

## OPENING HOURS

<b>Mon - Thurs:</b>	<b>5.45-am – 9.30pm</b>
<b>Fri:</b>	<b>5.45am – 8.30pm</b>
<b>Sat:</b>	<b>8.15am – 8.30pm</b>
<b>Sun:</b>	<b>8.15am – 6.15pm</b>
<b>(Last child session 6.15pm and 6.30pm Mon-Sat)</b>	

## RULES & REGULATIONS

- Mask or face visors must be worn on entry, in public areas and exiting the centre.
- Booking your time for pool and gym use is essential. Please use the MINDBODY app or alternatively call the centre on 021-4852176. One booking per device. For additional bookings please call us.
- All members must have a swipe.
- All guests must be paid for.
- A maximum of one hour is allowed per person either in the pool or the gym.
- No back to back bookings allowed.
- Only the persons name on the booking will be allowed entry.
- Bookings can be made 48 hours in advance only.
- Please ensure you cancel your booking if you cannot attend.
- Any persons found in breach of the booking criteria over a period of time will be blocked from booking.
- All members and guests are to adhere to the regulations and procedures put in place & to work with our staff in adjusting to the requirements.
- Members and guests are to respect social distancing in all areas of the Leisure Centre. If you have any concerns about the above, contact a member of staff directly.
- Do not enter the centre if you are showing symptoms of Covid-19.
- Numbers will be limited in all areas of the Leisure Centre.
- The sauna, steamroom and jacuzzi will be closed until further notice.
- No queuing is allowed inside centre. No waiting in reception area.
- Please enter at allocated time only.
- Please wipe down machines before and after use.
- All gym users are encouraged to go home and shower.
- Aiding or spotting fellow gym users in weights area is not allowed.
- All members and guests are required to bring their own towels.
- The centre will no longer have towels to rent.
- Lost property cannot be kept, please ensure you bring all your personal items home.

## THESE REGULATIONS WILL EVOLVE AND CHANGE AS WE RECEIVE FURTHER AND/OR UPDATED GUIDELINES FROM THE GOVERNMENT

### POOL

- All Members/Guests under the age of **14 years** must be accompanied by an adult.
- Swimming hats must be worn in the pool.
- Babies must wear swim nappies.
- Strictly no food or chewing allowed in the pool/changing area.
- It is compulsory to shower before entering the pool area.
- All signs in the pool area must be read & rules adhered to.
- All lifeguard instructions must be followed.
- You are required to bring your membership card at all times to gain entry to the Leisure Club.
- Mobile phones, cameras or recording devices are not permitted in any of the facilities.
- Lane swimming is for Adult use only.
- Please use lockers provided, Management are not responsible for any loss of personal property.

### GYM

- No Member/Guest under the age of **16 years** is allowed in the gym.
- No Member/Guest under the age of **18 years** is permitted to use weights.
- For members/guests who wish to use the Gym, **induction** is compulsory.
- Towels must be used in the gym.
- No food or chewing gum is allowed in the gym.
- Appropriate footwear and attire must be worn.
- The use of mobile phones is not permitted in the gym.

## FREEZING MEMBERSHIP

*In the case of injuries exceeding one month, pregnancy or illness, membership may be frozen free of charge on production of a doctor's certificate. (Minimum period for freezing membership is one month, maximum six months unless further correspondence is issued).*

<b>FEES</b>	<b>PEAK HOURS</b>	<b>OFF PEAK HOURS</b>
Adult Guest	€10.00	€8.00
Child Guest (U.16years)		€5.00
Child Guest (U.5years)		€2.00
Child Guest (U.2years)	Free	Free
Swimming Hats		€2.50