

# *dlr Leisure Services* **Meadowbrook**



*We are also at Glenalbyn, Loughlinstown and Monkstown*  
*Pay per visit, open 7 days a week. Tel: 01 299 5610*



# *www.dlrleisureservices.ie*



Seirbhísí Fóillíochta dlr a bhainistíodh an áis seo thar ceann Comhairle Contae Dhún Laoghaire-Ráth an Dúin  
*dlr Leisure Services will manage this facility on behalf of Dún Laoghaire-Rathdown County Council*

Hello,

Thank you for taking the time to visit us at *dlr Leisure Services Meadowbrook*, this is one of four facilities managed by *dlr Leisure Services*. Meadowbrook was opened to the Public on the 20th of April 2009.

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 on a regular basis.

During 2010 we have developed and improved our studio timetable and we now offer a full range of fitness classes for all fitness levels, ages and abilities.

In October 2010 we received the ILAM White flag. Also receiving the gold standard for the Disability Provision; an award we are very proud to have received in our first full year of trading. We also received the National Disability Authority's Excellence through Accessibility award.

Throughout 2011, our aim is to continue to improve our current offering of activities, and to develop additional activities for the inclusion of all within the community.

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

Have a look around, talk to any of us about what's on offer and hopefully avail of one or more of our programmes.

The staff of,  
*dlr Leisure Services Meadowbrook*



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

Our Motto





# KICK OFF

## Amenities

- 4 Floodlit Playing Pitches
- 2 Pitches available exclusively for soccer
- 1 Tennis Court
- 1 Multi Surface Area (suitable for basketball, hockey and wheelchair sports)

## All Weather Pitch Opening Hours

- Monday - Friday 8.30am - 9.30pm
- Saturday 9.30am - 5.30pm
- Sunday 10.30am - 5.30pm
- Closed Bank Holidays

## Price per session

- Off Peak (before 4.30pm Mon - Fri) €35.00
- Peak (after 4.30pm and weekend) €65.00
- \*U-18 Schoolboy Team (Peak) €50.00

\*Must be affiliated to a registered league



## Rooms for Hire

Available for hire for

- Meetings
- Children's parties
- Training
- Club use
- Classes



# Our Swimming Pool at *dlr Leisure Services Meadowbrook*

## Open Swim

Adult €5.50, Child €3.00, Family (2 adults and 2 children) €14.00, Under 3 free of charge.  
All welcome *see times on pool timetable*  
Under 8's must be accompanied by an adult

## Family Swim €14

Reduced rate swim - Admits 4 people  
*available at all Open Swims and Sunday Fundays*

## Adult Swim €5.50

When all you want to do is swim lengths  
Mon-Fri. 7.30 am, 1pm, 9pm Sat 9am,  
Sun 10am

## Sunday Fundays

Swim sessions with toys and inflatables.  
All welcome. Adult €5.50, Child €3.00,  
Family (2 adults and 2 children) €14.00,  
Under 3 free of charge.

## Concession Swim €4.50

Available Monday - Friday up to 6pm  
Available to students, OAPs and  
the Disabled

## Adult & Toddler €5.50

Adult and Toddler - under 4 years only  
Wednesday 10am

## Aqua Fit €6 (am) €6.50(pm)

Exercise Class in Water  
Mon and Wed 12 pm,  
Mon and Wed 8pm, Thurs and Fri 7pm

## Active Swim €4

Leisure swim for our mature clientele

## Value Swim Passes

Include Child Swim pass €30  
Concession Swim pass €45  
12 tickets for the price of 10, no expiry date  
Passes valid in all 4 centres  
Adult Swim Pass €55  
Family Swim Pass €140  
(2 Adults & 2 Children or 1 Adult & 3 Children)

# Swimming Pool Time Table

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30am	Adult Only Swim	Adult only Swim & Lane Coaching	Adult Only Swim	Adult Only Swim	Adult Only Swim	Closed	Closed
9am	Open Swim	Open Swim	Open Swim	Open Swim		Adult Only Swim	Closed
10am			Adult & Toddler			Child Lessons	Adults Only*
11am				Open Swim		Child Lessons	Open Swim
12pm	Aqua Fit	Aqua Lessons	Aqua Fit	Active Swim		Child Lessons	Sunday Fundays
1pm	Adult Only Swim	Adult Only Swim	Adult Only Swim	Adult Only Swim	Adult Only Swim	Child Lessons	Sunday Fundays
2pm						Open Swim	Sunday Fundays
3pm						Open Swim	Sunday Fundays
4pm	3.45 Child Lessons 4.30 Disability swimming Lessons	3.45 Child Lessons	3.45 Child Lessons	3.45 Child Lessons 4.30-5 Disability swimming lessons	3.45 Child Lessons	Open Swim	Sunday Fundays
5pm	Open 2 Lanes	Open 2 Lanes	5.00 Child Lessons	Open 2 Lanes	Open 2 Lanes	Open Swim	Open Swim
6pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Closed	Closed
7pm	Rookie Lifeguard Lane Coaching	Child Lessons & Rookie Lifeguard	Child Lessons	Aqua Fit	Aqua Fit	Closed	Closed
8pm	Aqua Fit	Adult Lessons	Aqua Fit	Aqua Lessons	Rookie Lifeguard	Closed	Closed
9pm	Adult Only Swim Lane Coaching	Adult Only Swim	Adult Only Swim	Adult Only Swim	Adult Only Swim	Closed	Closed

Children have access to Open Swims Only. Yellow box means pool is booked during school term. All sessions are 45 minutes duration.

## Rules for the Pool

Swim hats must be worn and are for sale at reception for €2.50.

Lockers operate on a non refundable 50c coin. Under 8's must be accompanied by an adult in the pool swimming aids not provided.

Children under 3yrs old must wear swim nappies








# Swimming Lessons Programme

## Children's Swimming Lessons

Monday	3.45 - 4.25	Tadpoles, Jellyfish, Starfish, Goldfish, Dolphins
	4.30 - 5.15	Disability Lessons
	7.00 - 7.45	Lane Coaching, Rookie
Tuesday	3.45 - 4.25	Tadpoles, Jellyfish, Starfish, Goldfish
	7.00 - 7.40	Tadpoles, Jellyfish, Starfish, Rookie
Wednesday	3.45 - 4.25	Tadpoles, Jellyfish, Starfish, Goldfish, Dolphins
	4.25 - 5.00	Tadpoles, Jellyfish, Starfish, Goldfish, Dolphins, Sharks
	5.15 - 5.50	Tadpoles, Jellyfish, Starfish, Lanes
	7.00 - 7.45	Tadpoles, Jellyfish, Starfish, Goldfish, Dolphins
Thursday	3.45 - 4.25	Tadpoles, Jellyfish, Starfish, Goldfish, Dolphins
	4.30 - 5.15	Disability Lessons
Friday	3.45 - 4.25	Tadpoles, Jellyfish, Starfish
	4.25 - 5.00	Tadpoles, Jellyfish, Starfish
	8.00	Rookie
Saturday	10.00 - 10.40	Tadpoles, Jellyfish, Starfish, Goldfish
	10.45 - 11.25	Tadpoles, Jellyfish, Starfish, Goldfish, Dolphins
	11.30 - 12.10	Tadpoles, Jellyfish, Starfish, Goldfish, Dolphins
	12.20 - 1.00	Tadpoles, Jellyfish, Starfish, Goldfish, Dolphins
	1.00 - 1.40	Tadpoles, Jellyfish, Starfish, Goldfish, Sharks, Lanes

# Description of the levels of Swimming Teaching in *dlr Leisure Services*

-  Tadpoles Beginners, 4 years and up, water orientation and swimming positions.
-  Jellyfish Beginners, introduction to basic water skills, such as breath control, floating position, building water confidence.
-  Starfish Beginners, introduction to stroke technique, front & back. Introduction to breath control.
-  Goldfish Improving on technique. Introduction to breathing & timing. Introduction to breaststroke.
-  Dolphin Confident swimmers in deep end with competence in front & backstroke including good breathing techniques. Improving breaststroke and introduction to butterfly & diving.
-  Shark Improving all four competitive strokes. Introduction to distance and speed, pacing & timing. Improving diving starts & turns.
-  Rookie Lifeguard Water Safety skill for children looking to develop knowledge and skill or prepare for a full Pool Lifeguard qualification. Programme runs all year round. Please contact reception for further details.

## Charges

Lessons are 10 weeks in duration for €85. Payment on booking must be paid in full. There is no refund given for lessons missed. Please note: If you choose a class above your child's capability there is no guarantee that we can provide an alternative level.

- 1 or 2 children €85 each
- 3 children €235 in same family
- 4 children €300 in same family

Adult Swimming Lessons		
Monday	9.00pm	Lane Coaching
Tuesday	7.30am	Lane Coaching
	12pm	Beginners, Improvers, Advanced
	8.00pm	Beginners, Improvers, Advanced
Thursday	8.00pm	Beginners, Improvers, Advanced

## Description

- Beginners** Increase water confidence and learn basic swimming strokes.
- Improvers** Improve your swim and breathing technique, and increase your fitness.
- Advanced** Learn advanced swimming skills. Improve speed, distance and fitness in water.
- Lane coaching** Concentrating on fitness, swim technique and stamina. Endurance & sprint training.

## Cost

Cost per 5 weeks €53. Tuesday 12pm, Tuesday 8pm, Thursday 8pm.  
 Adult lane coaching Monday 9pm, Tuesday 7.30am. Cost €6 per session.

# Our Gymnasium at

## *dlr Leisure Services Meadowbrook*

### Included in the facility are

- 22 pieces of Cardiovascular Equipment
- 9 piece Express Circuit
- Full range of Resistance Equipment
- Free weights section
- Conditioning area

Just pay one price and avail of the following:

- (i) Fully equipped gymnasium
- (ii) Quick dips in the pool
- (iii) Aerobic Classes - several classes take place on a weekly basis, monthly timetable available in reception or on the website.

**Qualified instructors** available to organise individual fitness assessments and programmes. A charge of €10 applies to fitness assessments.

### Opening Hours

Monday - Friday 7.30am - 10pm

Saturday 9am - 6pm

Sunday 10am - 6pm

*Closed Bank Holidays*

### Prices

Before 6pm - €6.00

After 6pm and Weekends €6.50

Concession rate €4.50

*Students, Special Needs, OAP's and unemployed before 6pm Mon-Fri, proof of concession must be shown*



### Value Gym Passes

10 Visit Gym Pass €55.00

Concession Gym Pass €40.00

Passes valid in all 4 centres

Gym Users must be over 16 years of age. ID may be required





# Moneysaver Details at dlr Leisure Services Meadowbrook

## Fitness Centre and Pool

Unlimited use of Gymnasium,  
access to Pool use at any public session.  
*Aqua Aerobics or Swimming Lessons  
not included.*

Single	3 Months	€175.00
	6 Months	€275.00
	12 Months	€450.00
Couple	3 Months	€300.00
	6 Months	€450.00
	12 Months	€800.00
Off Peak*	3 Months	€125.00
	6 Months	€225.00
	12 Months	€350.00
Concession	6 Months	€225.00
	12 Months	€350.00

## Pool membership

Allows unlimited access to suitable  
advertised swims also quick dips.  
*Aqua Aerobics or Swimming Lessons  
not included.*

Single	6 Months	€225.00
	12 Months	€400.00

*Corporate Membership also available.  
Contact reception for details.*

Membership cards allow access to all  
dlr Leisure Services centres

\*Mon - Fri 7.30am - 4pm Sat - Sun 3pm - 6pm

Check our website and centre displays for current membership offers



## Studio

See classes Timetable available from reception and on website:

[www.dlrleisureservices.ie](http://www.dlrleisureservices.ie)

- Spinning
- FitFighters
- Step
- Aerobics
- Body Tone/ Fitball
- Aqua Fit
- FabAbs
- Active Retirement
- Stretch'N'flex
- Pilates
- Circuit Training
- BLT
- Hip Hop Classes
- Resistance Circuit

## Active Retirement

Monday 10am & Thursday 11am Line Dancing  
 Monday 11am Active Chair Aerobics  
 Tuesday & Thursday 11am Active Gym



Reception Phone (01) 299 5610

# Sports Programmes at *dlr Leisure Services Meadowbrook*

## Active Sports

- Indoor and Outdoor Structured Classes
- Sports Activities for Senior Clientele
- Ask at Reception for details

## Multi Sport Camp

Camps run for children during July, August, Easter and October School Holidays  
Ask at reception for details and separate brochure on these fun weeks!

Monday - Friday from 10am to 3pm  
Suitable for children 5 years+

## Intensive Swim Camps

Middle 2 weeks July, August & Easter Holidays  
A lesson a day for 5 days a week from 9.00am - 9.45am

## Kids Zone

A programme for 10-15 year olds working with a gym instructor. Involves 2 sessions a week. Please ask a member of staff for further information.

## Exercise for everyone

This programme is open to everybody and entails a general practitioner, gym instructor and client working together to achieve specific targets. Please ask a member of staff for further information.

## Cardiac Rehabilitation

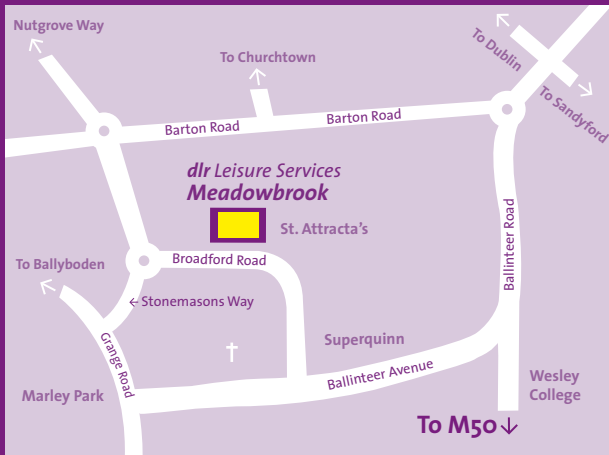
In conjunction with local hospitals offering phase 3 programme.

## Rookie lifeguard

Ask at reception for full details on programme and times.

For details on all our programmes visit our web site. [www.dlrleisureservices.ie](http://www.dlrleisureservices.ie).





**Meadowbrook Dundrum, Broadford Road, Ballinteer, Dublin 16.**

**Find out more:**

**Tel** (01) 299 5610/ 14/ 16

**Website** [www.dlrleisureservices.ie](http://www.dlrleisureservices.ie)

**Email** [meadowbrook@dlrls.ie](mailto:meadowbrook@dlrls.ie)

**Buses** 75, 48A, 14

**Luas** Dundrum

Visit other dlr Leisure Services locations at:

**Glenalbyn Tel** (01) 288 1502

**Loughlinstown Tel** (01) 282 3344

**Monkstown Tel** (01) 230 1458/60/62

**Head Office Tel** (01) 205 4822

*This document is available in alternative formats on request*

