

	7am	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10pm
<b>M</b> Monday	LANE SWIMMING			SHALLOW AQUA											CLUB USE	
<b>T</b> Tuesday	LANE SWIMMING			SWIMMING LESSONS					AQUA AEROBICS	SWIMMING LESSONS					CLUB USE	
<b>W</b> Wednesday	LANE SWIMMING			SWIMMING LESSONS				SCHOOL SWIMMING		SWIMMING LESSONS					CLUB USE	
<b>T</b> Thursday	LANE SWIMMING			SWIMMING LESSONS						SWIMMING LESSONS					CLUB USE	
<b>F</b> Friday	LANE SWIMMING			AQUA (SHALLOW END)											CLUB USE	
<b>S</b> Saturday		CLUB USE		SWIMMING LESSONS												
<b>S</b> Sunday		CLUB USE														

**Public Swim Every Sunday**  
unless Pool Birthday Party is booked at this time slot  
Please check with reception before you visit.

**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)

**Cupar Sports Centre**  
Carslogie Road, Cupar, KY15 4HY

**Please Note:** Our reception closes one hour before closing time, for last admission to centre facilities.

**Telephone** 01334 659324 **Email** CuparSC@fifeleisure.org.uk