

PORTMARNOCK SPORTS & LEISURE CLUB - SAUNA TIMETABLE

11th February 2019 – 17th February 2019

| Time | Monday 11 th | Tuesday 12 th | Wednesday 13 th | Thursday 14 th | Friday 15 th | Saturday 16 th | Sunday 17 th | <u>PRICE LIST</u> |
|---------|----------------------------|-----------------------------|-------------------------------|------------------------------|----------------------------|------------------------------|----------------------------|--|
| 6:00am | | | | | | | | <u>The sauna is available these hours.</u> The sauna will close when the pool closes at quarter to the hour. All patrons are asked to leave the sauna quickly when asked. |
| 7:00am | Sauna | Sauna | Sauna | Sauna | Sauna | | | |
| 8:00am | | | | | | | | |
| 9:00am | | Sauna | | Sauna | Sauna | | Sauna | <u>Sauna rules must be followed at all times.</u> |
| 10:00am | | Sauna | | Sauna | Sauna | | Sauna | |
| 11:00am | Sauna | | | | | | Sauna | |
| 12pm | | Sauna | Sauna | | Sauna | Sauna | Sauna | |
| 1:00pm | Sauna | | Sauna | Sauna | | Sauna | Sauna | Sauna |
| 2:00pm | | | Sauna | Sauna | Sauna | | Sauna | Sauna |
| 3:00pm | | | | | | Sauna | Sauna | <u>Sauna</u> €4.00 €6.00 |
| 4:00pm | | | | | | | | <u>Swim/Sauna</u> €5.00 €9.00 |
| 5:00pm | | | | | | | | |
| 6:00pm | | | | | | | Sauna | |
| 7:00pm | Sauna | Sauna | | | | Sauna | Sauna | |
| 8:00pm | | | Sauna | Sauna | Sauna | | | |
| 9:00pm | Sauna | Sauna | Sauna | Sauna | Sauna | CLOSED | CLOSED | Website address www.pslc.ie |
| 10:00pm | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | |

SWIMMING SESSIONS ARE FOR A PERIOD OF 45 MINUTES UNLESS OTHERWISE STATED. LAST SWIM FOR CHILDREN @ 8pm.

Pre 2p.m. Swim rate is for P.S.L.C. Members and is available Monday – Friday only

P.S.L.C. SWIMMING POOL

CLUBS USING P.S.L.C

Adult lane swim: Tue 9pm. Tue & Thu 10am

Aquafit: Mon 10am & 8pm
Tue/Thur/Fri 11am
Wed 7.15pm

Rush Swim Club: Thursday: 7pm - 8pm

Sub aqua club: Thursday: 10pm -11 pm

Irish water safety: Saturday: 6pm - 7pm

Portmarnock Amateur Swim Club: Mon – Sat
MON 4pm – 7pm TUE/WED: 5pm-7pm
FRI: 6pm-8pm SAT 7am-9am

For further info please contact
P.S.L.C. Blackwood Lane Portmarnock.
Ph 8462122 e-mail info@pslc.ie

P.S.L.C. pool may be available for parties and private hire. To book the pool for a session or a term, please contact the pool manager on 8462122.



P.S.L.C. MEMBERSHIP

It couldn't be easier to join the P.S.L.C.

Membership categories include:

- **Annual Individual**
- **Annual Family**
- **10 year membership**
- **Junior Membership**

Full details available at Reception.

SO DON'T DELAY, JOIN TODAY!

POOL RULES

Please note the following rules when using the pool at P.S.L.C.

- No running on the poolside.
- No fighting, bullying, ducking, pushing or throwing other bathers into the pool.
- Swim hats must be worn at all times in the pool.
- No face masks, flippers or snorkels to be used during general PUBLIC sessions.
- No eating or drinking on the poolside.
- No outdoor footwear permitted on the poolside. (shoe covers available from lifeguard).
- No spectators permitted on the poolside including swimming lessons, unless authorised by the swim- coordinator.
- Photography and Filming Equipment (including camera phones) is strictly prohibited on viewing gallery and pool bank.
- No smoking
- Non-swimmers and weak swimmers must remain in the areas of the pool indicated by the signs on poolside.
- Children under the age of 8 must be accompanied in the water by a responsible person over 18 years.
- Accompanying adults must not leave children under the age of 8 unattended or beyond eye contact.
- Diving is not permitted into depths of less than 1.5 metres and then only shallow racing dives are allowed.
- No jumping onto floats, rafts or inflatables from poolside.
- All bathers MUST have correct swimwear. (No

calf length shorts, No underwear, No t-shirts - these are subject to management approval)

- The Lifeguards instructions should always be followed.

Health and Safety / Hygiene

- In the interest of your Hygiene and health, the pool is filtered continuously, and disinfected with calcium hypochlorite. To further reduce pollution, please:
- Ensure you shower before entering the pool.
- Ensure you visit the toilet before entering the pool and encourage children to do so.
- Girls and boys over 7 years of age must use the appropriate changing rooms to avoid embarrassing and potentially dangerous situations.
- Children still requiring nappies are encouraged to wear a recognised swim nappy, available to purchase at Reception.
- Conventional nappies are not permitted in the pool.
- Any incident involving contamination of the pool must be reported to staff immediately.
- You are advised NOT to swim if you are suffering from the following:
Ear infection-Open wounds-Coughs /colds etc

Lane Etiquette

Judge your own ability and lane pace to select the lane to use.

- If you cannot keep pace with other swimmers, change lane.
- Swim single file to allow overtaking when necessary.
- Allow a reasonable and safe distance between fellow swimmers and yourself.
- Respect others personal space.
- Allow others to overtake at the end of the lane if necessary.
- If you need to pass a swimmer in front of you, give their toes a polite tap.
- Avoid talking or stopping in inappropriate places.
- Be polite to swimmers of varying skill levels.
- Show respect for others when dealing with a problem; if necessary make the lifeguard aware
- Please avoid using back stroke in narrow lanes.
- Respect the lifeguard's decision if he/she feels you are in the wrong lane for your speed.

Above all use common sense and courtesy.

NB PSLC will not be responsible for any articles lost, damaged or stolen on premises.