

PORTMARNOCK SPORTS & LEISURE CLUB - SWIM TIMETABLE

17th December 2018 – 23rd December 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	PRICE LIST		
	17 th	18 th	19 th	20 th	21 st	22 nd	23 rd	MEM	VIST	
6:00am	TRI CLUB	CLOSED	TRI CLUB	SWIM CLUB	TRI CLUB	CLOSED	CLOSED	<u>PRE 2pm Swim Mon to Fri</u>		
7:00am	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	PUBLIC SWIM	SWIM CLUB	CLOSED	Adult	€2.75	N/A
8:00am	7am-9.45am	7am-9.45am	7am-9.45am	7am-9.45am	7am-9.45am		CLOSED	OAP	€2.00	N/A
9:00am	Adults only	Adults only	Adults only	Adults only	Adults only		CLOSED	Student	€2.00	N/A
								<u>AFTER 2pm All Week</u>		
10:00am	AQUAFIT	LANE SWIM	PUBLIC with lane	LANE SWIM	LANE SWIM	PUBLIC With lane	FAMILY SWIM	Child Swim	€2.00	€3.50
11:00am	PUBLIC with lane	FINGAL AQUAFIT	PUBLIC with lane	AQUAFIT	AQUAFIT	PUBLIC With lane	FAMILY SWIM	Adult Swim	€3.50	€6.50
12pm	PUBLIC with lane	PUBLIC with lane	PUBLIC with lane	PUBLIC with lane	PUBLIC with lane	PUBLIC With lane	FAMILY SWIM	Oap Swim	€2.50	€3.50
1:00pm	PUBLIC with lane	CLOSED	PUBLIC with lane	PUBLIC with lane	PUBLIC with lane	PUBLIC with lane	PUBLIC with lane	<u>Family Swim</u>	€8.50	€15.00
2:00pm	PUBLIC with lane	CLOSED	PUBLIC With lane	PUBLIC With lane	PUBLIC with lane	PUBLIC with lane	PUBLIC with lane	<u>Adult Lane</u>	€4.50	€7.00
3:00pm	SCHOOLS	CLOSED	SCHOOLS	PUBLIC With lane	PUBLIC With lane	PUBLIC with lane	PUBLIC With lane	<u>Oap Lane</u>	€4.00	€5.00
4:00pm	SCHOOLS	SCHOOLS	SCHOOLS	PUBLIC With lane	PUBLIC With lane	PUBLIC with lane	PUBLIC With lane	<u>Student Lane</u>	€4.50	€5.00
5:00pm	SWIM CLUB	SWIM CLUB	SWIM CLUB	PUBLIC With lane	PUBLIC With lane	PUBLIC with lane	PUBLIC With lane	<u>Sauna</u>	€4.00	€6.00
6:00pm	SWIM CLUB	SWIM CLUB	SWIM CLUB	PUBLIC With lane	SWIM CLUB	CLOSED	CLOSED	<u>Swim/Sauna</u>	€5.00	€9.00
7:00pm	PUBLIC with lane	PUBLIC with lane	AQUAFIT (7.15pm)	PUBLIC with lane	SWIM CLUB	CLOSED	CLOSED	<u>Aqua Fit</u>		
8:00pm	AQUAFIT	PUBLIC with lane	PUBLIC With lane	PUBLIC With lane	PUBLIC with lane	CLOSED	CLOSED	Adult	€5.00	€8.00
9:00pm	Public With lane	LANE SWIM	PUBLIC with lane	Public With lane	POOL LANE SWIM	CLOSED	CLOSED	Student	€4.00	€6.50
10:00pm	CLOSED	CLOSED	CLOSED	SUB AQUA	CLOSED	CLOSED	CLOSED	O.A.P.	€4.00	€5.00
								<u>Parent & Toddler</u>	€6.50	€8.50
								<u>Student (F/T)</u>	€3.00	€5.00
								Website address www.pslc.ie		

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.