATHLON CLUB (2 LANES) |
| Fri | Public Swimming | Public Swimming | EARLY MORNING LANE SWIM | Public Swimming | Public Swimming | DEEP WATER AQUA-EROBICS | LANE SWIMMING | ADULT TRI | STAFF TRAINING | Public Swimming | Public Swimming | JUNIOR TRI CLUB | Public Swimming | Public Swimming | UNI TRI CLUB | AQUA RUN DISCO (8 - 14 YEARS) | Public Swimming |
| Sat | Public Swimming | Public Swimming | STEP ROCK SWIM CLUB | CHILDREN'S SWIMMING LESSONS (POOL CLOSED) | SWIMMING LESSONS | FLOAT SESSION | LANE SWIMMING | Public Swimming | Public Swimming | Public Swimming | Public Swimming | AQUA RUN SESSIONS | Public Swimming | Public Swimming | Public Swimming | Public Swimming | Public Swimming |
| Sun | Public Swimming | Public Swimming | EAST FIFE JUNIOR TRI CLUB | LANE SWIMMING | Public Swimming | FLOAT SESSION | Public Swimming | Public Swimming | AQUA RUN SESSIONS | Public Swimming | Public Swimming | Public Swimming | STEP ROCK SWIM CLUB | Public Swimming | Public Swimming | Public Swimming | Public Swimming |

Please note sessions are subject to a 15 minute set up clearance time

Public Swimming Bookable Session Private Booking Pool Closed

East Sands Leisure Centre

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