

PORTMARNOCK SPORTS & LEISURE CLUB - SWIM TIMETABLE

30th November – 20th December 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Swimming Pool Price list					
									PSLC members	visitors			
6.00am	TRI CLUB	TRI CLUB	TRI CLUB	Swim Club	TRI CLUB	CLOSED	CLOSED	SWIM SESSIONS ARE FOR A PERIOD OF 30 MINUTES UNLESS OTHERWISE STATED.LAST SWIM FOR CHILDREN @ 9pm.					
7.00am	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE								
8.00am	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	SWIM CLUB	SWIM CLUB				Public Swims		
9.00am	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE								
10.00am	PUBLIC WITH LANE	LANE SWIM	PUBLIC WITH LANE	LANE SWIM	PUBLIC WITH LANE	TRI CLUB	PUBLIC WITH LANE	Adult	€4.50	€7.50			
11.00am	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE 11:15am	PUBLIC WITH LANE	OAP/student	€3.50	€4.50			
12.00pm	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE			PUBLIC WITH LANE	PUBLIC WITH LANE	Child	€3.00	€4.50	
1.00pm	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	Family Swim 2 x adult & 2 x children					
2.00pm	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	(max 4 people)	€10.00	€20.00			
3.00pm	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	Lane Swim					
4.00pm	SWIM CLUB (4.30PM)	SWIM CLUB	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	Adult	€5.00	€8.00			
5.00pm			PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	OAP/student	€4.00	€5.00		
6.00pm			SWIM CLUB	SWIM CLUB	SWIM CLUB	SWIM CLUB	SWIM CLUB	SWIM CLUB	Aqua Fit				
7.00pm	TRI CLUB	WATERPOLO	TRI CLUB					Adult	€6.00	€9.00			
8.00pm	PUBLIC WITH LANE 8:15pm	PUBLIC WITH LANE	PUBLIC WITH LANE	ADULT COACHING (8:15PM)	PUBLIC WITH LANE	CLOSED	CLOSED	OAP/Student	€5.00	€6.00			
9.00pm	WATERPOLO	CLOSED	WATERPOLO	PUBLIC WITH LANE 9:15PM	CLOSED			Parent & Toddler 1 x adult & 1 x child					
10.00pm	CLOSED		CLOSED	SUB AQUA				Parent & Toddler	€7.50	€9.00			
								Sauna					
								Adult (over 18's only)	€4.00	€7.00			
								OAP (no student rate)	€3.00	€4.00			
								OUR SHOWERS, SAUNA AND VIEWING GALLERY ARE CURRENTLY CLOSED DUE TO COVID-19 PROTOCOLS					

We are only accepting card payments at this time due to Covid-19 protocols. All sessions before 9am must be prebooked by 9pm the previous evening.

SWIMMING POOL

CLUBS USING P.S.L.C

Below are the usual hours from each group however these have been changed due to COVID-19 protocols, please contact reception to discuss

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 4:30pm – 7pm TUE/WED: 5pm-7pm
FRI: 6pm-8pm SAT 7am-10am

For further info please contact
P.S.L.C. Blackwood Lane Portmarnock.
Ph 018462122 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

**0184
62122.**



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. Small fins may be worn in the lanes with lifeguard approval.
- 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. This is indicated by a red line on the pool floor
- 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.
- Diving and jumping is not permitted in the pool without teachers supervision
- 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. 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.
- 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.
- 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.