



Child Admission Policy:

- Children are only permitted to use the facility Monday to Sunday (10am-6pm)
- Swim Caps are compulsory for the swimming pool. They can be purchased at reception for €3.00
- The Lifeguard Hours are 10am –6pm (Monday – Sunday)
- Children under 16 are prohibited from using the gym
- 16 & 17 olds are prohibited from using the gym or pool area, after 7pm and will be asked for proof of age
- Appropriate clothing & footwear must be worn at all times. Shoe Covers can be found entering changing rooms
- Children are required to wear a hat in the swimming pool & in the interest of hygiene a pre-swim shower is essential
- Children **Under The Age Of 16** must be accompanied by an adult while using the pool
- Children from 8 years are not permitted use changing rooms of the opposite sex
- **Armbands – Please make sure that all children that are non-swimmers are wearing armbands while in the main swimming pool as the pool depth is 1.4 metres**

Swimming Lessons Admission Procedure:

- Children will only be admitted to swimming lessons subject to parental or guardianship signed approval.
- We ask parents not to remain in swimming pool while lessons are taking place with the exemption of Level One
- The parent or guardian of a child attending swim lessons must inform our staff of any illness, special requirements or medical needs that may apply to each child.
- A parent or guardian must provide supervision for any child attending swim lessons until such time that our trained staff members assume responsibility.
- **Times are 3.30pm-6.00pm on Monday & Tuesday**

Regards,

Carla Mulvey – Health Club Manager