

Public Swimming Closed To The Public Bookable Sessions Club Use

	7am	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10pm
	30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45
M Monday	LANE SWIMMING (6 LANES)	LANE SWIMMING (3 LANES)										LANE SWIMMING (2 LANES)		FINS (4 LANES)	INCAS (4 LANES)	
T Tuesday	LANE SWIMMING (6 LANES)	LANE SWIMMING (2 LANES)								L2S	FINS (4 LANES)			INCAS (3 LANES)		
		LANE SWIMMING (2 LANES)														
W Wednesday	LANE SWIMMING (6 LANES)	LANE SWIMMING (3 LANES)										FINS (4 LANES)				
		LANE SWIMMING (2 LANES)														
T Thursday	LANE SWIMMING (6 LANES)	LANE SWIMMING (3 LANES)											FINS (4 LANES)		LANE SWIM (3 LANES)	
		LANE SWIMMING (2 LANES)								DSF	LANE SWIMMING (2 LANES)			FIFE SYNCRO (3 LANES)		
F Friday	LANE SWIMMING (6 LANES)	LANE SWIMMING (3 LANES)								DSF				FINS (4 LANES)		LANE SWIM (6 LANES)
		LANE SWIMMING (2 LANES)														
S Saturday		L2S	LANE SWIMMING (3 LANES)								BASC (6 LANES)					
S Sunday		FINS (4 LANES)	LANE SWIMMING (3 LANES)						BOOKABLE/PUBLIC SESSION							
		LANE SWIM (2 LANES)														

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)

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	30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	15 30 45	
M Monday			SETUP	LEARN TO SWIM (SINGLE TANK)		SETUP	AQUA-AEROBICS		SETUP	ACTIVE HYDRO	CLEAR			SETUP	LEARN TO SWIM	CLEAR	
T Tuesday			SETUP	LEARN TO SWIM (SINGLE TANK)					CLEAR	AQUA-AEROBICS	CLEAR			SETUP	LEARN TO SWIM	CLEAR	
W Wednesday			STAFF TRAINING	CLEAR	SCHOOL LESSONS	SETUP	AQUA-AEROBICS	L2S ASN	CLEAR	LEARN TO SWIM	CLEAR			SETUP	LEARN TO SWIM	CLEAR	
T Thursday						SETUP	AQUA-AEROBICS	CLEAR						SETUP	LEARN TO SWIM	CLEAR	FIFE SYNCRO
F Friday			SETUP	L2S ASN	CLEAR	SETUP	ZUMBA	CLEAR						SETUP	FINS	CLEAR	
S Saturday			SETUP	LEARN TO SWIM				CLEAR						SETUP	BASC	CLEAR	
S Sunday				LANE SWIM (2 LANES)											BOOKABLE/ PUBLIC SESSION		

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Kirkcaldy Leisure Centre

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