

# PORTMARNOCK SPORTS & LEISURE CLUB - SWIM TIMETABLE

21<sup>st</sup> - 27<sup>th</sup> November 2022

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Swimming Pool Price list		
6.00am	TRI CLUB	TRI CLUB	TRI CLUB	SWIMCLUB	TRI CLUB	CLOSED	CLOSED	SWIM SESSIONS ARE FOR A PERIOD OF 40 MINUTES UNLESS OTHERWISE STATED.LAST SWIM FOR CHILDREN @ 8pm. ALL CHILDREN UNDER 16 MUST BE ACCOMPANIED BY AN ADULT.		
7.00am	ADULT SWIM	ADULT SWIM	ADULT SWIM	ADULT SWIM	ADULT SWIM	SWIM CLUB	SWIM CLUB			
8:00am	ADULT SWIM	ADULT SWIM	ADULT SWIM	ADULT SWIM	ADULT SWIM					
9.00am	ADULT SWIM	ADULT SWIM	ADULT SWIM	ADULT SWIM	ADULT SWIM					
10:00am	AQUA	ADULT LANE SWIM	ADULT LESSONS	SCHOOLS	ADULT LANE SWIM	PSLC LESSONS	PUBLIC WITH LANE	Public Swims		Non Members
11:00am	AQUA 10:45 AM	PUBLIC WITH LANE	PARENT & TOT		AQUA		PUBLIC WITH LANE	Adult	€4.50	€7.50
12.00pm	ADULT LANE SWIM	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE 12:30PM	PUBLIC WITH LANE		PUBLIC WITH LANE	OAP/Student	€3.50	€4.50
1:00pm	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	CLOSED	PUBLIC WITH LANE		PUBLIC WITH LANE	Child	€3.00	€4.50
2:00pm	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE	SCHOOLS	PSLC LESSONS	PARENT & TODDLER 1 x adult & 1 x child	Family Swim 2 x adult & 2 x children			
3:00pm	PUBLIC WITH LANE	PUBLIC WITH LANE	PUBLIC WITH LANE				PSLC LESSONS	PSLC LESSONS	(max 4 people)	€10.00
4:00pm	SWIMCLUB	SCHOOLS	SCHOOLS	PSLC LESSONS	PSLC LESSONS	Lane Swim				
5:00pm	SWIM CLUB	SWIM CLUB	SWIM CLUB			PSLC LESSONS	PSLC LESSONS	Adult	€5.00	€8.00
6:00pm	SWIMCLUB	SWIM CLUB	SWIM CLUB			PSLC LESSONS	PSLC LESSONS	OAP/student	€4.00	€5.00
7:00pm	PRIVATE HIRE	PRIVATE HIRE	TRI CLUB	TRI CLUB	SWIMCLUB	Aqua Fit				
8:00pm	WATERPOLO	ADULT LESSONS	PUBLIC WITH LANE	ADULT COACHING 8PM	PUBLIC WITH LANE	Adult	€7.00	€10.00		
9:00pm	1/2 PRIVATE HIRE	ADULT SWIM	WATERPOLO	TEEN TEAM 8PM	ADULT SWIM	OAP/Student	€6.00	€7.00		
	ADULT SWIM 9:20PM	ADULT SWIM	WATERPOLO	ADULT SWIM 8:45PM 30 Min Swim	ADULT SWIM	Parent & Toddler 1 x adult & 1 x child				
						Parent & Toddler	€8.50	€10.00		
						Sauna				
						Adult (over 18's only)	€4.00	MEMBERS ONLY SAUNA		
						OAP (no student rate)	€3.00	MEMBERS ONLY SAUNA		
						Swim and Sauna				
						Adult	€6.50	MEMBERS ONLY SAUNA		
						OAP	€5.50	MEMBERS ONLY SAUNA		
						OUR SHOWERS, SAUNA AND VIEWING GALLERY ARE NOW OPEN				

# SWIMMING POOL

## CLUBS USING P.S.L.C

**Adult Lane Swim:** Mon:12pm. Tue & Fri:10am

**AquaFit:** Mon:10 & 10.45 am  
Fri:11am

**Sub Aqua Club:** Thursday: 9.30-10.30pm

**Irish Water Safety:** Saturday:6pm - 7pm

### Portmarnock Swim Club:

Mon:3.45pm – 7pm Tue/Wed: 5pm-7pm  
Fri: 6pm-8pm Sat/Sun: 7am-10am

**For further info please contact**  
**P.S.L.C. Blackwood Lane Portmarnock.**  
**Ph 018462122 e-mail [reception@pslc.ie](mailto:reception@pslc.ie)**

**P.S.L.C. pool may be available for private hire for clubs only. Enquiries to [pool@pslc.ie](mailto:pool@pslc.ie).**

## Public Swims

- **The pool is open to all.**
- **Club Members can book by emailing [reception@pslc.ie](mailto:reception@pslc.ie).**
- **Gym/Pool members can book via Club Manager 365.**
- **Non-members can only book on the day in person at reception, first come first served.**
- **Children 12+ can swim unaccompanied if they are Club members.**
- **Non-members must be 16+ to swim unaccompanied.**
- **Adult swims are for 18+ years**

## 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.**

## 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 16 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.**