

# dlr Leisure Services Glenalbyn

Valid From  
**January  
2010**

We are also at Loughlinstown, Meadowbrook and Monkstown

Loughlinstown Tel (01) 2823344 Meadowbrook Tel (01) 2995610 Monkstown Tel (01) 230 1458/60/62

Pay per visit, open 7 days a week Tel (01) 2881502

Glenalbyn House, Stillorgan, Co. Dublin. Daily Talking Timetable (01) 2881678 Email [glenalbyn@dlrls.ie](mailto:glenalbyn@dlrls.ie)

Web [www.dlrleisureservices.ie](http://www.dlrleisureservices.ie) Timetables available on web or at reception.





# “Exercise & Health is for everyone from the Toddler to the Retired”

*Our Motto*

## Centre Opening Times

Monday - Friday	7.15am – 10.00pm
Saturday	10.00am – 7.00pm
Sunday	9.00am – 6.00pm

Hello,

Thank you for taking the time to visit us at *dlr Leisure Services Glenalbyn*, this is one of four facilities managed by *dlr Leisure Services*. Glenalbyn was originally opened to the public in 1973.

The mission of Dún Laoghaire Rathdown Leisure Services is to promote the benefits of sport for recreational and healthy living purposes on a non profit basis by providing a customer centred approach to all programmes, ensuring these programmes meet the demands of the county's communities and that its staff are equipped and supported in the delivery of this objective. This leaflet is designed to introduce you to the various leisure programmes we have on offer. All our activities are priced on a pay per visit basis with further money saving offers available for clients who wish to visit regularly.

Our aim is to provide first class facilities with programmes to suit all fitness levels and individual requirements.

The staff of,  
*dlr Leisure Services Glenalbyn*

# Swimming Prices at dlr Leisure Services Glenalbyn

Swimming Prices		<i>*Please see timetable for applicable times</i>	
<b>Open Swim Members</b>		Adult	€3.00
	<i>Under 8's must be accompanied by an adult</i>	Junior	€2.00
<b>Open Swim Non Members</b>		Adult	€5.50
	<i>Under 8's must be accompanied by an adult</i>	Junior	€2.80
<b>Public swim</b>	Adult Member		€3.00
	Junior Member		€2.00
	Adult Non Member		€5.50
	Junior Non Member		€2.80
<b>Teaching Classes, Adult Aqua Fit and Coaching (Members)</b>		Adult	€3.80
<b>Teaching Classes, Aqua Fit and Coaching (Non Members)</b>		Adult	€6.00

Children Swimming Lessons		
<b>Monday</b>	5.00 - 5.45pm	
	6.00 - 6.45pm	
<b>Tuesday</b>	4.00 - 4.45pm	
	5.00 - 5.45pm	
<b>Wednesday</b>	4.00 - 4.45pm	
	5.00 - 5.45pm	<i>Lengths</i>
<b>Thursday</b>	4.00 - 4.45pm	
	5.00 - 5.45pm	
	6.00 - 6.45pm	
<b>Friday</b>	4.00 - 4.45pm	
<b>Saturday</b>	9.45am	<i>Lengths</i>
	10.40am	
	11.20am	
	12.15pm	
	1.00pm	

Dipper Tickets
12 tickets for the price of 10, no expiry date. Passes are valid in all 4 centres.
Adult Access Dipper Ticket €55
Family Dipper Ticket €140 (2 Adults & 2 Children or 1 Adult & 3 Children)

Swimming Lessons	
<b>Children's 10 week course</b>	€85.00
<b>Adult's 8 week course</b>	€85.00

*Spaces are still available.  
Contact reception for next enrolment date.*



## Rules & Regulations at *dlr Leisure Services Glenalbyn*

- The use of any form of camera including camera phones, is forbidden in the changing rooms, pool hall, and spectator area
- Students, OAP, unwaged swim rates apply up to 6pm on production of relevant I.D.
- Pool closed on Bank Holidays.
- Swimcaps must be worn at all times.
- Goggles available at reception.
- Please lock away valuables.
- Duration of swim 50 minutes approximately
- Children under 8 must be accompanied by an adult.
- To facilitate staff, patrons are requested to vacate the pool premises 15 minutes after last swim of the day.
- Please do not park vehicles on the Ambulance or Wheelchair parking spaces
- Daily Talking Timetable - (01) 2881678
- Further information email [glenalbyn@dlrls.ie](mailto:glenalbyn@dlrls.ie)

*We have gyms, pitches and fitness classes in our other centres in Loughlinstown, Meadowbrook and Monkstown.*

**Gift Voucher available at reception.**  
*New timetables can be downloaded at [www.dlrleisureservices.ie](http://www.dlrleisureservices.ie)*

## Clubs & Activities at *dlr Leisure Services Glenalbyn*

**Kilmacud Glenalbyn Sports Club**  
*Applications available from [www.dlrleisureservices.ie](http://www.dlrleisureservices.ie) or Glenalbyn House*

**Glenalbyn Swimming Club**  
*Application available at reception or via [www.dlrleisureservices.ie](http://www.dlrleisureservices.ie)*

**Water Polo Club and Masters Club**  
*Details available at reception or via [www.dlrleisureservices.ie](http://www.dlrleisureservices.ie)*

**Summer Swim Camp for Children**  
*Details available on [www.dlrleisureservices.ie](http://www.dlrleisureservices.ie)*

***dlr Leisure Services offer many other activities in our other centres please view [www.dlrleisureservices.ie](http://www.dlrleisureservices.ie)***