



## Glenview Leisure Club

### September 2021 Pool and Gym Timetable

The easiest way to make a pool, gym or class booking is using the FitSense booking App. You can also book by calling 012740078. If the phone is busy please leave a voice message with your name and contact number and we will get back to you as soon as possible.

## Glenview Leisure Club – Covid-19 Plan September 2021

- The club will be **open to members only** and members will not be able to bring guests into the club until further notice. (This will most likely be from the 22<sup>nd</sup> October 2021)
- We are awaiting further easing of the current restrictions so that we can increase the numbers in each area. We hope this will be from 20<sup>th</sup> September 2021.
- Members can book sessions in the swimming pool and gym up to 48 hours in advance. To ensure that you get booked in we urge members to book in advance to avoid disappointment. The best way to book a session is by using the FitSense Booking App. Please speak to a member of the leisure club team on how to set up and use the App.
- Due to demand you can currently only book one session per day in each area.
- If you wish to use the gym and pool you can book one hour in the gym and then the following hour in the pool.
- When making a family booking please ensure all of the people in the group are current members and you must give all of the names including children. If using the App please make sure all children are linked to your account to allow you to book for everyone.
- Please note that the session times will start on the hour and you will need to exit the pool/gym on time.

**Please adhere to the following Covid-19 protocols when using the Glenview Leisure Club.**

#### Entering and Exiting the club

- Masks/face coverings must be worn when entering and exiting the club in the reception area, changing rooms and up to the gym.
- When entering the club using either the steps or ramp we ask members to stay to the left.
- Inside the sliding doors there is a sanitising station where we ask members to sanitise their hands.
- In the hallway we ask members to stay to their left when entering and exiting.

#### Reception

- Please check in at reception for your sessions and then scan their key fob at the end of the reception to record your visit.
- If you need to ask a question at reception or purchase a takeaway tea/coffee there will be a queueing system in place and you will need to queue being aware of the clearly marked 2m social distancing markers.
- We would request that all members come prepared for their swim or gym session and where possible leave immediately after their session has finished and shower at home.

## Changing Rooms

- There will be a hand sanitising station before you enter the changing rooms from reception and the pool area and we request members sanitise their hands before entering the changing rooms.
- There will be access to the changing rooms with a limited number of lockers available for use.
- Toilets will be available however we request that members only use the showers where necessary and shower at home where possible.
- Hairdryers and hand dryers will not be available until further notice in line with the current Covid-19 guidelines.
- Children must be supervised and stay in one area of the changing rooms at all times.
- The changing rooms will be sanitised regularly.

## Swimming Pool

- There will be a maximum of 25 people (including children) allowed to use the pool during any swimming session to ensure we adhere to social distancing guidelines.
- Members are requested to pre-book their swimming session.
- Sessions can be booked a maximum of 48 hours in advance. Bookings can be made via the FitSense Booking App, in the club or over the phone.
- Kids can use the pool from 9am and must be out of the pool at 7.15pm Monday to Friday and 7.00pm on Saturdays and Sundays. Please be aware of the current pool timetable to ensure you are not disappointed when making bookings.
- The Sauna, Steam Room, Jacuzzi and Outdoor Hot Tub are open but you must adhere to the current Covid-19 and social distancing guidelines for these areas. There is signage at each area and users must adhere to the current Covid-19 restrictions for that area. These restrictions will be in place until 22<sup>nd</sup> October.

## Gym

- There will be a maximum of 25 people allowed to use the gym during any session to ensure we adhere to social distancing guidelines.
- Members are requested to pre-book their gym session in line with the gym sessions timetable.
- Sessions can be booked a maximum of 48 hours in advance.
- There is a hand sanitising station before entering the gym as well as plenty of bottles of sanitiser and paper towels and we request that all members clean each piece of equipment after use.
- The gym will be sanitised regularly.
- There gym equipment will be spaced out and some machines will be clearly marked as out of use to ensure that there is adequate social distancing.
- Members must use a gym towel.
- The water fountain in the gym will not be able to be used so we urge members to bring enough water for their gym session.

## Fitness Classes

- Due to the current guidelines we have a limited fitness class timetable available and all classes are taking place outside until Monday 20<sup>th</sup> September when classes can resume in the fitness studio.
- Members are requested to sanitise their hands before and after the class.
- Classes can be booked a maximum of 48 hours in advance.
- We urge members to arrive just in time for their class.



GLENVIEW HOTEL  
AND LEISURE CLUB

## Glenview Health and Leisure Club

### September 2021 Swimming Pool Timetable

#### Monday

Time	Pool	Session Information/Restrictions
6.00am - 7.00am	<b>Adults Only Swim</b> Members and Hotel Guests	Booking Essential
7.00am – 8.00am	<b>Adults Only Swim</b> Members and Hotel Guests	Booking Essential
8.00am – 9.00am	<b>Adults Only Swim</b> Members and Hotel Guests	Booking Essential
9.00am – 10.00am	Members/Guests Swimming Adults and Children	Booking Essential
10.00am - 11.00am	Members/Guests Swimming Adults and Children	Booking Essential
11.00am – 12.00pm	Members/Guests Swimming Adults and Children	Booking Essential
12.00pm – 1.30pm	<b>Adults Only Swim</b> Members and Hotel Guests	Booking Essential
1.30am – 3.00pm	Members/Guests Swimming Adults and Children	Booking Essential
2.00pm – 3.00pm	Members/Guests Swimming Adults and Children	Booking Essential <b>Limited spaces due to swim lessons</b>
3.00pm – 4.00pm	Members/Guests Swimming Adults and Children	Booking Essential <b>Limited spaces due to swim lessons</b>
4.00pm – 5.00pm	Members/Guests Swimming Adults and Children	Booking Essential <b>Limited spaces due to swim lessons</b>
5.00pm – 6.00pm	Members/Guests Swimming Adults and Children	Booking Essential <b>Limited spaces due to swim lessons</b>
6.00pm – 7.15pm	Members/Guests Swimming Adults and Children	Booking Essential Children must vacate club by 7.30pm
7.30pm – 8.30pm	<b>Adults Only Swim</b> Members and Hotel Guests	Booking Essential
8.30pm – 9.30pm	<b>Adults Only Swim</b> Members and Hotel Guests	Booking Essential

- Booking for the pool and gym is essential. Bookings can be made up to 48 hours in advance.
- 90 minute adult only session includes 1 hour and 15 minutes in the pool and 15 minutes to change and exit the club.
- 60 minute sessions include 45 minutes in the pool and 15 minutes to change and exit the club.
- Adults only swimming times: Monday to Friday 6am to 7.00am, 7.00am to 8.00am, 8.00am to 9.00am, 12pm to 1.30pm, 7.30pm to 8.30pm and 8.30pm to 9.30pm
- Adults only swimming times: Saturdays and Sundays and Bank Holidays. 8.00am to 9.00am and 7.00pm to 8.00pm
- Monday to Friday children must vacate the pool by 7.15pm and vacate the club by 7.30pm.
- Saturday, Sunday and Bank Holidays children must vacate the pool by 6.45pm and vacate the club by 7.00pm.

**Due to the current restrictions on capacity pre-booking for using the swimming pool and the gym is essential. Members can pre-book up to 48 hours in advance.**

*The Glenview Health and Leisure Club, Glen of the Down's, Delgany, Co Wicklow.*

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#### Tuesday

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7.00am – 8.00am	<b>Adults Only Swim</b> Members and Hotel Guests	Booking Essential
8.00am – 9.00am	<b>Adults Only Swim</b> Members and Hotel Guests	Booking Essential
9.00am – 10.00am	Members/Guests Swimming Adults and Children	Booking Essential
10.00am - 11.00am	Members/Guests Swimming Adults and Children	Booking Essential
11.00am – 12.00pm	Members/Guests Swimming Adults and Children	Booking Essential <b>Limited spaces due to Aqua Aerobics</b>
12.00pm – 1.30pm	<b>Adults Only Swim</b> Members and Hotel Guests	Booking Essential
1.30am – 3.00pm	Members/Guests Swimming Adults and Children	Booking Essential <b>Limited spaces due to swim lessons</b>
3.00pm – 4.00pm	Members/Guests Swimming Adults and Children	Booking Essential <b>Limited spaces due to swim lessons</b>
4.00pm – 5.00pm	Members/Guests Swimming Adults and Children	Booking Essential <b>Limited spaces due to swim lessons</b>
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#### Wednesday

Time	Pool	Gym
6.00am - 7.00am	<b>Adults Only Swim</b> Members and Hotel Guests	Booking Essential
7.00am – 8.00am	<b>Adults Only Swim</b> Members and Hotel Guests	Booking Essential
8.00am – 9.00am	<b>Adults Only Swim</b> Members and Hotel Guests	Booking Essential
9.00am – 10.00am	Members/Guests Swimming Adults and Children	Booking Essential
10.00am - 11.00am	Members/Guests Swimming Adults and Children	Booking Essential
11.00am – 12.00pm	Members/Guests Swimming Adults and Children	Booking Essential
12.00pm – 1.30pm	<b>Adults Only Swim</b> Members and Hotel Guests	Booking Essential
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3.00pm – 4.00pm	Members/Guests Swimming Adults and Children	Booking Essential <b>Limited spaces due to swim lessons</b>
4.00pm – 5.00pm	Members/Guests Swimming Adults and Children	Booking Essential <b>Limited spaces due to swim lessons</b>
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### September 2021 Swimming Pool Timetable

#### Thursday

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6.00am - 7.00am	<b>Adults Only Swim</b> Members and Hotel Guests	Booking Essential
7.00am – 8.00am	<b>Adults Only Swim</b> Members and Hotel Guests	Booking Essential
8.00am – 9.00am	<b>Adults Only Swim</b> Members and Hotel Guests	Booking Essential
9.00am – 10.00am	Members/Guests Swimming Adults and Children	Booking Essential
10.00am - 11.00am	Members/Guests Swimming Adults and Children	Booking Essential
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### September 2021 Swimming Pool Timetable

#### Friday

Time	Pool	Session Information/Restrictions
6.00am - 7.00am	<b>Adults Only Swim</b> Members and Hotel Guests	Booking Essential
7.00am – 8.00am	<b>Adults Only Swim</b> Members and Hotel Guests	Booking Essential
8.00am – 9.00am	<b>Adults Only Swim</b> Members and Hotel Guests	Booking Essential
9.00am – 10.00am	Members/Guests Swimming Adults and Children	Booking Essential
10.00am - 11.00am	Members/Guests Swimming Adults and Children	Booking Essential
11.00am – 12.00pm	Members/Guests Swimming Adults and Children	Booking Essential
12.00pm – 1.30pm	<b>Adults Only Swim</b> Members and Hotel Guests	Booking Essential
1.30am – 3.00pm	Members/Guests Swimming Adults and Children	Booking Essential
2.00pm – 3.00pm	Members/Guests Swimming Adults and Children	Booking Essential
3.00pm – 4.00pm	Members/Guests Swimming Adults and Children	Booking Essential
4.00pm – 5.00pm	Members/Guests Swimming Adults and Children	Booking Essential
5.00pm – 6.00pm	Members/Guests Swimming Adults and Children	Booking Essential
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### September 2021 Swimming Pool Timetable

#### Saturdays

Time	Pool	Session Information/Restrictions
8.00am – 9.00am	Members/Hotel Guests Swimming <b>Adults Only</b>	Booking Essential
9.00am – 10.00am	Members/Guests Swimming Adults and Children	Booking Essential <b>Limited spaces due to swim lessons</b>
10.00am – 11.00am	Members/Guests Swimming Adults and Children	Booking Essential <b>Limited spaces due to swim lessons</b>
11.00am – 12.00pm	Members/Guests Swimming Adults and Children	Booking Essential <b>Limited spaces due to swim lessons</b>
12.00pm – 1.00pm	Members/Guests Swimming Adults and Children	Booking Essential <b>Limited spaces due to swim lessons</b>
1.00pm – 2.00pm	Members/Guests Swimming Adults and Children	Booking Essential
2.00pm – 3.00pm	Members/Guests Swimming Adults and Children	Booking Essential
3.00pm – 4.00pm	Members/Guests Swimming Adults and Children	Booking Essential
4.00pm to 5.00pm	Members/Guests Swimming Adults and Children	Booking Essential
5.00pm to 6.00pm	Members/Guests Swimming Adults and Children	Booking Essential
6.00pm to 7.00pm	Members/Guests Swimming Adults and Children	Booking Essential <b>Children must vacate club by 7.15pm</b>
7.00pm to 8.00pm	Members/Hotel Guests Swimming <b>Adults Only</b>	Booking Essential

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- 60 minute sessions include 45 minutes in the pool and 15 minutes to change and exit the club.
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#### Sunday and Bank Holidays

Time	Pool	Gym
8.00am – 9.00am	Members/Hotel Guests Swimming <b>Adults Only</b>	Booking Essential
9.00am – 10.00am	Members/Guests Swimming Adults and Children	Booking Essential
10.00am – 11.00am	Members/Guests Swimming Adults and Children	Booking Essential
11.00am – 12.00pm	Members/Guests Swimming Adults and Children	Booking Essential
12.00pm – 1.00pm	Members/Guests Swimming Adults and Children	Booking Essential
1.00pm – 2.00pm	Members/Guests Swimming Adults and Children	Booking Essential
2.00pm – 3.00pm	Members/Guests Swimming Adults and Children	Booking Essential
3.00pm – 4.00pm	Members/Guests Swimming Adults and Children	Booking Essential
4.00pm to 5.00pm	Members/Guests Swimming Adults and Children	Booking Essential
5.00pm to 6.00pm	Members/Guests Swimming Adults and Children	Booking Essential
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