

Swimming Pool Information

Adult Only Swimming Pool Hours	Children's Swimming Pool Hours
Monday to Friday: 6.00 am – 9.00 am 12.00 pm – 1.30 pm 7.00 pm – 9.30 pm	Monday to Friday: 9.00am – 12.00pm 1.30pm – 7.00pm
Saturday, Sunday and Bank Holidays: 8.00 am – 9.00 am 7.00 pm – 8.00 pm	Saturday, Sunday and Bank Holidays: 9.00 am – 7.00 pm (children must vacate the pool by 7.00 pm and vacate the club by 7.15pm)

- *During normal term time there will be limited availability in the swimming pool due to **children's swimming lessons** taking place from **3.00pm to 6.00pm Monday to Thursday** and **9.30am to 12.30pm on Saturdays**.*
- *During school breaks, the pool schedule, adult-only swimming hours, and children's swimming hours are all subject to change.*
- *Call the leisure club desk at **01 2740078** to find out the current hours of operation, adult-only hours, and children's swim times.*

Swimming Pool Rules:

- Children are permitted to use the pool during family swim times only.
 - Children under the age of 10 must be accompanied and supervised in the water by a responsible person over the age of 16 at all times.
 - Children aged over 10 years of age that are competent swimmers must be supervised by a responsible adult but this may be from the poolside.
 - Young children that are not toilet trained must wear protective swim pants/swim nappies. They are available to purchase at the leisure club reception.
 - Please help us to keep the pool clean by showering for at least 1 minute and using the toilet before swimming. Parents please encourage children to use the toilet before swimming.
 - Swimming caps must be worn when in the pool and are available to purchase at the Leisure Club Reception for €3.00.
 - The Sauna, Steam Room, Jacuzzi and Outdoor Hot Tub are strictly over 16's only.
 - No running in the pool area and No Diving, cannonballs or backflips into the pool.
 - No large floats or inflatables in the pool.
 - No food or drink in the pool area except water in plastic bottles.
 - No photography or filming of any kind in the pool area or of the pool area from reception.
 - All bathers must adhere to the pool rules and the instructions of the leisure club staff.
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