

Main Pool Timetable

Please note, pool timetables subject to change, Updated Friday 26th 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		DSF				Club Booking				SWIM LESSONS		DSF					
	LANE SWIMMING		SWIM LESSONS															
	LANE SWIMMING		LANE SWIMMING															
	LANE SWIMMING		Club Booking															
	LANE SWIMMING		SWIM LESSONS															
	LANE SWIMMING		Club Booking															
	LANE SWIMMING		SWIM LESSONS															
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		SWIM LESSONS															
	LANE SWIMMING		Club Booking															
	LANE SWIMMING		SWIM LESSONS															
	LANE SWIMMING		Club Booking															
	LANE SWIMMING		SWIM LESSONS															
	LANE SWIMMING		Club Booking															
S Saturday	Pool Closed to Public																	
	LANE SWIMMING		SWIM LESSONS				LANE SWIMMING				SWIM LESSONS				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															
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		SWIM LESSONS															
	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 Friday 26th 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				Club Booking			
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		Pool Closed to Public				SWIMMING LESSONS		Pool Closed to Public				



New pool Inflatables

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)

Michael Woods Sports & Leisure Centre

Viewfield, Glenrothes, KY6 2RD

Tel 01592 583305 Email MichaelWoodsLC@fifeleisure.org.uk

Warm Pool Timetable

Please note, pool timetables subject to change, Updated Friday 26th 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		Pool Closed to Public		SWIMMING LESSONS		PRIVATE HIRE	SWIMMING LESSONS	PRIVATE HIRE	Public Swimming							Pool Closed to Public	
T Tuesday	Pool Closed to Public		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		Pool Closed to Public		ASN		PRIVATE HIRE	SWIMMING LESSONS		PRIVATE HIRE	Pool Closed to Public		DSF	Pool Closed to Public			Pool Closed to Public	
T Thursday	Pool Closed to Public		Pool Closed to Public		PRIVATE HIRE		PRIVATE HIRE	Public Swimming									Pool Closed to Public	
F Friday	Pool Closed to Public		Pool Closed to Public		SWIMMING LESSONS		PRIVATE HIRE	ACTIVE AQUA	SWIMMING LESSONS		Pool Closed to Public						Pool Closed to Public	
S Saturday	Pool Closed to Public		Pool Closed to Public		SWIMMING LESSONS	Public Swimming								BOOKABLE SLOT		Pool Closed to Public		
S Sunday	Pool Closed to Public		SWIMMING LESSONS	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)

Michael Woods Sports & Leisure Centre

Viewfield, Glenrothes, KY6 2RD

Tel 01592 583305 Email MichaelWoodsLC@fifeleisure.org.uk