

# Warm Pool Timetable

## Term Time

	9am	10	11	12	1	2	3	4	5	6	7	8	9	10pm
Monday	PUBLIC SWIMMING	OCTOTOTS	SWIM OPTIONS	PUBLIC SWIMMING	OCTOTOTS	PUBLIC SWIMMING	PRIVATE HIRE	PUBLIC SWIMMING						
Tuesday	PUBLIC SWIMMING	ASN Swimming	PRIVATE HIRE	SWIM OPTIONS	COMPLEX NEEDS	PRIVATE HIRE	PUBLIC SWIMMING							
Wednesday	PUBLIC SWIMMING	ASN Swimming	OCTOTOTS	PUBLIC SWIMMING	PRIVATE HIRE	PUBLIC SWIMMING	LEARN TO SWIM	CLUB USE	PUBLIC SWIMMING					
Thursday	PUBLIC SWIMMING	PRIVATE HIRE	PRIVATE HIRE	ACTIVE AQUA CIRCUIT	ACTIVE AQUA CIRCUIT	ACTIVE AQUA CIRCUIT	PUBLIC SWIMMING							
Friday	PUBLIC SWIMMING	PRIVATE HIRE	PUBLIC SWIMMING	AQUA ACTIVE	PUBLIC SWIMMING	PRIVATE HIRE	PUBLIC SWIMMING							
Saturday	PUBLIC SWIMMING (Subject to swimming gala closures, visit our website before your visit)						POOL HIRE	Pool Closed to Public						
Sunday	PUBLIC SWIMMING (Subject to swimming gala closures, visit our website before your visit)				OCTOTOTS	POOL HIRE	Pool Closed to Public							

Public Swimming
  Bookable Session
  Private Booking
  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)

**Michael Woods Sports & Leisure Centre**

Viewfield, Glenrothes, KY6 2RD

Telephone 01592 583305 Email MichaelWoodsLC@fifeleisure.org.uk

# Training Pool Timetable

## Term Time

	9am	10	11	12	1	2	3	4	5	6	7	8	9	10pm	
Monday	SET UP	AQUA-EROBICS	SET UP	HYDRO-SPIN	CLEARANCE	SET UP	LEARN TO SWIM	CLEARANCE	SET UP	LEARN TO SWIM	CLEARANCE / SET UP	HYDROSPIN	CLEARANCE / SET UP		
Tuesday		SET UP	LEARN TO SWIM	CLEARANCE/SET UP	HYDROSPIN	CLEARANCE / SET UP	AQUAEROBICS	CLEARANCE	SET UP	LEARN TO SWIM	CLEARANCE / SET UP	AQUAFIT	CLEARANCE		
Wednesday		SET UP	HYDROSPIN	CLEARANCE			SET UP	LEARN TO SWIM	CLEARANCE	SET UP	LEARN TO SWIM	CLEARANCE / SET UP	CLUB USE	CLEARANCE / SET UP	HYDROSPIN
Thursday		AQUA DEEP	CLEARANCE	SET UP	ACTIVE HYDROSPIN	CLEARANCE / SET UP	AQUAFIT	CLEARANCE		GOGA	SET UP	LEARN TO SWIM	LEARN TO SWIM	CLEARANCE	
Friday		SET UP	HYDROSPIN	CLEARANCE		SET UP	LEARN TO SWIM	SET UP	SET UP	LEARN TO SWIM	SET UP	LEARN TO SWIM	CLEARANCE	POOL DISCO	
Saturday		LEARN TO SWIM													
Sunday		LEARN TO SWIM													

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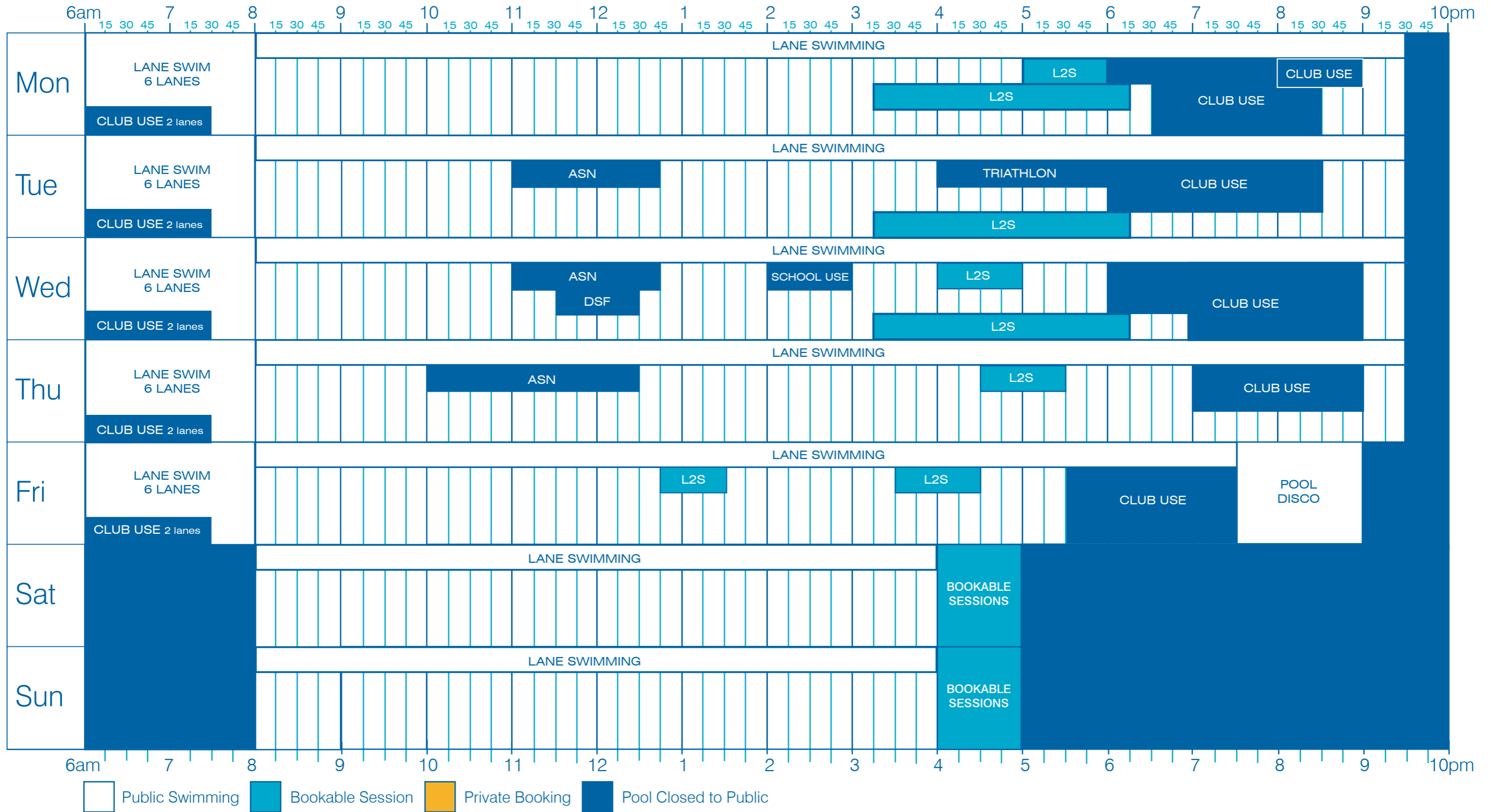
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# Main Pool Timetable

## Term Time



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