

PORTMARNOCK SPORTS & LEISURE CLUB - SWIM TIMETABLE

23rd – 29th January 2023

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, UNLESS THEY HAVE A VALID, CURRENT MEMBERSHIP.		
7.00am	ADULT SWIM	ADULT SWIM	ADULT SWIM	ADULT SWIM	ADULT SWIM	SWIMCLUB	SWIMCLUB			
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	SWIMCLUB	SWIMCLUB	PSLC LESSONS	PSLC LESSONS	Lane Swim				
5:00pm						PUBLIC WITH LANE	PUBLIC WITH LANE	Adult	€5.00	€8.00
6:00pm						PUBLIC WITH LANE	PUBLIC WITH LANE	OAP/student	€4.00	€5.00
7:00pm	PRIVATE HIRE	PRIVATE HIRE	TRI CLUB	TRI CLUB	PRIVATE HIRE	Aqua Fit				
8:00pm	WATERPOLO	ADULT LESSONS	PUBLIC WITH LANE	ADULT COACHING TEEN TEAM	PRIVATE HIRE	Adult	€7.00	€10.00		
9:00pm	1/2 WATERPOLO	ADULT SWIM	WATERPOLO	ADULT SWIM 8:45PM 30 MIN SWIM	ADULT SWIM	WATERPOLO	OAP/Student	€6.00	€7.00	
	ADULT SWIM 9:20PM						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

P.S.L.C. pool may be available for private hire for clubs only. Enquiries to pool@pslc.ie.

Public Swims

- **The pool is open to all.**
- **Club Members can book by emailing 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.