

PORTMARNOCK SPORTS & LEISURE CLUB - SWIM TIMETABLE

24th December 2018 – 30th December 2018

Time	Monday 24 th	Tuesday 25 th	Wednesday 26 th	Thursday 27 th	Friday 28 th	Saturday 29 th	Sunday 30 th	<u>PRICE LIST</u>		
								MEM	VIST	
6:00am	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	<u>PRE 2pm Swim Mon to Fri</u>		
7:00am	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Adult	€2.75	N/A
8:00am							CLOSED	OAP	€2.00	N/A
9:00am							CLOSED	Student	€2.00	N/A
								<u>AFTER 2pm All Week</u>		
10:00am	CLOSED	CLOSED	CLOSED	LANE SWIM	LANE SWIM	PUBLIC With lane	FAMILY SWIM	Child Swim	€2.00	€3.50
11:00am	CLOSED	CLOSED	CLOSED	PUBLIC with lane	PUBLIC With lane	PUBLIC With lane	FAMILY SWIM	Adult Swim	€3.50	€6.50
12pm	CLOSED	CLOSED	CLOSED	PUBLIC with lane	PUBLIC with lane	PUBLIC With lane	FAMILY SWIM	Oap Swim	€2.50	€3.50
1:00pm	CLOSED	CLOSED	CLOSED	PUBLIC with lane	PUBLIC with lane	PUBLIC with lane	PUBLIC with lane	<u>Family Swim</u>	€8.50	€15.00
2:00pm	CLOSED	CLOSED	CLOSED	PUBLIC With lane	PUBLIC with lane	PUBLIC with lane	PUBLIC with lane	<u>Adult Lane</u>	€4.50	€7.00
3:00pm	CLOSED	CLOSED	CLOSED	PUBLIC With lane	PUBLIC With lane	PUBLIC with lane	PUBLIC With lane	<u>Oap Lane</u>	€4.00	€5.00
4:00pm	CLOSED	CLOSED	CLOSED	PUBLIC With lane	PUBLIC With lane	PUBLIC with lane	PUBLIC With lane	<u>Student Lane</u>	€4.50	€5.00
5:00pm	CLOSED	CLOSED	CLOSED	PUBLIC With lane	PUBLIC With lane	PUBLIC with lane	PUBLIC With lane	<u>Sauna</u>	€4.00	€6.00
6:00pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	<u>Swim/Sauna</u>	€5.00	€9.00
7:00pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	<u>Aqua Fit</u>		
8:00pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Adult	€5.00	€8.00
9:00pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Student	€4.00	€6.50
10:00pm	CLOSED	CLOSED	CLOSED	CLOSED	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.