



Swimming Pool Opening Times

Please Note That The Swimming Pool Is Open Each Day
At The Following Times

Monday to Friday:	Adults:	6.30am – 9.30pm
	Children:	9am -12 noon & 3pm-6pm
Saturdays:	Adults:	9am to 7pm
	Children:	9am -12 noon & 3pm-6pm
Sundays & Bank Holidays:	Adults:	9am to 6.30pm
	Children:	9am -12 noon & 3pm-6pm

Children's Admission Policy:

- Children Aged 5 Years and Under Must Have An Adult Family Member in the Pool With Them At All Times.
- Children Aged 6 to 10 Years Must Have An Adult Family Member On The Pool Deck With Them Who Must Remain In View of the Child In The Pool
- Children Aged 11 to 16 Years Must Have An Adult on The Health Club Premises.

Children's Supervision:

- For Children, The Ratio of Supervision is One Adult to Two Children.
- However, for children under 4 years of age and not wearing approved buoyancy aids, the ratio is one adult to one child (ISRM, Ireland Active Guidelines)