

Main Pool Timetable

Please note, pool timetables subject to change. Updated Tuesday 16th April

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

	6am	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9pm		
M Monday	LANE SWIMMING																	
	LANE SWIMMING		Club Booking															
	LANE SWIMMING		SWIM LESSONS															
	LANE SWIMMING		Club Booking															
	LANE SWIMMING		SWIM LESSONS															
	LANE SWIMMING		Club Booking															
	LANE SWIMMING		SWIM LESSONS															
	LANE SWIMMING		Club Booking															
T Tuesday	LANE SWIMMING																	
	LANE SWIMMING		Club Booking															
	LANE SWIMMING		SWIM LESSONS															
	LANE SWIMMING		Club Booking															
	LANE SWIMMING		SWIM LESSONS															
	LANE SWIMMING		Club Booking															
	LANE SWIMMING		SWIM LESSONS															
	LANE SWIMMING		Club Booking															
W Wednesday	LANE SWIMMING																	
	LANE SWIMMING		Club Booking		DSF		LANE SWIMMING											
	LANE SWIMMING		SWIM LESSONS															
	LANE SWIMMING		Club Booking		DSF		LANE SWIMMING											
	LANE SWIMMING		SWIM LESSONS															
	LANE SWIMMING		Club Booking		DSF		LANE SWIMMING											
	LANE SWIMMING		SWIM LESSONS															
	LANE SWIMMING		Club Booking															
T Thursday	LANE SWIMMING																	
	LANE SWIMMING		Club Booking															
	LANE SWIMMING		SWIM LESSONS															
	LANE SWIMMING		Club Booking															
	LANE SWIMMING		SWIM LESSONS															
	LANE SWIMMING		Club Booking															
	LANE SWIMMING		SWIM LESSONS															
	LANE SWIMMING		Club Booking															
F Friday	LANE SWIMMING																	
	LANE SWIMMING		SWIM LESSONS															
	LANE SWIMMING		Club Booking															
	LANE SWIMMING		SWIM LESSONS															
	LANE SWIMMING		Club Booking															
	LANE SWIMMING		SWIM LESSONS															
	LANE SWIMMING		Club Booking															
	LANE SWIMMING		SWIM LESSONS															
S Saturday	Pool Closed to Public																	
	LANE SWIMMING		SWIM LESSONS				LANE SWIMMING						Club Booking					
	LANE SWIMMING		SWIM LESSONS				LANE SWIMMING						Club Booking					
	LANE SWIMMING		SWIM LESSONS				LANE SWIMMING						Club Booking					
	LANE SWIMMING		SWIM LESSONS				LANE SWIMMING						Club Booking					
	LANE SWIMMING		SWIM LESSONS				LANE SWIMMING						Club Booking					
	LANE SWIMMING		SWIM LESSONS				LANE SWIMMING						Club Booking					
	LANE SWIMMING		SWIM LESSONS				LANE SWIMMING						Club Booking					
S Sunday	Pool Closed to Public																	
	SWIM LESSONS		SWIM LESSONS				SWIM LESSONS						SWIM LESSONS					
	SWIM LESSONS		SWIM LESSONS				SWIM LESSONS						SWIM LESSONS					
	SWIM LESSONS		SWIM LESSONS				SWIM LESSONS						SWIM LESSONS					
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	SWIM LESSONS		SWIM LESSONS				SWIM LESSONS						SWIM LESSONS					

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.

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)

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

Tel 01592 583305 Email MichaelWoodsLC@fifeleisure.org.uk

Training Pool Timetable

Please note, pool timetables subject to change. Updated Tuesday 16th April

Public Swimming Bookable Session Club Booking Pool Closed to Public

	6am	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9pm	
M Monday	Pool Closed to Public				AQUA	HYDRO	SWIMMING LESSONS			SWIMMING LESSONS				AQUA	Pool Closed to Public		
T Tuesday	Pool Closed to Public				SWIMMING LESSONS				SWIMMING LESSONS				Club Booking				
W Wednesday	Pool Closed to Public				HYDRO	ASN (term time only)			SWIMMING LESSONS	SWIMMING LESSONS				* (Public Swimming)		Pool Closed to Public	
T Thursday	Pool Closed to Public				AQUA		SCHOOL LESSONS				SWIMMING LESSONS				Pool Closed to Public		
F Friday	Pool Closed to Public				HYDRO	SWIMMING LESSONS		SWIMMING LESSONS				SWIMMING LESSONS				Friday Night Fun Session 8 - 12 years	
S Saturday	Pool Closed to Public																
S Sunday	Pool Closed to Public				SWIMMING LESSONS			SWIMMING LESSONS				Pool Closed to Public				Pool Closed to Public	



Please note: sessions may vary due to staffing.

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

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)

* Wednesday 1900-2015 full pool – GASC club booking (starting 15th Nov)

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Warm Pool Timetable

Please note, pool timetables subject to change. Updated Tuesday 16th April

Public Swimming Bookable Session Club Booking Pool Closed to Public

	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	
M Monday	Pool Closed to Public			SWIMMING LESSONS			PRIVATE HIRE	SWIMMING LESSONS	PRIVATE HIRE	Public Swimming							Pool Closed to Public		
T Tuesday	Pool Closed to Public			SWIMMING LESSONS	SWIMMING LESSONS	SWIMMING LESSONS	ACTIVE OPTIONS	COMPLEX NEEDS	AQUA ACTIVE	PRIVATE HIRE	DSF	Pool Closed to Public					Pool Closed to Public		
W Wednesday	Pool Closed to Public			ASN		PRIVATE HIRE	Public Swimming		SWIMMING LESSONS	PRIVATE HIRE	Pool Closed to Public		DSF	Pool Closed to Public					
T Thursday	Pool Closed to Public			PRIVATE HIRE		PRIVATE HIRE	Public Swimming										Pool Closed to Public		
F Friday	Pool Closed to Public			SWIMMING LESSONS	PRIVATE HIRE	ACTIVE AQUA	Public Swimming		SWIMMING LESSONS	Pool Closed to Public									
S Saturday	Pool Closed to Public			SWIMMING LESSONS	Public Swimming				Public Swimming			BOOKABLE SLOT					Pool Closed to Public		
S Sunday	Pool Closed to Public			SWIMMING LESSONS	Public Swimming				Public Swimming			BOOKABLE SLOT					Pool Closed to Public		

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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