

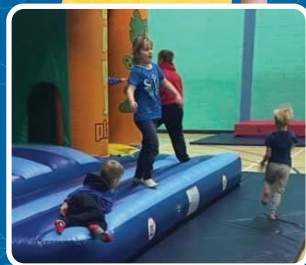
Party with us!

Fife Sports and Leisure Trust offer a wide variety of party options to choose from for kids of all ages.

Choose from; pool parties, bouncy castle, indoor play centre or sportshall party. All parties are 60 minutes with a further 60 minutes room hire.

- Indoor Team Sports Party
- Multi-Activity with Bouncy Castle Party
- Bouncy Castle and Soft Play Party
- Pool Party with Inflatable
- Pool Party with Slide, Floats & Toys
- Snappy Adventure Play

To discuss your requirements call 01383 602305 or visit us online, fill out a form and we'll call you back!



junior activities

We have a range of excellent junior activities available

If you are interested in any of the activities below please ask at the reception or call **01383 602305**

**JAC Club | Mini Kickers | Tot Kickers
Jazz Dance | Swimming Lessons**

cowdenbeath
leisure centre

**Fife sports
and leisure
trust**
Be active • feel great!



17 and Under
**Splash Out
for Nowt**
Free Swimming

1st July to 20th August 2019

summeractivities

fifeleisure.org.uk

Scottish Charity No 5 0039464 | Company Registration No. SC236604

@FifeLeisure    

1st July to 20th August 2019 summeractivities

We've got a bumper Summer programme on offer at Cowdenbeath Leisure Centre, with a range of activities to suit the whole family.



Swimming is a great way to get active and is fun for all the family, so take advantage of these great offers and jump in!

SPLASH OUT FOR NOWT

Free swimming for children 17 and under Monday to Friday (9.00am - 1.00pm) during the Summer holidays!

QUID-A-KID - SWIMMING

Swimming for only £1.00 for children aged 17 and under on weekdays during school holidays!



FREE SWIMS FOR UNDER 5s

This offer is available all year round at 9 locations throughout Fife.

LANE SWIMMING

A great option for adults and kids to keep fit and have fun together, build your stamina and work on improving your swimming technique. Lane Swimming is available every weekday.

AQUA INFLATABLE FUN

Then you'll need steady nerves to negotiate the obstacles along the inflatable without falling into the water before reaching the final slide for a fun splash back into the pool. (Under 8s must be accompanied by an adult in the pool).

Are you up for the aquarun challenge?



QUID-A-KID - RACQUET SPORTS

Come along with friends and take advantage of this great offer and enjoy a game of squash, racquet ball or table tennis.

QUID-A-KID - FOOTBALL

Why not come along with your friends and enjoy a kick about on our 3G astroturf or have a game of tennis or badminton for £1.

Racquet Sports and Football only £2 for Adults participating with juniors.

SUMMER TIMETABLE 2019

SPLASH OUT FOR NOWT - FREE SWIMMING*

Days	Time	Age	Cost
Monday - Friday	9.00am - 1.00pm	All ages	FREE 17 and under £4.70 Adult

QUID A KID SWIMMING*

Days	Time	Age	Cost
Monday - Friday	1.00pm - 5.00pm	17 years and under	£1.00 17 and under, £4.70 Adult

QUID A KID RACQUET SPORTS*

Days	Time	Age	Cost
Monday - Friday	10.00am - 5.00pm	All ages	£1.00 17 and under, £2.00 Adult when participating with child
Saturday / Sunday	9.00am - 5.00pm		

FREE SWIMS - 7 days a week for under 5s! *

Days	Time	Age	Cost
Monday - Friday	10.00am - 5.00pm	0 - 4 years	FREE
Saturday / Sunday	8.00am - 8.00pm		

AQUA INFLATABLE FUN*

Days	Time	Age	Cost
Monday	1.00pm - 2.00pm	8 years plus	£3.30 Junior
Tuesday	6.30pm - 7.30pm		

LANE SWIMMING*

Days	Time	Age	Cost
Various times and days throught the week. Please see pool timetable for full details, ask at reception or download from our website.		8 years plus	Free weekdays for 17s and under 9.00am - 1.00pm or £1 weekends 10.00am - 5.00pm, outwith these times junior swimming is £3.30. £4.70 Adult

*Please note activities subject to session times and availability