



Child Admission Policy:

- Children are only permitted to use the facility Monday to Sunday (9am-7pm)
- The lifeguard hours are 10am –6pm (Monday – Sunday)
- Mid-Term/Holiday Period Lifeguard Hours 9.00am-7.00pm
- 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
- 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.
- 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.

Regards,

David Tiernan – Health Club Manager