

PUBLIC SWIMMING
 CLOSED TO THE PUBLIC
 BOOKABLE SESSIONS
 CLUB USE

		30	45	7	15	30	45	8	15	30	45	9	15	30	45	10	15	30	45	11	15	30	45	12	15	30	45	1	15	30	45	2	15	30	45	3	15	30	45	4	15	30	45	5	15	30	45	6	15	30	45	7	15	30	45	8	15	30	45	9	15	30	45	10
MONDAY	LANE SWIM (6 lanes)	LANE SWIM (3 lanes)																								LANE SWIM (2 lanes)						LANE SWIM (6 lanes)																																
																										FINS (4 lanes)			INCAS (4 lanes)																																			
TUESDAY	LANE SWIM (6 lanes)	LANE SWIM (3 lanes)																								LANE SWIM (2 lanes)						LANE SWIM (3 lanes)																																
																										L2S			FINS (3 lanes)						INCAS (3 lanes)																													
WEDNESDAY	LANE SWIM (6 lanes)	LANE SWIM (3 lanes)																								LANE SWIM (2 lanes)						LANE SWIM (6 lanes)																																
																																FINS (4 lanes)																																
THURSDAY	LANE SWIM (6 lanes)	LANE SWIM (3 lanes)																								LANE SWIM (2 lanes)						LANE SWIM (3 lanes)																																
																										DSF			FINS (4 lanes)						FIFE SYNCHRO (3 lanes)																													
FRIDAY	LANE SWIM (6 lanes)	LANE SWIM (3 lanes)																								LANE SWIM (2 lanes)						LANE SWIM (6 lanes)																																
																																FINS (4 lanes)																																
SATURDAY		LANE SWIM (2 lanes)																								LANE SWIM (6 lanes)						LANE SWIM (6 lanes)																																
		L2S																											BURNTISLAND (6 lanes)																																			
SUNDAY		LANE SWIM (2 lanes)																								LANE SWIM (6 lanes)						LANE SWIM (6 lanes)																																
		FINS (4 lanes)																														BOOKABLE/QUIET SESSION																																

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)

Kirkcaldy Leisure Centre

Esplande, Kirkcaldy, KY1 1HR

Tel 01592 583306 Email KirkcaldySP@fifeleisure.org.uk

PUBLIC SWIMMING
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 BOOKABLE SESSIONS
 CLUB USE

	8	15	30	45	9	15	30	45	10	15	30	45	11	15	30	45	12	15	30	45	1	15	30	45	2	15	30	45	3	15	30	45	4	15	30	45	5	15	30	45	6	15	30	45	7	15	30	45	8	15	30	45
MONDAY	SET UP				LEARN TO SWIM				AQUA-EROBICS				SET UP				ACTIVE HYDRO				CLEAR				SET UP				LEARN TO SWIM				CLEAR																			
TUESDAY	SET UP				LEARN TO SWIM				SET UP				LEARN TO SWIM				CLEAR				SET UP				LEARN TO SWIM				CLEAR																							
WEDNESDAY	SET UP				STAFF TRAINING				SET UP				LEARN TO SWIM				SET UP				LEARN TO SWIM				CLEAR				HYDRO CYCLE																							
THURSDAY	SET UP				AQUA-EROBICS				CLEAR				SET UP				LEARN TO SWIM				CLEAR				FIFE SYNCHRO																											
FRIDAY	SET UP				ASN				SET UP				LEARN TO SWIM				CLEAR				FINS																															
SATURDAY	SET UP				LEARN TO SWIM				CLEAR				SET UP				LEARN TO SWIM				CLEAR																															
SUNDAY	SET UP				HYDRO CYCLE <small>From 12th September</small>				CLEAR				STAFF TRAINING				SET UP				LEARN TO SWIM				CLEAR																											

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