

Main Pool Timetable

Please note, pool timetables subject to change, last updated: 30th November 2022

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	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
T Tuesday	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
W Wednesday	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
T Thursday	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
F Friday	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
	LANE SWIMMING															
S Saturday	Pool Closed to Public															
	LANE SWIMMING		SWIM LESSONS				LANE SWIMMING						Pool Closed to Public			
	LANE SWIMMING		LANE SWIMMING				LANE SWIMMING						Pool Closed to Public			
	LANE SWIMMING		LANE SWIMMING				LANE SWIMMING						Pool Closed to Public			
	LANE SWIMMING		LANE SWIMMING				LANE SWIMMING						Pool Closed to Public			
	LANE SWIMMING		LANE SWIMMING				LANE SWIMMING						Pool Closed to Public			
	LANE SWIMMING		LANE SWIMMING				LANE SWIMMING						Pool Closed to Public			
	LANE SWIMMING		LANE SWIMMING				LANE SWIMMING						Pool Closed to Public			
S Sunday	Pool Closed to Public															
	SWIM LESSONS		SWIM LESSONS				SWIM LESSONS						BOOKABLE SLOT - POOL PARTY			
	SWIM LESSONS		SWIM LESSONS				SWIM LESSONS						BOOKABLE SLOT - POOL PARTY			
	SWIM LESSONS		SWIM LESSONS				SWIM LESSONS						BOOKABLE SLOT - POOL PARTY			
	SWIM LESSONS		SWIM LESSONS				SWIM LESSONS						BOOKABLE SLOT - POOL PARTY			
	SWIM LESSONS		SWIM LESSONS				SWIM LESSONS						BOOKABLE SLOT - POOL PARTY			
	SWIM LESSONS		SWIM LESSONS				SWIM LESSONS						BOOKABLE SLOT - POOL PARTY			
	SWIM LESSONS		SWIM LESSONS				SWIM LESSONS						BOOKABLE SLOT - POOL PARTY			

Friday Night Fun Session
8 - 12 years



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

New pool Inflatable

Please note: sessions may vary due to staffing.

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, last updated: 30th November 2022

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		ASN (term time only)				SWIMMING LESSONS				Club Booking		Pool Closed to Public	
W Wednesday	Pool Closed to Public				HYDRO	ASN (term time only)				SWIMMING LESSONS		SWIMMING LESSONS				Pool Closed to Public		
T Thursday	Pool Closed to Public				Pool Closed to Public		AQUA		Pool Closed to Public				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)

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, last updated: 30th November 2022

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

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