

Please note, pool timetables subject to change, Updated Wednesday 9th May

	6am	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9pm		
	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	15 30 45		
M Monday	LANE SWIMMING																	
	LANE SWIMMING		Public Swimming														SWIM LESSONS	
	LANE SWIMMING		Public Swimming														SWIM LESSONS	
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	LANE SWIMMING		Public Swimming														SWIM LESSONS	
T Tuesday	Club Booking		LANE SWIMMING															
	LANE SWIMMING		Public Swimming															
	LANE SWIMMING		Public Swimming															
	LANE SWIMMING		Public Swimming															
	LANE SWIMMING		Public Swimming															
	LANE SWIMMING		Public Swimming															
	LANE SWIMMING		Public Swimming															
	LANE SWIMMING		Public Swimming															
W Wednesday	LANE SWIMMING																	
	LANE SWIMMING		DSF				Club Booking				SWIM LESSONS		DSF		Club Booking			
	LANE SWIMMING		DSF				Club Booking				SWIM LESSONS		LANE SWIMMING		Club Booking			
	LANE SWIMMING		DSF				Club Booking				SWIM LESSONS		LANE SWIMMING		Club Booking			
	LANE SWIMMING		DSF				Club Booking				SWIM LESSONS		LANE SWIMMING		Club Booking			
	LANE SWIMMING		DSF				Club Booking				SWIM LESSONS		LANE SWIMMING		Club Booking			
	LANE SWIMMING		DSF				Club Booking				SWIM LESSONS		LANE SWIMMING		Club Booking			
	LANE SWIMMING		DSF				Club Booking				SWIM LESSONS		LANE SWIMMING		Club Booking			
T Thursday	Club Booking		LANE SWIMMING															
	LANE SWIMMING		Public Swimming															
	LANE SWIMMING		Public Swimming															
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	LANE SWIMMING		Public Swimming															
	LANE SWIMMING		Public Swimming															
	LANE SWIMMING		Public Swimming															
F Friday	LANE SWIMMING		LANE SWIMMING															
	LANE SWIMMING		Public Swimming															
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	LANE SWIMMING		Public Swimming															
	LANE SWIMMING		Public Swimming															
	LANE SWIMMING		Public Swimming															
S Saturday	LANE SWIMMING		SWIM LESSONS				LANE SWIMMING				LANE SWIMMING				Public Swimming			
	LANE SWIMMING		SWIM LESSONS				LANE SWIMMING				LANE SWIMMING				Public Swimming			
	LANE SWIMMING		SWIM LESSONS				LANE SWIMMING				LANE SWIMMING				Public Swimming			
	LANE SWIMMING		SWIM LESSONS				LANE SWIMMING				LANE SWIMMING				Public Swimming			
	LANE SWIMMING		SWIM LESSONS				LANE SWIMMING				LANE SWIMMING				Public Swimming			
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	LANE SWIMMING		SWIM LESSONS				LANE SWIMMING				LANE SWIMMING				Public Swimming			
	LANE SWIMMING		SWIM LESSONS				LANE SWIMMING				LANE SWIMMING				Public Swimming			
S Sunday	Public Swimming																	
	SWIM LESSONS		SWIM LESSONS				SWIM LESSONS				SWIM LESSONS				Public Swimming			
	SWIM LESSONS		SWIM LESSONS				SWIM LESSONS				SWIM LESSONS				Public Swimming			
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	SWIM LESSONS		SWIM LESSONS				SWIM LESSONS				SWIM LESSONS				Public Swimming			
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Friday Night Fun Session
8 - 12 years



Friday Night Fun Session
8 - 12 years
7.30pm - 9.00pm

Please note: sessions may vary due to staffing. Please note: sessions may vary due to staffing.

BOOKABLE SLOT - POOL PARTY
When booked for a party, no public and lane swim is available at this 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)

Please note: Lane 1 with easy access stairs

Michael Woods Sports & Leisure Centre
Viewfield, Glenrothes, KY6 2RD

Tel 01592 583305 **Email** MichaelWoodsLC@fifeleisure.org.uk

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Public Swimming Bookable Session Club Booking Lane Swimming Pool Closed to Public

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