

# PORTMARNOCK SPORTS & LEISURE CLUB - SWIM TIMETABLE

4<sup>th</sup> February 2019 – 10<sup>th</sup> February 2019

Time	Monday 4 <sup>th</sup>	Tuesday 5 <sup>th</sup>	Wednesday 6 <sup>th</sup>	Thursday 7 <sup>th</sup>	Friday 8 <sup>th</sup>	Saturday 9 <sup>th</sup>	Sunday 10 <sup>th</sup>	<u>PRICE LIST</u>			
								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		FAMILY SWIM	Student	€2.00	N/A	
								<u>AFTER 2pm All Week</u>			
10:00am	AQUAFIT	LANE SWIM	ADULT LESSONS	LANE SWIM	½ LANE SWIM ½ SCHOOLS	PSLC LESSONS	FAMILY SWIM	Child Swim	€2.00	€3.50	
11:00am	PUBLIC with lane	AQUAFIT	P & Tot 10:50am Pre Sch 11.25am	AQUAFIT	AQUAFIT	PSLC LESSONS	FAMILY SWIM	Adult Swim	€3.50	€6.50	
12pm	SCHOOLS	PUBLIC with lane	PUBLIC with lane	SCHOOLS	PUBLIC with lane	PUBLIC With lane	FAMILY SWIM	Oap Swim	€2.50	€3.50	
1:00pm	PUBLIC with lane	½ PUBLIC ½ Pre School	½ PUBLIC ½ Pre School	PUBLIC with lane	PUBLIC with lane	PUBLIC with lane	PUBLIC with lane	<u>Family Swim</u>	€8.50	€15.00	
2:00pm	SCHOOLS	PUBLIC With lane	PUBLIC With lane	½ PUBLIC NO LANE ½ LESSONS	PSLC LESSONS (2.20)	PUBLIC with lane	PUBLIC with lane	<u>Adult Lane</u>	€4.50	€7.00	
3:00pm	SCHOOLS	SCHOOLS	SCHOOLS	SCHOOLS	PSLC LESSONS	PUBLIC with lane	PUBLIC With lane	<u>Oap Lane</u>	€4.00	€5.00	
4:00pm	SCHOOLS	SCHOOLS	SCHOOLS	SCHOOLS	PSLC LESSONS	SCHOOLS	PSLC LESSONS	<u>Student Lane</u>	€4.50	€5.00	
5:00pm	SWIM CLUB (4.30pm)	SWIM CLUB	SWIM CLUB	PSLC LESSONS (4.45pm)	PSLC LESSONS	SCHOOLS	PSLC LESSONS	<u>Sauna</u>	€4.00	€6.00	
6:00pm	SWIM CLUB	SWIM CLUB	SWIM CLUB	PSLC LESSONS	SWIM CLUB	IRISH WATER SAFETY	PUBLIC With lane	<u>Swim/Sauna</u>	€5.00	€9.00	
7:00pm	½ PUBLIC with lane	½ PUBLIC with lane	AQUAFIT (7.15pm)	RUSH SWIM CLUB	SWIM CLUB	PUBLIC with lane	PUBLIC with lane	<u>Aqua Fit</u>	Adult	€5.00	€8.00
8:00pm	AQUAFIT	ADULT LESSONS	PUBLIC With lane	PUBLIC With lane	PUBLIC with lane	PRIVATE HIRE	PSLC MASTERS	Student	€4.00	€6.50	
9:00pm	Public With lane	LANE SWIM	PUBLIC With lane	PUBLIC With lane	LANE SWIM	CLOSED	CLOSED	<u>Parent &amp; Toddler</u>	€6.50	€8.50	
10:00pm	CLOSED	CLOSED	CLOSED	SUB AQUA	CLOSED	CLOSED	CLOSED	<u>Student (F/T)</u>	€3.00	€5.00	
								Website address <a href="http://www.pslc.ie">www.pslc.ie</a>			

**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.**